

OCTOBER 2025 

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER



Get ready for a spooky good time!

You're invited to the YMCA RecPlex for our Boo! Fest Trunk-or-Treat / Open House on Saturday, October 18, 2025.

This festival is completely free and a perfect way to celebrate the season with family and friends. Join us at 1180 E. Locust St. in Lancaster anytime from 4:00 PM to 8:30 PM for an evening packed with fun. We will have a Trunk or Treat, a costume contest, arts & crafts, face painting, and a ninja course. You can also enjoy free gymnastics, tumbling, and pickleball, and be sure to check out the delicious options from our onsite food trucks.

We can't wait to see you there for a spooktacular night!

EMPLOYEE OF THE MONTH



This October, we're celebrating our Community Event Coordinator, Annie Weaver, as Employee of the Month! Annie is the creative force behind member favorites like the Silver & Strong Olympics and our seasonal Bucket Lists. Her dedication is vital to bringing our community together, and we are so grateful for her work. Please join us in thanking her!



Annie Weaver

MEMBER OF THE MONTH



Ava Congrove

Let's give a big congratulations to one of our youngest members, Ava Congrove, our October Member of the Month! Now in her second year of our Preschool program, it has been a true joy to watch Ava blossom. Her kindness is a constant bright spot in the classroom; she is always ready to lend a hand to teachers and loves playing with all of her friends. Ava's sweet and helpful nature makes our program a more welcoming place for everyone. Congratulations, Ava, and thank you for being such a wonderful example to your classmates!



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ymcalancaster.org

SWIM TEAM!



Make a Splash with the Lancaster YMCA Swim Team!

Are you looking for a sport that builds confidence, character, and lifelong friendships? The Lancaster YMCA Swim Team (LYST) is looking for new swimmers to join our family!

If your child is ready to challenge themselves, stay active, and make lasting memories, we invite them to dive in with us. For more information on practice schedules and how to join, please contact:

Yael at yecheverria@ymcalancaster.org

We can't wait to see you at the pool!



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ymcalancaster.org

RECAP: Silver & Strong Olympics 2025!



The Silver & Strong Olympics was such an amazing event and we want to thank each and every one of you that participated. Here are just a few of the highlights, and more photos of the event will be posted on our Facebook page in an official Silver & Strong Olympics photo album! Go check it out!





BREAST CANCER AWARENESS MONTH



At the Y, our commitment to social responsibility extends to supporting every member of our community, including those on their journey to recovery from cancer.

Through our **LIVESTRONG at the YMCA** program, we provide a safe and supportive environment where cancer survivors can reclaim their strength and well-being. This program offers personalized physical activity and wellness coaching to help survivors heal in mind, body, and spirit.

Our dedication to this cause is also an act of advocacy; by championing the health of survivors, we join a larger movement that pushes for continued cancer research and greater access to care. It's a powerful demonstration of how our community can come together to lift up those in need and foster a healthier future for all.

If you are a cancer survivor and wish to learn more, please reach out: **Angie Duckworth at aduckworth@ymcalancaster.org**

A SPOOKY KIDS NIGHT OUT!

Need a night to yourself?

Drop the kids off for our "Kids Night Out" on Friday, October 24, from 6:00 to 8:30 PM!

Kids in 1st through 5th grade can come dressed in their favorite costume for a frightfully fun evening of games, crafts, swimming, pizza, and more.

It's a night of treats for the kids, while parents get to enjoy a little time to themselves. To reserve a spot for your child, please register online at ymcalancaster.org.





A 360-DEGREE DIGITAL EXPERIENCE FOR MEMBERS ON MOBILE, TV, AND WEB



WHAT IS YMCA360?

YMCA360 is a member benefit that gives you access to virtual classes that support a healthy mind, body, and spirit. Additionally, members can engage in app features that allow you to customize your health and wellness journey. The things you love about the Y, it's people, places, and programs, are all on YMCA360!

- Livestream and on-demand classes taught by YMCA instructors from around the U.S.
- 2,800+ pieces of content supporting the mind, body, and spirit.
- Fitness classes, sports instructions, nutrition/cooking classes, children's book readings, and so much more!
- Earn points for staying active.*
- Redeem your points for amazing rewards!*
- Get connected by joining Challenges.*
- Your Y's Schedule at the tip of your fingers.*

