

MARCH 2025

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER



OUR NEW LOOK AT THE YMCA REC PLEX!

YMCA REC PLEX REFRESH

Big things are happening at the YMCA RecPlex! Our amazing staff has been hard at work giving the facility a fresh, YMCA-branded makeover, and we couldn't be more excited to share it with you.

From a revamped front desk and lobby to freshly painted walls and updated spaces like the cheer room, everything feels brighter, cleaner, and more inviting. It's the same RecPlex you love—just with a little extra shine!

Stop by and check out the updates for yourself—we can't wait to see you!

THANK
YOU TO:



REC PLEX LOBBY BEFORE PHOTO



MEMBER OF THE MONTH SHEILA HEATH

Congrats to Sheila Heath, our Member of the Month!

Sheila is a regular on the pickleball courts at the RecPlex and a friendly face at the Robert K. Fox YMCA. She welcomes everyone with kindness, encourages new players, and brings a great energy to every game. Her love for the Y and the community she helps create make her a valued part of our YMCA family.

Thank you, Sheila, for making the Y a better place for everyone!



SHEILA HEATH

EMPLOYEE OF THE MONTH SARAH MULLINS



SARAH MULLINS

Congrats to Sarah Mullins, our Employee of the Month!

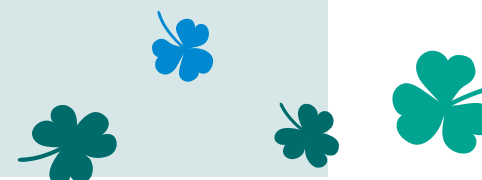
As a Member Service Representative and Youth Tennis Instructor at the YMCA RecPlex, Sarah is always ready to step in when needed, covering shifts and making sure everything runs smoothly. She greets every member with a smile, goes out of her way to help others, and brings a positive attitude to every shift. Her hard work and reliability make a big difference, and we're so grateful to have her on our team.

Thank you, Sarah, for all you do!

THANK YOU TO:



KIRKBRIDE
LAND & SNOW MANAGEMENT





Join Us for Healthy Kids Day – May 10th!

YOU'RE INVITED to Healthy Kids Day on May 10th at the Robert K. Fox Family YMCA!

This fun-filled event will feature interactive activities, fitness challenges, and valuable health information for kids and families. It's a day to inspire healthy living and create lasting memories!

When: Healthy Kids Day will be from 10:30 AM – 12:30 PM

Where: 465 W. Sixth Ave, Lancaster, OH

Who: All ages are welcome!

Vendor Highlights: We'll have amazing local vendors with information, resources, and activities for the whole family!

Welcome Back, Bonnie!

We are so happy to have Bonnie Miller back in the pool after her battle with cancer. She has shown incredible strength, and we've really missed her over the past few months. Bonnie brings so much joy to our Y community, and it's great to see her swimming again. Welcome back, Bonnie!



BONNIE MILLER





**YOUR DUES
OPERATE
OUR FACILITY**



GIVE TODAY!



**YOUR GIFT
WILL CHANGE
LIVES.**



Support our Annual Campaign!



★ **teen
NIGHT
OUT**

Ready for a night of epic fun?
Grab your squad and head to the YMCA
for Teen Night Out on Friday, March 21st
from 6:00 - 8:00 PM!

- Here's what we've got for you:
- Open Gym – Show off your moves!
- Swimming – Dive in & cool off!
- Games – Get your game face on!
- Pizza – 'Cause who doesn't love pizza?
- Ages 11-15 – Don't forget your bathing suit & towel!

REGISTER NOW and get ready for a night
you won't forget!

Spots are limited! Sign-up today!

THANK YOU!



We would like to thank Frank and Amy
Blake for their donation of an air hockey
table for our lounge space at the Robert
K. Fox YMCA. This Air Hockey table is
already a great addition to our space,
and we are so thankful to have you as
part of our YMCA Family!





COMMUNITY LINK: FAIRHOPE HOSPICE



Mark your calendars for Thursday, March 18, at 11:30 AM at our 6th Avenue location for an insightful presentation by Laura Arnold. Laura will share essential information about Hospice care and the Pickering House, covering topics such as:

- Understanding Hospice Care
- Locations Where Care is Provided
- Recognizing End-of-Life Indicators
- The Basics of Hospice Care
- Hospice vs. Palliative Care

At the end of the presentation, Laura will be available to answer questions and provide additional resources.

This event is free and open to the community, but we kindly ask that you register in advance. Registration will begin on Monday, March 3.



Tee Up for a Cause!

Join us for the 3rd Annual YMCA Golf Outing on May 30, 2025, at The View Golf Club!

