

FEBRUARY 2026

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER

LIVESTRONG®



AT THE YMCA



We are incredibly proud to celebrate the participants of our 2025-2026 **LIVESTRONG® at the YMCA** session. This program continues to be a cornerstone of our mission, providing a supportive environment for cancer survivors to focus on their health and well-being.

Over the past few months, this group has demonstrated remarkable resilience and strength. Beyond the physical activity, the program has fostered a deep sense of community, allowing participants to connect with others who truly understand their journey. Seeing their progress—not just in fitness, but in spirit—reminds us why the YMCA is so vital to our community.

Congratulations to all our recent participants for their hard work and dedication to their personal wellness journeys!

Interested in joining our next session? Reach out to Angie at aduckworth@ymcalancaster.org for more information on how to get started.



EMPLOYEE OF THE MONTH



Thank you for being such an incredible light in our workplace! Your infectious smile and love for dancing bring so much joy to both the staff and our members. We truly appreciate how you go the extra mile to make birthdays special and for always ensuring everyone feels recognized with a signed card. Your dedication—especially your willingness to take on extra shifts—does not go unnoticed. We are so lucky to have you!



Linda Poling

MEMBER OF THE MONTH



Olivia Davis

This month, we are excited to shine our Member Spotlight on Olivia Davis. A dedicated swimmer and an active member of our homeschool group, Olivia brings a wonderful energy to every session. She is known for her positive attitude, her eagerness to learn new skills, and her readiness to have fun with her peers. Beyond her own activities, Olivia is a fantastic helper who is always willing to lend a hand to staff and friends alike. We are so glad to have her as part of our YMCA family!



Break Week BINGO

After all that snow... who's ready for BINGO?! 🎉

Break Week Bingo is happening, and we're ready for some laughs, prizes, and friendly competition!

📍 RVC Location

JUL 17 Wednesday, February 18

🕒 9:30 AM – Check In

🎲 10:00 AM–12:00 PM – Game Play

❄️ After being snowed in, it's time to get out and yell BINGO!

👉 Registration is required, so be sure to sign up ahead of time.

We can't wait to see you there!



YOUTH
-&-
FAMILY



KIDS NIGHT OUT! REMINDER

Parents can enjoy a night out while children in 1st to 5th grades have fun at the YMCA on Friday from 6:00 – 8:30 PM with games, swimming (bring a swimsuit and towel), open gym, and pizza!

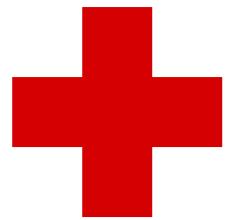
**NEXT DATE: FEB 20!
REGISTER TODAY!**

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ymcalancaster.org



Lifeguard Certification Courses **2026**



Join us and become an American Red Cross certified lifeguard, ensuring the safety of others while enjoying a rewarding career by the poolside.

Register now and make a splash with your new skills!

NEXT CLASS: 2/12 – 2/15

REGISTER NOW!

Try Before You Buy! If you're nervous about the swim test, don't worry! You're more than welcome to schedule a time to try out these prerequisites before you officially sign up. Just send our Aquatics Director an email to set up a practice time.

CALL TODAY TO GET STARTED:

740-654-0616

OR email Yael:

yecheverria@ymcalancaster.org

ymcalancaster.org

CONGRATS TO OUR NATIONAL CHAMPIONS!



Huge congratulations to the Delta Force All-Stars for a clean sweep at the AmeriCheer Buckeye Nationals!

- Mini Nukes: Excellent placements.
- Atomic: 1st Place and Championship Rings.
- Stealth: 1st Place, Championship Rings, Level 3 High Point, and a PAID bid to the One Prime Finals in Florida.

We are also thrilled to announce that head coach Toni Maynard has been inducted into the AmeriCheer Coaches Hall of Fame! This prestigious honor is a testament to her incredible dedication.

Great job to all our athletes, coaches, and families. See you back on the mat in two weeks!



YMCA360

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 allows 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



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ymcalancaster.org

MONTHLY MESSAGE



Stay warm and safe as we move through the peak of winter!

February is a month full of spirit and teamwork here at the YMCA, and our halls are currently buzzing with athletes and families. We are excited to cheer on our athletes during the cheer competitions on February 1st and February 14th.

Additionally, our gymnastics and high school teams will take the floor for a Valentine's Day competition on February 14th to showcase their strength and dedication. We encourage everyone to wear their Y gear and bring their loudest cheers to support these athletes.

While our regular fitness classes and family activities continue, I would like to specifically highlight our popular Ninja program. This program has grown significantly and caters to athletes from age three (Tiny Ninjas) through our older "Kids that Flip" group. It is a wonderful opportunity for young athletes to embrace their inner ninja. Registration for the next session begins February 2nd for members and February 9th for non-members.

Looking ahead to spring, we are excited to offer a community garden opportunity from May to October. This is a perfect project for those with a passion for the outdoors and community initiatives. Thank you for being a part of the YMCA family and for supporting our athletes this month.

Thank you to our sponsor:

