



2024

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



SEPTEMBER NEWSLETTER

This month we're celebrating a very special member of our YMCA family, revealing our new and improved Wendel Pool, discussing some changes at RVC.. & more!

A MESSAGE FROM JULIE



I want to thank those who have participated in my classes the last four years, especially those 5 or 6 who signed up when we were able to resume classes in July 2020. (I affectionately refer to you as the OG's.) It has been a pleasure watching our classes grow, seeing both existing and new friendships being made, and watching your determination to be healthy and strong.

You have always been warm and generous, making me feel not just appreciated, but loved. Each of you will hold a special place in my heart as I move into this next chapter of my life. I will miss your smiles and laughter. You have truly been a blessing to me. As I always told you, I can't believe I got paid to have so much fun!

I thank you for your support and wish you good health and happiness in the future.

- Julie Cuppett

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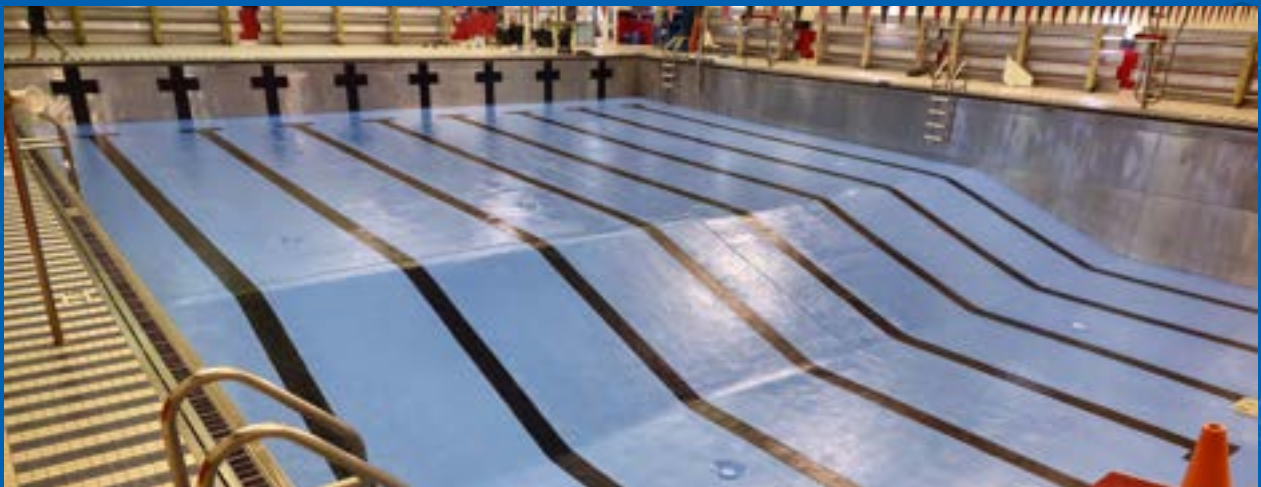
WENDEL POOL RE-OPENING!

We've worked hard over the last couple of weeks to update our lap pool. We hope you enjoy the fresh coat of paint and improved filtration system!

BEFORE:



AFTER:



RVC UPDATE!



Starting in September, the River Valley Campus YMCA will undergo some changes to better serve our community. We are excited to share that Fairfield Medical Center's therapy department is expanding, which means some of our equipment will be relocated to create more space for these essential services.

We've carefully considered factors like foot traffic, equipment usage, and overall flow to ensure a smooth transition. We appreciate your understanding and flexibility as you adjust to these changes. Our goal is to make this transition as seamless as possible for everyone.

As a reminder, please respect patient privacy by avoiding the therapy department area. To access the locker rooms, use the hallways or walk around the therapy area. Additionally, the equipment in the therapy department is reserved for use under the direct supervision of a Fairfield Medical Center therapist and is not part of the YMCA equipment.

Thank you for your continued support and cooperation!

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!



STARTING THIS FALL!
PICKLEBALL
LADDER LEAGUES

REGISTER SEPTEMBER 1st!

