

APRIL 2025

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER



SEND A KID TO CAMP!

April 23rd – Be part of a day full of giving!

Join the Robert K. Fox Family YMCA as our dedicated workers, volunteers, and outside vendors work out to inspire you to donate. Every contribution helps send a child to camp—come be part of something amazing!

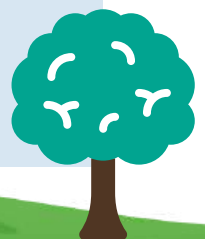
A special **THANK YOU** to The Tarhe Lions Club for kicking off this event by donating \$500, which will sponsor a full week of camp for a local child in need!

For more information, contact Abby:
agatton@ymcalancaster.org

**THANK
YOU TO**



**REMEMBER!
EARTH DAY
APRIL 22nd 2025!**





Announcing the retirement of Human Resources Director, Kim Leitnaker

Kim has announced her retirement from the YMCA after 26 years of full-time employment and 10 years prior to that of volunteering. Kim has been a long-standing staple of our YMCA community and we wish her the best in her retirement.

Thank you Kim, for your years of service and commitment to the success of our YMCA.

Kim has promised to return at some point to take classes and workout!



KIM LEITNAKER



GRANT TUCKER

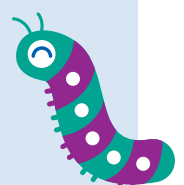
MEMBER OF THE MONTH GRANT TUCKER

Grant Tucker is an energetic preschooler who loves staying active and trying new things. At school, he enjoys making friends and exploring new activities. Outside the classroom, you'll find him in swim lessons or gymnastics, always on the move. Inspired by his older brothers' involvement at the Y, Grant is eager to jump into the action himself—with plenty of energy and a big smile every step of the way.

**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!


OPEN SENSORY GYM

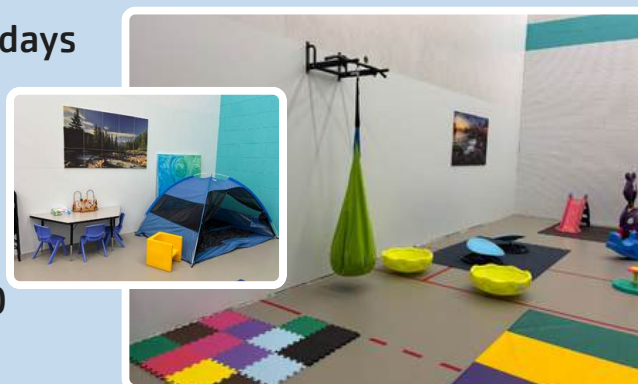
Looking for a welcoming space where kids can explore, play, and engage their senses? Our Open Sensory Gym Time is the perfect opportunity!

 **Tuesdays, Wednesdays, and Thursdays**

 **10 AM – 2 PM**

Come and go as you please!

 **Robert K. Fox Family YMCA**
465 W Sixth Ave, Lancaster, OH 43130



Open Sensory Gym Time is available to all members and is included with your membership—no extra cost! Just drop in and enjoy the fun.



**YOUR DUES
OPERATE
OUR FACILITY**



GIVE TODAY!



**YOUR GIFT
WILL CHANGE
LIVES.**



Support our Annual Campaign!



The 96th Annual
**SUNRISE
SERVICE**

Easter Sunrise Service

Join us for the 96th Annual
Sunrise Service at Mt.
Pleasant on Sunday, April 20,
2025.

✨ Sunrise – 7:00am

🏰 Service – 7:15am

A Lancaster tradition of faith,
community, and hope.

