

HAPPY NEW YEAR

2025!

January



**FAMILY YMCA OF
LANCASTER &
FAIRFIELD COUNTY
NEWSLETTER**

As we step into 2025, we're excited for a year filled with growth, connection, and new possibilities. At the Family YMCA of Lancaster & Fairfield County, we remain committed to helping you and your family thrive.

This year, we're thrilled to announce that **all of our group fitness classes are now included with your membership!** Whether you're looking to try a new workout, build strength, or simply stay active with friends, there's never been a better time to get involved. Plus, with a variety of programs and events, we're here to support your goals—whatever they may be.

Let's make 2025 a year of movement, motivation, and meaningful connections. Wishing you a happy, healthy, and successful year ahead!

STAFF SPOTLIGHT



MARK PENNINGTON

A huge thank you to Mark and the Pennington family for their incredible hard work and dedication to our Aquatics Department! Your commitment and passion help keep everything running smoothly, and we're so grateful to have

you as part of our team. **THANK YOU, MARK!**

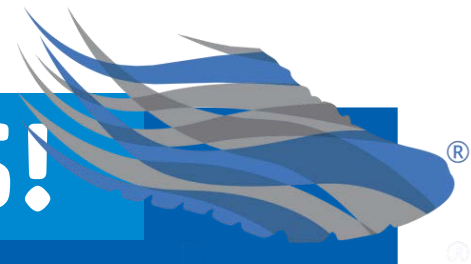
MEMBER SPOTLIGHT



We're thrilled to recognize our amazing LYST swim team! Their dedication to the program and passion for the sport inspire us every day. Thank you for all your hard work and commitment—you're making waves in and out of the pool! Let's cheer on these incredible swimmers for their efforts and achievements!

WE'RE SO PROUD OF YOU, LYST!

SILVER SNEAKERS!



Carolyn Weidner

Silver Sneakers offers a variety of classes designed for all fitness levels.

JANUARY CLASS SPOTLIGHT:

**Silver Sneaker Circuit
Monday and Wednesday
10:30am - 11:15am**

Located at our RVC location.

Silver Sneaker Circuit combines standing cardiovascular (low impact) moves with upper body strength conditioning using a variety of tools. Instructor, Carolyn Weidner brings her energy and charisma to make this 45 minutes of fitness and fun.

"I love the energy and enthusiasm this group brings and the sense of community we have."

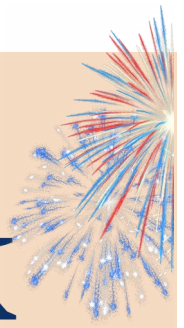
-Silver Sneakers Instructor Carolyn Weidner

Remember to always scan your card when attending classes or visiting the YMCA!

THANK YOU!



KIRKBRIDE
LAND & SNOW MANAGEMENT



A continued BIG thank you to our sponsors.

INCLIMENT WEATHER POLICY AT THE YMCA

ADULT/YOUTH PROGRAMS & CLASSES:

In the event Fairfield County is issued a **Level 2 snow emergency**, all adult and youth programs, including Childwatch, will be canceled until the snow emergency has been lifted.

In the event a **Level 2 snow emergency** is issued during programming, we will ask parents/guardians to pick up children as soon as it is safe to do so.

Classes canceled due to inclement weather are not subject to reimbursement and may not be made up if the instructor is not available.

CHILDCARE PROGRAMS

Our preschool facility located at the Robert K. Fox Family YMCA (not Childwatch) will follow the Lancaster City Schools schedule for snow emergencies.

Our Before and After-school care programs at Bloom-Carroll and Fairfield Union School Districts will follow the snow emergency decisions provided by each school district. If there is an AM delay at either district, the AM program will be closed, but PM will continue as scheduled. If there is an early release, the PM program will be closed.

YMCA FACILITIES:

The YMCA facilities will be open during normal business hours in a **Level 2 snow emergency** without programming. We reserve the right to close our facilities on a **Level 2 snow emergency** if deemed unsafe for our staff and members.

In the event of a Level 3 snow emergency, all facilities will be closed until the Level 3 snow emergency has been lifted.

Updates will be posted to our YMCA Lancaster App, Facebook page, as well as our Engage Membership email communication.

A THANK YOU TO OUR COMMUNITY



We would like to thank the following local resources for attending our Senior Resource Fair, which was held on December 10, 2024.



This event was designed to provide information for our senior members as well as the community at large - allowing conversations and interactions to help answer questions and provide additional direction if needed.



We are looking forward to 2025 and continuing to build relationships for the health of our community:

THANK YOU:

Fairfield Medical Center, Fair Hope Hospice, Fairfield County 211, Fairfield County Health Dept, Ohio Hospice, Meals on Wheels, Right At Home, American Red Cross, The Alzheimer's Association, The Arthritis Foundation, Fairfield County Library, and last but absolutely not least, Sitterley Law.



FROM ALL OF US:

**HAVE A
HAPPY NEW YEAR!**

BUT ONE MORE THING.. TELL YOUR FRIENDS:

**50% OFF
JOINER FEES
ALL JANUARY LONG!**

**NEWSLETTER
BROUGHT TO
YOU BY:**

