



2024

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



JULY NEWSLETTER

This month we're celebrating our Gymnastics program, announcing the annual pool shut-down, recognizing a few amazing Y community members, and more!

EMPLOYEE OF THE MONTH



ANDREA BORING

Andrea supervises and works at the Member Service Desk at the River Valley Campus. She is not one to ask for special attention or recognition, so we elected to feature her this month. She has been with us since Fall 2019 and has proven to be a valuable member of our team. She is well loved by co-workers and members, always ready to do what

is needed to keep things running smoothly and help others. If you have ever talked to her, you are familiar with her quick wit and great sense of humor and know her laugh well.

Thank you, Andrea, for being a bright spot at our Y.



ANNUAL POOL SHUTDOWN INFO



WENDEL POOL CLEAN-UP/CLOSURE:

AUGUST 5TH—TBD

THE GOAL IS TO RE-OPEN BY SEPTEMBER 3RD.

FOX POOL CLEAN-UP/CLOSURE:

AUGUST 25TH—SEPTEMBER 8TH

MEMBER(S) OF THE MONTH



LUCAS & BROOKLYN LONG

The member spotlight this month is a two for one! The sibling combo of Lucas and Brooklyn Long have been a YMCA staple since older brother Lucas was a baby. These two are a perfect example of a YMCA camper. Energetic, happy, and always ready to help. Lucas says, "My favorite part of camp is being a Junior Counselor and helping the little kids." Brooklyn says, "My favorite part of camp is the counselors!"

We are so happy to have Brooklyn and Lucas with us and can't wait to see all they grow up to do.



NATIONALS!



The YMCA Gymnastics National Competition was held in Philadelphia, Pennsylvania from June 21-24, 2024. Lancaster YMCA sent 38 female athletes ranging from levels 2-9. We also had 2 male athletes competing in the Boy's Division for the first time in our program's history. There were more than 2,000 competitors from over 70 YMCA teams throughout the nation for this event. Notable individual accomplishments were Scarlette Dille (level 4) and Harper Spires (Xcel Platinum level) winning the floor exercise for their levels. Isabelle Capsel, Zoe DeLeon, Sydnie Metz (Xcel Platinum level), and Halle Spires (level 8) all qualified for a second day of competition for all around finals. Sam Pennington (level 9) also made program history by being the first gymnast in a championship level to make an event final, which was on beam. As a team, our Xcel Platinums placed 4th and our level 9s placed 6th in the country. Many of our other gymnasts earned podium finishes throughout the competition. For more information, pictures of the gymnasts and their nationals accomplishments, please see our Facebook page: Lancaster YMCA Gymnastics Team.

FREE FRIEND FRIDAY

Did you know that We offer Free Friend Fridays! If you are 18+, feel free to bring a friend any Friday at no additional cost! If you are under 18, as long as you have an accompanying adult, you can bring a friend along as well!



GYMNASTICS NATIONALS!



MARTHA MILLER MEMORIAL



Saturday, August 10th, 2024
Robert K. Fox YMCA
8:30am

AGE GROUPS
12 & under
13-15
16-19
20-29
30-39
40-49
50-59
60-69
70+

5K Course will start and end in the YMCA rear parking lot

- Race Day Registration and Packet Pickup is from 7:30—8:15 am
- Pre-registration and packet pickup is available at RKF YMCA on Aug 8th & 9th
- Early Bird Registration postmarked by August 1st is \$25 (guaranteed t-shirt)
- Registration after August 1st is \$30 (t-shirt not guaranteed day of race)
- Medals for top three finishers in each male and female age group
- Event will be held rain or shine and no refunds will be issued
- Call, mail or visit the Robert K. Fox Family YMCA at 465 W. Sixth Ave, Lancaster OH 43130—740-654-0616 or online registration available: www.ymcalancaster.org

Flippin' 5K Registration Form

NAME _____
 SEX _____ AGE (ON 8/10/24) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE # _____
 T-SHIRT SIZE (circle one) YS YM YL AS AM AL AXL None

Release of Responsibility: In consideration of being accepted to run in the Flippin' 5K, I assume all risks associated with running or walking in this race. I agree that my consent and this release are irrevocable. I hereby release and discharge the Family YMCA of Lancaster and Fairfield County and/or the YMCA of the USA and third parties collaborating with the Family YMCA of Lancaster and Fairfield County and/or YMCA of the USA from any and all claims in connection with the uses and reproductions or any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at the Family YMCA of Lancaster and Fairfield County as described herein.

