

# AUGUST 2025

FAMILY YMCA OF LANCASTER  
& FAIRFIELD COUNTY



# NEWSLETTER



MARTHA MILLER MEMORIAL

Flippin'



2025  
SPONSORS:



TOTTEN'S  
FLOORS

## It's Flippin' 5K Time!

AUGUST 9<sup>th</sup> 2025 – 9am Start – Robert K. Fox YMCA

This event is a powerful way to support our gymnastics community and honor the legacy of our beloved former gymnastics director, Martha Miller. Whether you run or walk, your participation makes a huge difference!

Please visit the race website to register. We hope to see you there!

THANK  
YOU TO:



RACE WEBSITE!



## EMPLOYEE OF THE MONTH



Although Ethan was hired just a few months ago, his impact has been immediate and significant. He has truly stepped up to ensure our summer membership operations have been flawless. His constant eagerness to help both his co-workers and our members embodies the spirit of the Y. Ethan has shared that his favorite thing about working here is getting to know all of the members, and that genuine interest is clear in everything he does.

Thank you, Ethan, for your dedication and positive attitude. We are so glad to have you on our team!



**Ethan Hautala**

## MEMBER OF THE MONTH



**Jim Wheeler**

For Jim, starting his day at the YMCA is an essential part of his routine. He often begins his workout in the Wellness Center before using the pools, which he says helps his body feel loose and prepares him for the day ahead. After exercising, Jim enjoys his signature drink—coffee with hot chocolate mixed in—while he visits with his friends in what they call the "coffee club." A beloved figure at the Y, Jim is frequently greeted with hugs from members and always offers a kind smile, sometimes sharing a story about his family.



**YOUR DUES  
OPERATE  
OUR FACILITY**



**GIVE TODAY!**



**YOUR GIFT  
WILL CHANGE  
LIVES.**



**Support our Annual Campaign!**



## Welcome, Dani!

**Join us in welcoming Dani,  
our new Personal Trainer!**

Dani is a Certified Personal Trainer through the National Academy of Sports Medicine® (NASM®) with a specialization in Behavior Change.

With a passion for helping people build functional strength that translates to real-life performance, she designs personalized programs that improve mobility, balance, and everyday resilience. She lives in Lancaster with her husband, dogs, and cat, and enjoys hiking, biking, and spending as much time outdoors as possible.



# Did you know?



Did you know that our YMCA Preschool Program has earned a Gold Rating from Ohio's Step Up To Quality (SUTQ) program?

SUTQ is a quality rating system that recognizes early learning and development programs that exceed the state's minimum health and safety regulations. Achieving a Gold Rating signifies a deep commitment to excellence.

We are proud of this achievement and our ongoing commitment to providing a high-quality, supportive learning environment for every child!



**ROBERT K. FOX  
FAMILY YMCA**  
465 W. 6<sup>th</sup> Avenue  
Lancaster, OH 43130



**CREATIVE PLAY**

**PRESCHOOL  
OPEN-HOUSE!**

**Thursday, August 14th  
4:30 PM – 6:00 PM**





**LIVESTRONG®****AT THE YMCA****Find Strength with LIVESTRONG at the YMCA**

The journey to recovery after cancer treatment can be challenging, but you don't have to do it alone.

This September, we will begin our next session of **LIVESTRONG** at the YMCA, a 12-week program that helps cancer survivors reclaim their health in a safe and supportive environment.

Guided by specially trained staff, participants will focus on rebuilding strength, increasing flexibility and endurance, and improving confidence through tailored, small-group exercise.

Just as importantly, the program offers a warm spirit of community where survivors can connect with others.

**To learn more or to register:**

Angie Duckworth at 740-687-2941 or  
aduckworth@ymcalancaster.org

Medical clearance from a physician is required to participate.

**LIVESTRONG AT THE YMCA**

THIS 12-WEEK PROGRAM IS FREE FOR PARTICIPATING CANCER SURVIVORS



BUILD MUSCLE  
STRENGTH



INCREASE  
FLEXIBILITY



STRENGTHEN  
ENERGY LEVELS



IMPROVE  
ENDURANCE



BETTER  
MOOD

**REGAIN.****RENEW.****RECOVER.**

# MONTHLY MESSAGE



Welcome to August! We are proud that our 6<sup>th</sup> avenue location, the Robert K. Fox Family YMCA, in partnership with the Red Cross, could serve as a community shelter for those affected by the recent flooding.

As summer winds down, we have two important events this month. Registration is still open for the Martha Miller 5k, which will be held on August 9th. This annual race honors Mrs. Miller, a former gymnastics director who dedicated herself to the program and her students.

Additionally, our Gold-rated Preschool Program is now enrolling. The program, which serves 3-5 year olds, will host an open house on August 14th, with the first day of school on August 18th. We provide safe, affordable, and high-quality care.

Enjoy the rest of these warm days before autumn arrives!

- Lydia

Take the Y's Water Safety Pledge and learn more about the layers of protection you can put in place to help keep kids safe around water, this summer and all year long.



PHONES DOWN  
EYES UP.org



**ROBERT K. FOX  
FAMILY YMCA**  
465 W. 6<sup>th</sup> Avenue  
Lancaster, OH 43130



# **CREATIVE PLAY PRESCHOOL OPEN-HOUSE!**

**Thursday, August 14th | 4:30 PM – 6:00 PM**

★ Whether you're already enrolled or still exploring options, come see what makes Creative Play Preschool a wonderful place to learn and grow! We can't wait to meet you and your little one!



**Tour the classrooms!**



**Meet our amazing teachers!**



**Registration assistance!**



740-654-0616



[ymcalancaster.org/preschool](https://ymcalancaster.org/preschool)



[agatton@ymcalancaster.org](mailto:agatton@ymcalancaster.org)



# SAVE THE DATE!



the **Y**

# BOO! FEST

OPEN HOUSE

**FREE!**

**OCTOBER 18 2025**

**YMCA REC PLEX | 4:00PM-8:30PM**

## TRUNK OR TREAT!

**FOOD TRUCKS OPEN HOUSE**

**COSTUME CONTEST ARTS & CRAFTS**

**FREE GYMNASTICS & TUMBLING CLASSES!**

**FACE PAINTING | NINJA COURSE**

**...IT'S A SPOOKY FREE FESTIVAL!**

 **740-277-7373**



**1180 E. LOCUST ST  
LANCASTER OHIO**