Grab your team for a Shotgun Scramble, with prizes, raffles, lunch, and more.

\$400 per team
(includes green fees, carts, and drink tickets!)

Date: May 30 | 9 AM |

The View Golf Club



YMCA REC PLEX

RecPlex Spring Open House!

Join us on March 26th from 4–8pm at the YMCA RecPlex!

Bring the kids for a FREE night of fun! 🎉

Join us for fun with dogs and puppies from the Fairfield County Humane Society! Plus FREE Gymnastics, Cheerleading, Tennis, Pickleball classes—and more! Bring your friends and experience the excitement at the YMCA RecPlex!



COMMUNITY LINK: SITTERLY LAW



Join us on Monday, April 7th, from 10:00 AM to 11:30 AM at the 6th Avenue location for an informational session with Mrs. Curtis from Sitterly Law. Topics include:

- Powers of Attorney
- Living Wills & Wills
- Transfer on Death / Beneficiaries
- Real Estate & Trusts
- Asset Protection & Scams

A Q&A will follow. This FREE community event requires advance registration, opening Monday, March 3.

AQUA EGG

Friday, April 4



Do you have plans for Easter?
Don't look any further because
AquaEgg is back!

Join us on April 4th from 5-7 PM for an egg-citing day at the pool! Enjoy fun Easter activities and dive in for a splashtastic Easter egg hunt.

Make sure to register your child for the AquaEgg hunt that matches their age group.

Please note: Children ages 0-4 will require an adult in the pool with them.

Will you be the lucky one to find our famous golden egg?



SUMMER DAY CAMP 2025! Adventure Awaits!

- Flexible Scheduling** – Join us for a week or the whole summer!
- Indoor & Outdoor Fun** – No matter the weather, we've got exciting activities planned.
- Awesome Field Trips** – Explore fun destinations around Lancaster & Central Ohio.
- Junior Counselor Program** – Build leadership skills & make a difference!

Camp runs June 2 - August 8

Financial assistance available!
Spots fill fast! Register now!



LYST SENIORS!



We'd like to honor the following seniors from our Lancaster YMCA Swim Team:

- Will McMaster
- Lindsay Bright
- Bella Green
- Jack Hensley
- Elsie Miller
- Chase Hamilton

Thank you for your dedication and hard work!



MISSION FITPOSSIBLE **Your Summer Health Kickstart!**



Ready to lose weight, feel great, and take control of your health? Mission Fitpossible kicks off March 15 – May 17 with individual and team categories (teams of 2). Registration opens March 5, 2025. Participants can choose weight loss only or include measurements and body fat tracking (prizes awarded for weight loss only).

Join us at the March 15 kickoff event for:

- ✓ Success packet & program details
- ✓ Nutrition & wellness tips
- ✓ Free giveaways & raffle prizes (must attend to win)

Winners will be based on the highest percentage of weight loss in individual (male & female) and team categories. Non-members can participate with a 3-month membership purchase. Stay tuned for more details!

🎉 Plus, don't miss our Easter Candy Guessing Game!



MONTHLY MESSAGE



Hello Spring!

March is here, bringing sunshine, blooming gardens, and plenty of outdoor fun! The RecPlex will host two exciting events this month: the 2025 Gymnastics Districts Meet on March 22nd, where our gymnasts will showcase their skills, and our first ever RecPlex Spring Open House on March 26th, in partnership with the Fairfield Humane Society. You'll enjoy meeting adoptable puppies, playing pickleball, participating in free gymnastics classes and more!

Also for kids, don't miss our Kids Night Out event on March 14th at the Robert K. Fox YMCA! We will have games, swimming, and pizza - plus Teen Night on March 21st. Abby Gatton has also started a Science Club on Thursdays and an Art & Craft Club on Tuesdays for creative kids.

Spring is the perfect time to get involved and have fun! We can't wait to see you at these exciting events and programs.

- Lydia Fratta, YMCA RecPlex Coordinator



GETTING MORE FROM YOUR RETIREMENT!



We're hosting a seminar with Park National Bank's Wealth Advisor, Nicole Davis, who will present on strategies for a portfolio in retirement, understanding your risk tolerance, withdrawal rates/strategies and more!

April 10 at 10am
River Valley Campus

LIFEGUARDING TRAINING

- » MARCH 14-16 EARLY BIRD
- » MAY 2-4 PRE-SUMMER
- » MAY 23-25 PRE-SUMMER X2
- » JUNE 20-22 SUMMER
- » DECEMBER 12-15 LAST DITCH

Connect with us:
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to learn more.