PARTICIPANT SIGNATURE _____ **DATE** _____
 I am the legal Mother/Father/Legal Guardian of _____ (childs name.)
 For the consideration contained herein, I hereby consent to the foregoing on behalf of my minor child.
SIGNATURE OF LEGAL GUARDIAN _____ **DATE** _____



A CAMPAIGN TO CHANGE LIVES

Through generous donations to our **Annual Campaign**, we are able to give every individual the Y experience, regardless of their ability to pay. When you give to the Y, you are making an investment in our community and giving those in need the opportunity to thrive. Last year, Family YMCA supporters gave over \$128,517 to provide scholarships and subsidize programs and services — helping the Y to fulfill our mission to ensure access for all.

As a leading nonprofit, our Y is making a difference in Fairfield County. The need is urgent and growing, and it truly cannot be met without you!

**TO CHIP IN, PLEASE VISIT:
YMCALANCASTER.ORG/DONATE**

**OR SCAN
HERE:**



AQUA BDAY PARTIES

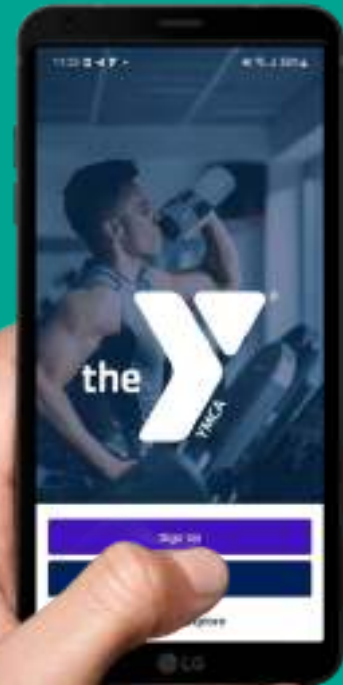
We wanted to remind everyone of all of the amazing birthday party fun that we've been having here at the YMCA Aquatics Department! Are you looking for a fun party location? Look no further! Bring your kids and all of their friends for a fun pool party this spring and summer—and maybe even include our mermaid package! (Yep, we have mermaids!)



YMCA LANCASTER APP

WITH OUR APP, YOU CAN:

- SCAN IN AT FRONT DESK
- REGISTER FOR PROGRAMS
- TRACK YOUR WORKOUTS
- JOIN CHALLENGES & WIN REWARDS!
- SHARE YOUR PROGRESS



CLEANING CORNER

Stay cool and clean at the YMCA this July

Cleaning – At the YMCA, we understand the importance of maintaining a clean and safe environment, especially during the busy summer months. Our team is dedicated to ensuring that all areas are spotless and sanitized for your enjoyment. This month, we are focusing on keeping our air-conditioned spaces fresh and inviting, so you can stay cool and comfortable while you work out, swim, or relax.

You'll notice additional cleaning rounds in our high-traffic areas, including locker rooms, fitness centers, and common spaces. We're also paying extra attention to sanitizing all equipment and surfaces frequently used by members and guests.

Remember, keeping the YMCA clean is a team effort! We encourage all members to wipe down equipment after use and dispose of trash properly. Together, we can create a healthy and enjoyable environment for everyone.



- Tracie Sharp, Custodial & Safety Director

HAVE A SAFE 4TH OF JULY!

As we prepare to celebrate Independence Day, we want to remind everyone to prioritize safety while enjoying the festivities. Whether you're spending time with family and friends, enjoying a cookout, or watching fireworks, please make sure to stay safe and have fun!



MONTHLY MARY!



Where did June go! I sure had a lousy one—but with fun adventures!

One fun outing to put on your own calendars is the Martha Miller Memorial “Flippin’” 5K, which is on August 10th at 8:30am! The registration form is at all three of our locations, Robert K Fox Y, RecPlex and the RVC!

As for July, go out to the band stand on Friday nights, grab some ice cream and listen to the music. Gets you out of the house and moving!