- **COED LADDER LEAGUE 6:30PM-8:30PM**
(TUESDAYS, 9/24—10/29)
- **WOMENS ONLY 6:30PM-8:30PM**
(WEDNESDAYS, 9/25—10/30)



MEMBERS: \$60
NON-MEMBERS: \$80
EMPLOYEE: \$45

COED DODGEBALL!

ANNOUNCING OUR FIRST ANNUAL
COED DODGEBALL TOURNAMENT!

WHEN: DECEMBER 6th & 7th

WHERE: YMCA REC PLEX

RULES: 6v6 Double Elimination
- Teen & Adult Brackets

Price: \$60/Team (6 Player Teams,
up to 2 Subs)

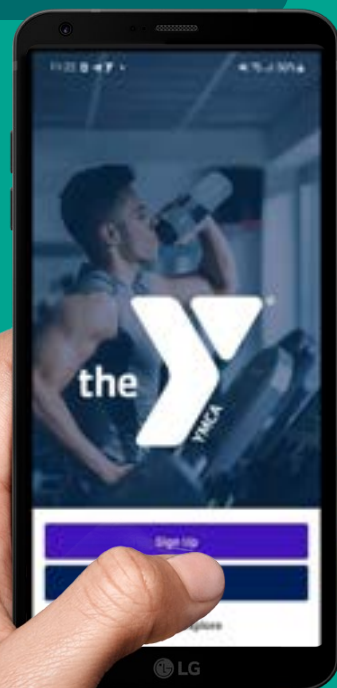
REGISTER TODAY!



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



Download on the
App Store



GET IT ON
Google Play

CLEANING CORNER

Cleaning Corner: A Clean Y for You!

At the YMCA, we're all about creating a welcoming and clean space for you to enjoy. Our team is committed to making sure the Y stays safe and sparkling, and we'd love your help in keeping it that way!

Daily Disinfection

We're constantly wiping down high-touch areas like doors and fitness equipment to keep germs at bay. Don't forget—wipes are available, so you can help by giving equipment a quick clean after use!

Locker Rooms & Restrooms

Our locker rooms and restrooms get cleaned multiple times a day to make sure they're fresh for you. We use eco-friendly cleaners that are tough on germs but safe for everyone.

Pool Areas

The pool is cleaned daily, and we monitor water safety closely so you can dive in with confidence. Let us know if something needs attention, and we'll get it handled!

- Tracie Sharp, Custodial & Safety Director



MAKE SURE TO VISIT US!

Join us this September as we celebrate community and wellness at the YMCA! Don't miss our upcoming events and programs designed to keep you and your family active and engaged. Stay safe and enjoy the rest of your summer!

FALL 1 SESSION STARTS SEPT. 9TH!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ITS NOT TOO LATE TO SIGN UP!

TENNIS

YOUTH CLINICS

REGISTER NOW!

Youth Tennis 1 (GRADES K-3) 5:00PM-6:00PM
(WEDNESDAYS, 9/1—10/19)

Youth Tennis 2 (GRADES 4-6) 5:00PM-6:00PM
(TUESDAYS, 9/1—10/19)



MEMBERS: \$55
NON-MEMBERS: \$75
EMPLOYEE: \$37

MONTHLY MARY!



As we start September, let's hope for rain and a bit of cool weather. Dog Days of Summer was HOT. Keep hydrating during this time.

I wouldn't take long walks during this hot weather. So please come join us and use the wellness center here at the Robert K Fox or the River Valley Campus. Nice and cool in both places.

Wendell pool is now open! Swim teams are getting ready for practice and their upcoming meets. Coach Mark Pennington does a great job working with the kids.

Swim classes for adults and children start up again on September 9th, and both pools will be ready!

Thank the lifeguards when you see them, they are the ones who keep all safe—We have a great team.

Now to the RecPlex: Gymnastics has started. Pickleball and I believe tennis. Great workouts and just fun so come enjoy what you choose. The director Taylor Beeler will be happy to answer any questions you might have. So enjoy the month of September and stay safe and happy.

- 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.