**WE HOPE TO SEE YOU ON
THE MOUNTAIN!**

BINGO @ RVC

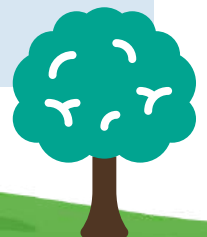


Wednesday, April 9 – RVC Location

Check In – 9:30-10:00

Play – 10:00-Noon

**Traditional Bingo, Prizes, Snacks April
BINGO is Sponsored by Kingsbury Living
Registration Required**



APRIL 2025

ymcalancaster.org



ANNUAL GIVING
5K RUN & WALK '25



Join us for the Family Y's Annual 5K Run/Walk on Saturday, May 10 at 9 AM at the Lancaster YMCA. Whether you're racing to win or walking to support, this family-friendly event brings our community together for fun and fitness! Proceeds support youth programs and healthy living initiatives.

Register today at ymcalancaster.org



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

SIGN UP TODAY!



Tuesday, April 8th

9:00-10:00 AM

Robert K. Fox Family YMCA

Join Annie for this one-hour holiday-themed workout.

Registration is required. Please arrive early to receive your Ears and Cotton Tail.



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.



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!



FAMILY YMCA OF LANCASTER & FAIRFIELD COUNTY

LYST SUMMER 2025

STROKE CLINICS

Enhance Your Technique – Improve Your Speed!
Join our 1-hour stroke clinics to refine your skills and become a stronger, more efficient swimmer! Each session focuses on a specific stroke or race skill, with expert coaching to improve your technique, endurance, and confidence in the water.

Clinics Offered:

- ✓ **Freestyle – Perfect your stroke mechanics & breathing**
- ✓ **Backstroke – Improve body position & efficiency**
- ✓ **Breaststroke – Master timing & glide technique**
- ✓ **Butterfly – Develop power & rhythm**
- ✓ **Starts & Turns – Gain speed off the blocks & through transitions**

Don't miss out on this opportunity to take your swimming to the next level!

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:
at yecheverria@ymcalancaster.org
or sunderdown@ymcalancaster.org
to learn more.



BLOOD DRIVE

APRIL 29TH | 8AM - 2PM

@ROBERT K. FOX FAMILY YMCA



Spring Into Giving: Donate Blood & Save Lives!

As the season of renewal begins, take a moment to give the gift of life! The Robert K. Fox Family YMCA is hosting a Blood Drive this spring, and we invite you to be a part of it.



Date: Monday, April 29th



Time: 8:00 AM – 2:00 PM



Location: Robert K. Fox Family YMCA

Donating blood is a simple act with a powerful impact—your donation can help save lives in our community. Spring is a time for new beginnings, and what better way to give back than by helping those in need?

Walk-ins are welcome, but appointments are encouraged.

For more information, contact Yael Echeverria:
yecheverria@ymcalancaster.org.

RIVER VALLEY CAMPUS SPRING CLEANUP – THANK YOU!

A huge thank you to everyone who joined us for the RVC Spring Clean-Up on Sunday, March 30th! With your help, we were able to refresh and prepare RVC for the upcoming spring season.

And a **special shoutout** to our amazing staff who dedicated their time and effort to ensure everything was clean and ready.

We appreciate all that you do to keep RVC looking great for our community!





MONTHLY MESSAGE



Hello April!

Spring is full force this month with all the rain and sunshine. Thyme, hehe, to get the garden ready. As usual, lots is happening this month.

April is Child Abuse Protection month, with April 21-25 being the 5 days of action, Take the pledge to take action at any of the YMCAs and support the campaign. "Know, See, Respond". This a huge area of need and awareness.

The 3rd annual Golf tournament has opened for registration with a \$400 team prize for the winners. Come join, have some fun, with raffle drawings, and shot gun scramble.

April 29th is our blood drive date at the Main Y. There is a huge need for blood donation in all communities and we can make a wonderful example with our Fairfield community. We hope to see you there!

The RecPlex open day, held on March 26th was a very successful event with a huge community turn out. Classes were full of new excited interest. Food and drinks were available and the best part, the dog! Avery, who came from Fairfield Humane Society was the star of the show and was adopted by a loving family.

Looking forward, May is a big month with the Y. Healthy Kids Day is set for May 10th and it's a big month for our teams. Delta Force cheer, team gymnastics and LYST all start a new season with evaluations and participants. Let's Go Teams!

- 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 @ RVC | 10AM