Also don't forget the 4th of July Parade! Let's all celebrate our freedom and who sacrificed for us to have it. God Bless America!

Fireworks are July 3rd so you with animals be kind to get them through it. July 4th is family and friends grilling time. Yummy food and fellowship. I truly enjoy the 4th of July.

Now I must mention that Hannah Halfhill and staff have done an awesome job for the Day Camp. The kids are so busy and happy! Stay Happy yourselves! - **Mary**



SEE YOU NEXT MONTH!





YOU'LL THANK YOU...

...for sticking to it.

Get the support you need to quit smoking or vaping for good.

- Free online, text and phone support
- Free quit medications*
- Caring coaches who understand your struggle with commercial tobacco
- Personalized quit plans and proven strategies
- Operated by National Jewish Health, the nation's leading respiratory hospital

*varies by state



Fairfield County
Health
Department

To learn more,
visit <https://ohio.quitlogix.org/en-US/> or
call 800.QUIT.NOW today.

MARTHA MILLER MEMORIAL



**FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY REC PLEX**
465 W 6th. Avenue, Lancaster OH. 43130.
740-654-0616 or RecPlex 740-277-7373



Saturday, August 10th, 2024 **SPONSOR FORM**

CONTACT NAME _____
ADDRESS _____
EMAIL _____
PHONE _____

SPONSORSHIP LEVELS: (please select one of the following)

- | | |
|--|--|
| <input type="checkbox"/> PRESENTING SPONSOR LEVEL—\$500 | <input type="checkbox"/> SILVER LEVEL—\$150 |
| <input type="checkbox"/> GOLD LEVEL—\$300 | <input type="checkbox"/> FRIEND LEVEL—\$25 |
| <input type="checkbox"/> BRONZE LEVEL—\$50 | |

Payment Options:

Check: made payable to Family YMCA of Lancaster and Fairfield County
(please write sponsor name on the memo line)

Donation of Items for Event: will equate donation to level of sponsorship listed above.

Product Donation: (All items must be received by July 10th, 2024)

Type of donation: _____

Additional Information: _____

Please return completed form to:

Robert K Fox Family YMCA
ATTN: Taylor Beeler Flippin 5K
465 W 6th Avenue, Lancaster OH 43130
OR
To the YMCA representative that contacted you.

MARTHA MILLER MEMORIAL



**FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY REC PLEX**
465 W 6th. Avenue, Lancaster OH. 43130.
740-654-0616 or RecPlex 740-277-7373



Saturday, August 10th, 2024

SPONSOR LEVEL INFORMATION

Presenting Sponsor Minimum donation of \$500

- Exclusive Sponsorship for event The Flippin' 5K presented by _____
- Name/logo on the back of the t-shirt at 100% size
- Name/logo recognition on signage at the event (if provided in time)
- Name included in media releases (if provided in time)
- Sponsor may provide a banner to be used onsite in designated area for promotional purposes
- On-site tent space (10' x 10' tent, table and 2 chairs can be provided upon request)
- Two event t-shirts

Promotional items provided by the sponsor included in the registration packet

Gold Medal Sponsor Minimum donation of \$300

- Name/logo on the back of the t-shirt at 80% size
- Name/logo recognition on signage at the event (if provided in time)
- Sponsor may provide a banner to be used onsite in designated area for promotional purposes
- Two event t-shirts

Promotional items provided by the sponsor included in the registration packet

Silver Medal Sponsor Minimum donation of \$150

- Name/logo on the back of the t-shirt at 60% size
- Name/logo recognition on signage at the event (if provided in time)
- Two event t-shirts

Promotional items provided by the sponsor included in the registration packet

Bronze Medal Sponsor Minimum donation of \$50

- Name/logo on the back of the t-shirt at 40% size

Promotional items provided by the sponsor included in the registration packet

Friend Level Sponsor Minimum donation of \$25

- Name/logo on the back of the t-shirt at 40% size
- Promotional items provided by the sponsor included in the registration packet

Logos to be included in signage/t-shirts should be emailed to tbeeler@ymcalancaster.org by Friday, July 25th, 2024.

All promotional items must be received by Monday July 25th 2024