

# NOVEMBER 2025

FAMILY YMCA OF LANCASTER  
& FAIRFIELD COUNTY



# NEWSLETTER



## THE GIVING WALL



Our "Giving Wall" at the Robert K. Fox Family YMCA has only been up for a couple of weeks, and we are incredibly grateful for the generous members who have already stepped up to change lives, one gift at a time.

We want to extend a huge thank you to the ones who have helped us tear down this wall so far:

- **Kathleen Carlson**
- **Taylor Beeler**
- **Marcy Happeney**
- **Harry Westfall**
- **Mary Jones**
- **Janet & Dick Warner**
- **Mark Williams**
- **The Woody Family**
- **Marilyn Downard**



Your support makes a direct impact on our ability to serve the community.

**The wall isn't down yet!** The next time you're at the Robert K. Fox Family Y, you can join this amazing group by picking a donation amount from the wall and making your gift at the front desk. Let's come together to tear down this wall!

## EMPLOYEE OF THE MONTH



Harry joined us at the Family YMCA just a couple of months ago and has truly been a rockstar. He demonstrated an incredible ability to learn the ropes quickly and has become instrumental in keeping our daily operations running smoothly. We wanted to formally recognize his outstanding work ethic and the positive impact he's already made on our team. Thank you for all your hard work, Harry!



**Harry Westfall**

## MEMBER OF THE MONTH



**Pearleene Reffitt**

For November, we are so happy to honor Pearleene Reffitt as our Member of the Month!

At 94 years young, Pearleene is a real inspiration to our entire community. She embodies the spirit of lifelong activity and engagement, proving that age is just a number. Her consistent presence and bright personality bring so much joy to everyone at the Y.

Thank you, Pearleene, for being such a bright and vital part of our Y. Please join us in congratulating her when you see her!



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## RECAP: 1<sup>st</sup> Annual Boo! Fest!



What a spook-tacular success! A huge thank you to everyone who attended, volunteered, and partnered with us for this year's Boo Fest. It was fantastic to see so many families enjoying the event and showing off their incredible costumes. We are grateful for the community support that makes events like this possible and brings everyone together for a great time. We've gathered some of our favorite moments, enjoy the photo gallery below!



**FIND THE  
FULL GALLERY  
ON OUR  
FACEBOOK!**

# FALL 2 IS HERE!



Just a friendly reminder that our Fall 2 program session kicks off soon, running from November 10th through December 20th!

Spots are filling up fast, but we still have a few openings left in programs like our swim lessons and gymnastics classes. This is the perfect opportunity to keep your family active, learn a new skill, and have fun as we head into the winter.

Registration is now open to everyone, but don't wait—these last few spots won't last long! Secure your place today by visiting our website or stopping by the front desk.

## BREAK WEEK BINGO!

River Valley Campus (RVC)

 **Wednesday, November 5**

✓ Check-In: 9:30 AM |   
Game Play: 10 AM – 12 PM

| Games                                                                                                                                                                   | Prize | Snacks |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|--------|
|   |       |        |

- FREE TO YMCA MEMBERS
- MEMBERS MAY BRING A GUEST
- PLEASE REMEMBER TO SCAN YOUR CARD

SAVE THE DATE & JOIN US FOR AN EXCITING MORNING!

**LET'S JOIN!**



**\$10**

## RUDOLPH RUN!



**MAINTAIN - DON'T GAIN!**

Join our fun and festive challenge designed to keep you motivated and on track through the holiday season! Your goal is simple: avoid the holiday gain! Let your personal reindeer guide you on a journey to the North Pole, collecting rewards along the way!

### - How It Works -

**Register:** Sign up at the front desk to receive your reindeer ornament and personal Christmas tree!

**Journey to the North Pole** by adding 30 minutes or more of additional activity each day - that can be walking, running, biking, or any activity you choose!

**Track Your Progress:** Keep track by marking off spaces along your challenge board with each square representing each extra 30 minutes that you accomplish!

**Collect Goodies:** Every 5 spaces you complete, you'll earn a special "goodie" to decorate your holiday tree!



**Challenge Begins: November 1**  
**Challenge Ends: December 24**

Those maintaining their weight will be entered into a Grand Prize drawing:  
A 2-night weeknight stay at The Reed, a family-owned cabin in Hocking Hills!

