

MAY 2025

**FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY**



NEWSLETTER

2025 COMMUNITY AWARDS

MAY 15 | 6PM | RKF

Join us for an evening at our Annual Community Awards Night, where we come together to celebrate the heart of our YMCA — our community.

We'll honor outstanding members and partners who embody the Y's core values of caring, honesty, respect, and responsibility, and share updates on the impact and future of the Family YMCA of Lancaster & Fairfield County.

Enjoy light refreshments and uplifting connection in the Fulton Gym at the Robert K. Fox YMCA. All are welcome — we can't wait to celebrate with you!

**NEWSLETTER BROUGHT
TO YOU BY:**



EMPLOYEE OF THE MONTH – Melissa Hollon!

Melissa Hollon is the kind of person who makes everything (and everyone) around her better. She brings calm to chaos, energy to every task, and a steady kindness that you can feel the minute you walk through the door. Whether she's helping a member, jumping in to support a coworker, or finding a better way to do something, Melissa leads by example — without ever needing the spotlight. She shows up, she cares, and she makes a real difference. We're so lucky to work alongside her, and even luckier to know her.



Melissa H.



Joel Duffee

MEMBER OF THE MONTH Joel Duffee

Joel Duffee is a familiar face in our pool —and a creative force in our Y community! His simple idea of using clothespins to track swim laps has made a big splash, helping fellow swimmers stay focused and motivated. It's a small innovation with a big impact, and a perfect example of how our members make the Y better for everyone. Thanks, Joel, for leading with heart, both in and out of the water!

**THANK
YOU TO:**





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

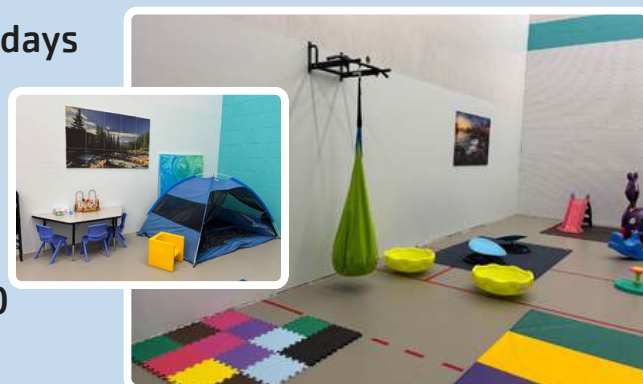
Looking for a welcoming space where kids can explore, play, and engage their senses? Our Open Sensory Gym Time is the perfect opportunity!

 **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.

MAY 2025

ymcalancaster.org

5K ANNUAL GIVING 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

3RD ANNUAL GOLF TOURNAMENT 2025

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!**



GIVE TODAY!

Celebrating Our Senior Lifeguards



As the school year comes to a close, we want to extend our deepest gratitude and congratulations to three incredible senior lifeguards who have made a lasting impact on our YMCA family.

Aubrey Garber (Lancaster High School)

Joined us on 08/21/2024

School jacket picture



Mia Petty (Bloom-Carroll High School)

Joined us on 08/28/2024

Sitting by the wall picture

Madison Lopez (Berne Union High School)

Joined us on 03/09/2023

Black and white picture

From day one, Aubrey, Mia, and Madison have brought positive energy, leadership, and a can-do spirit to our aquatics team. Their smiles light up every room they walk into, and their dedication has inspired not only our members but also the next generation of lifeguards.

Whether it's opening the pool with enthusiasm or stepping up as role models for others, they've each left a lasting mark that will be felt long after graduation. We're so proud of everything they've accomplished and can't wait to see all they achieve next.

Thank you, Aubrey, Mia, and Madison.

You'll always have a home here at the Y.





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!



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!





CREATIVE PLAY PRESCHOOL

PRESCHOOL AT THE Y

Our state licensed and 4 star quality rated programs are led by qualified teachers and designed to equip preschoolers with the skills they need for kindergarten. Our curriculum includes academics such as reading, writing, math and science as well as building social and emotional skills. The YMCA has opportunities available for low and reduced cost preschool.



OPEN TO EVERYONE

**AGES
3, 4 & 5**

**MONDAY -
FRIDAY
7:00AM-5:30PM**

***COST/WK:**

7:00AM-5:30PM: \$188

9:00AM-3:00PM: \$129

9:00AM-11:30PM: \$70

*Discounted member rates and scholarship opportunities!



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONTHLY MESSAGE



May blooms and so does the YMCA this month!

There is a lot of positive and exciting events going on at the YMCA. Starting this Saturday, May 3rd, we have the Spring Invitational Gymnastics meet. Lancaster will host several Y teams at the RecPlex. The gym team has been working very hard and displaying some amazing skills. Let's Go Lancaster!!

The last 2 weeks have been the evaluations for the YMCA Delta Force Competitive Cheer team. This will be season 19 with placements being announced May 4th. The skill and talent that has been coming in has been very exciting. Let's Go Delta!!

May 10th is our Annual Giving Campaign 5k. We still need volunteers for the course. If you are interested, you can sign up at the YMCA website. Come celebrate the day in the sunshine running or walking!

May 15th is the 2025 Community Awards Night. This ceremony is at 6pm in the Fulton gym. Members are nominated for an array of awards demonstrating the overall mission of the YMCA.

May 30th is the 3rd Annual Giving Campaign Golf Tournament. This will be at The View Golf Course starting at 9am. Registration will be at 8.30. The proceeds will go towards making a positive impact in the community.

The YMCA is keeping busy in May and in the community. Enjoy the blooming gardens, warming weather and let's keep the mission going!

- Lydia Fratta, YMCA RecPlex Coordinator