**Offering of features dependent on your YMCA.*

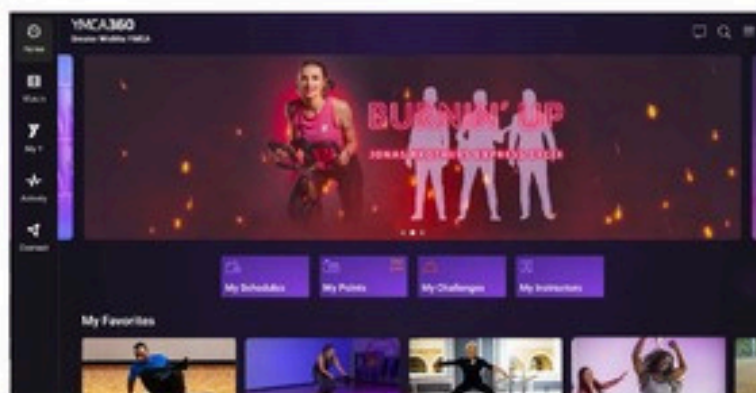
DOWNLOAD THE APP TODAY



Google Android



Apple iOS



OCTOBER 2025 

ymcalancaster.org

DISMISSED

CIRCLEVILLE PREMIERE

IS HERE



Join us for local screening of **Dismissed** A 45-minute medical documentary that follows 16-year-old Isabelle, Circleville resident, who received early Hemophilia diagnosis & advocates for girls/women facing bleeding disorder challenges. The film follows four additional women and their medical journeys.

-FREE EVENT-

October 4th, 2025 @ 4:00PM

Crossroads Church

5679 Tarlton Road, Circleville, OH 43113

FOR MORE INFORMATION CALL OR TEXT **614-561-8117**



BIRTHDAY & CELEBRATION PARTIES!

FLIP, SPLASH, JUMP & CELEBRATE!

Planning your child's next birthday party? Let us handle the fun! The YMCA offers exciting and active party packages perfect for any celebration. Choose from a Gymnastics adventure, a splash-tastic Pool party, or classic games in our Gymnasium.

For more information on our birthday packages and to book your special day, please contact the front desk!

MONTHLY MESSAGE



Fall is here, and the YMCA is full of energy, community spirit and fun for all ages!

We are excited to celebrate the season with the Boo Fest, October 18th, at the RecPlex. This will be our annual fall open house with a spooky twist! Join us for an evening filled with Halloween fun, including a costume contest, crafts, face painting, food trucks and trunk or treat. It is a great way to come together and enjoy the warmth of our YMCA community and try out some of the classes we have on offer this Fall.

A big congratulations goes out to all participants of the Silver and Strong Olympics, what an incredible display of talent, perseverance and camaraderie! But most importantly, they had a great and fun filled time. Thank you to everyone who helped make this such a successful event!

Looking ahead, the next swim meet for LYST is on the horizon. November 1st and 2nd is the event and it is a huge meet for the swim team. Come out and cheer on the team as they highlight their training, hard work and team spirit. Go LYST!!

Both the gymnastics team and cheer team are in full practice preparing for the upcoming competition season. Gym team kick off their season on October 25th at the Ross County YMCA. The skills and grace of these athletes is always amazing to watch. Let's Go Lancaster and Delta!!

As Halloween approaches, we want to remind everyone about the importance of safety. Whether you are trick or treating, attending festivals or enjoying family fun, remember to use reflective gear, stick together in groups and be aware of your surroundings.

Here is to a lovely fall season and an October full of pumpkin spice!



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**

the **Y** 1180 E. LOCUST ST
LANCASTER OHIO



Kids Night Out

Drop the kids off for a frightfully fun evening at the Y! They'll enjoy games, crafts, swimming, pizza, and more—all while dressed in their favorite (appropriate) costumes.

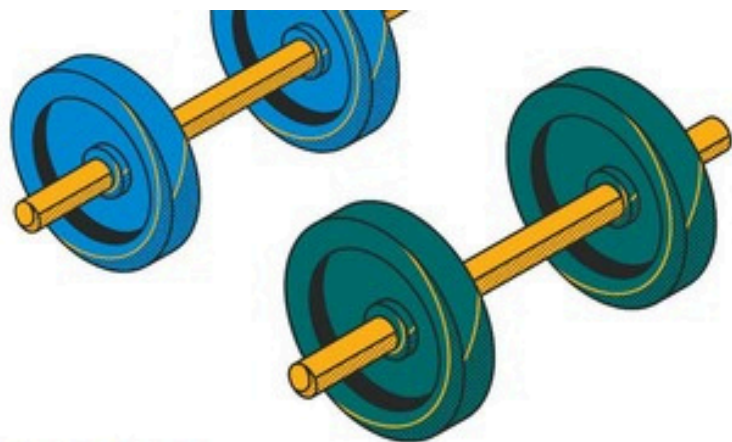
 **17** Date: Friday, October 24

 Time: 6:00–8:30 PM

A night full of treats (and maybe a few tricks) for the kids, while parents enjoy a little time to themselves!

465 W. Sixth Ave.
Kids in 1st – 5th grade

Register online at ymcalancaster.org



JOIN US FOR A **IRON TEENS**

Saturdays | 11:00 AM – 12:00 PM

In this program, you'll learn:

- Proper form
- Safe use of workout equipment
- Wellness center safety & etiquette



PRICING:
\$35 MEMBERS
\$50 NON-MEMBERS

**GET STRONGER, SAFER, AND MORE
CONFIDENT IN THE GYM!**