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# 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](mailto:yecheverria@ymcalancaster.org)**

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





## 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.*

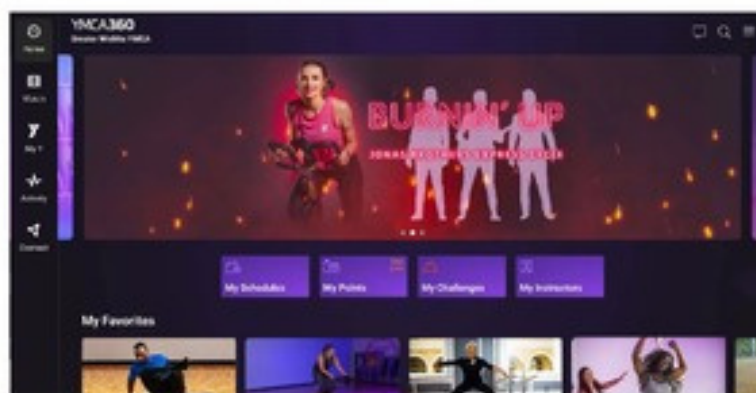
### DOWNLOAD THE APP TODAY



Google Android



Apple iOS



# MONTHLY MESSAGE



November is here, bringing a season of determination and togetherness to our YMCA! The fall spirit is alive as we cheer on all our athletes.

We're hosting a free Self Defense class on November 3rd in the Fulton gym. Led by Tiffany Hedrick from the Lancaster Sheriff's department, this class will empower all ages with practical safety skills.

You can also help save lives at our blood drive on November 7th at the RecPlex. Your donation makes a powerful impact.

Come support our gymnasts on November 8th as they compete against Licking County! (Team pictures are on the 14th). Let's also cheer on our LYST swimmers at their November Invitational and the Delta All-Star cheer team as they head into their competition season.

Finally, our pickleball community has the Turkey and Gravy tournament and several DUPR clinics this month.

November is a time for teamwork, family, and thankfulness. Thank you for being part of our vibrant YMCA community.

- Lydia



# ANNUAL TOY DRIVE



Hosted by the Lancaster YMCA Swim Team

**Drop-Off Location:** Aquatics Office  
Robert K Fox Family YMCA

**Deadline:** Now through Sunday, November 2

Bring a new, unwrapped toy or gift card, and you'll be entered  
into a raffle for a brand-new swim bag  
(one entry per item donated).

**Community Impact:** All donations stay local to Fairfield  
County through the Lancaster Fire Department.





31<sup>ST</sup> ANNUAL



# 2025 GIFT OF TIME

Come and enjoy **FREE** photos with Santa, engaging activities, crafts for the whole family, and much more... All children must be accompanied by an adult.

Dec.

6th

10 AM -  
12 PM



**Lancaster High School**

1312 Granville Pike  
Lancaster Ohio 43130

## SPONSOR TREE

Formerly hosted by the Fairfield County Early Childhood Association (FCECA), The Family YMCA of Lancaster & Fairfield County is proud to take the torch and continue this important local holiday tradition into 2025 and beyond!

**For more information:** Yael Echeverria  
yecheverria@ymcalancaster.org

**ymcalancaster.org**



Warming up for our Annual

# 5K FUN RUN & 2-MILE WALK EVENT

Every Step Counts, Make Yours Matter!



Saturday  
November 8, 2025



Starting at  
8.30 AM



Fairfield County  
Fairgrounds  
157 E. Fair Ave.  
Lancaster, Ohio 4310



*Register  
Now*

## WHAT TO EXPECT?

- ✓ Prizes for Top Racers
- ✓ 5K Run and 2 Mile Walk
- ✓ Refreshments and Snacks
- ✓ Loads of Fun for Everyone

[uwayfairfieldco.org](http://uwayfairfieldco.org)



# Self-Awareness & Self Defense at the Y

Presented by Corporal Tiffany Hedrick Lancaster Sheriff's Office  
November 3rd

## CLASS 1: SENIORS ONLY

Self-Awareness & Scam  
Prevention  
10 AM – 12 PM  
Free Event  
Registration Required

## CLASS 2: OPEN TO ALL

Traditional Self-  
Defense  
5 PM – 7 PM  
Free Event  
Registration Required



SCAN TO REGISTER!



For more information, contact Annie Weaver at [aweaver@ymcalancaster.org](mailto:aweaver@ymcalancaster.org)