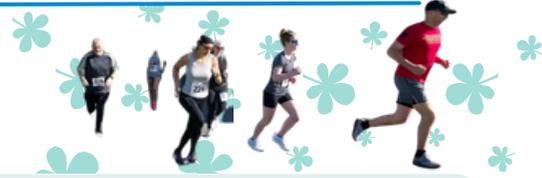


MARCH 2026

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER



MARK YOUR CALENDARS: A May to Remember!



It's only March, but we're already looking ahead for a May to remember, and we want YOU to be a part of it! We're hosting three big events to help our neighbors thrive. Mark your calendars—you won't want to miss these!

MAY 9: Annual Giving 5K Run & Walk

9:00 AM | Robert K. Fox YMCA

Kick off your morning by racing for a cause! Every step you take helps fund our community scholarship programs.

Join us: Register by May 2nd at ymcalancaster.org for early-bird pricing and a race shirt!

ANNUAL GIVING



MAY 9: Healthy Kids Day®

10:00 AM – 1:00 PM | Robert K. Fox YMCA

Immediately after the 5K, bring the whole family for a day of play!

Join us: This event is FREE to the public and features games, activities, and a Kids Fun Run at 10:15 AM!



MAY 29: 4th Annual Golf Tournament

9:00 AM | The View Golf Club

Grab your clubs for a day on the green presented by Accurate Heating, Cooling, and Plumbing!

Join us: Compete for a \$1,000 Grand Prize or a trip to Pebble Beach! Foursomes and sponsorships are available now at the front desk or online!



Visit ymcalancaster.org for more information.

EMPLOYEE OF THE MONTH

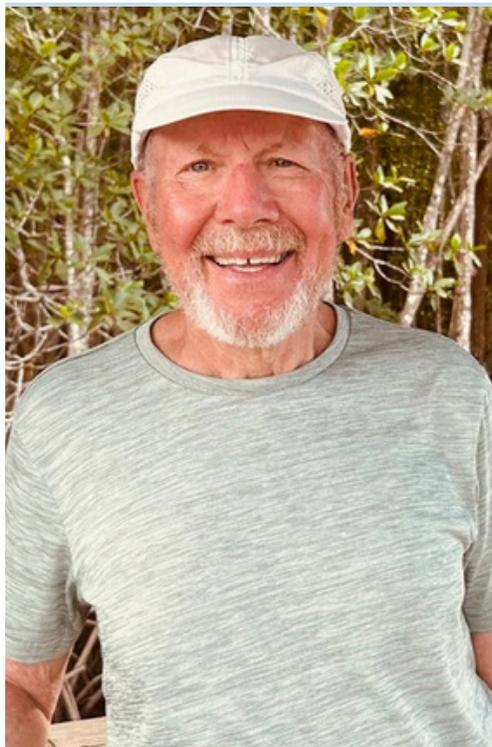


We are so excited to recognize Sam Gambill as our Employee of the Month! As our Membership Lead at the YMCA RecPlex, Sam has been an incredibly reliable and goal-oriented leader who truly embodies our mission. Under Sam, our programs have seen fantastic growth, and she has taken our member communication to the next level, ensuring everyone feels welcome and informed. Sam, thank you for your dedication, your hard work, and for being part of our YMCA family!



Sam Gambill

MEMBER OF THE MONTH



Dave Phalen

We are so honored to have Mr. Phalen in our YMCA family! As Fairfield County's longest-serving sheriff, he dedicated over 50 years to law enforcement, including 20 years as the Sheriff of Lancaster. Now retired to spend time with family, he's a regular on our pickleball courts and officially one of the happiest people we know. With a constant smile that brightens everyone's day, Mr. Phalen is a true community treasure. Thank you for your lifetime of service and the joy you bring to the Y!

TEEN GAME NIGHT!

BOARD GAME EDITION!



Get ready to roll the dice and make your move at the Y! Teen Game Night is coming up, and we're turning the Y into the ultimate board game hangout from **6:00–8:00 PM, March 6th!**

Here's what you can expect:

Friendly competition, Open swim time (bring your suit & towel!), Pizza & music & Tons of board games to choose from! Whether you're dominating Monopoly, solving mysteries, or making a splash in the pool, it's going to be an awesome night.

Open to ages 12–15 — this is one night you won't want to miss!



SUMMER CAMP REGISTRATION NOW OPEN!

Make this a summer to remember with YMCA Summer Day Camp and Junior Leaders—registration is officially open! We use an action-packed approach to beat summer learning loss, blending hands-on STEM, arts, and field trips with plenty of swimming and outdoor exploration. We accept Title XX and offer flexible AM/PM extended care and financial aid.

For more information, contact Morgan:
morgan.smith@ymcacolumbus.org

GIVE THE GIFT OF LIFE AT THE ROBERT K FOX Y



Give blood. Help save lives.



We are proud to host an American Red Cross Blood Drive this Thursday, March 5th, at the Robert K. Fox YMCA.

Join us from 11:00 AM – 5:00 PM to help save lives right here in our community. Every donation makes a massive difference!

For Questions or for help getting signed up, reach out to Taylor: tbeeler@ymcalancaster.org

THE
Brave
First Steps
PLACE
No Place Like *This Place*™

Ohio
Step Up
To Quality
GOLD
AWARD

DISCOVER OUR CREATIVE PLAY PRESCHOOL!

Get your child kindergarten-ready with Creative Play Preschool—now with **swim lessons included!** We use a hands-on approach where children learn by doing, blending guided instruction with open play. We accept Title XX and offer flexible scheduling and financial aid.

For more information, contact Abby:
agatton@ymcalancaster.org



THANK YOU:



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.*

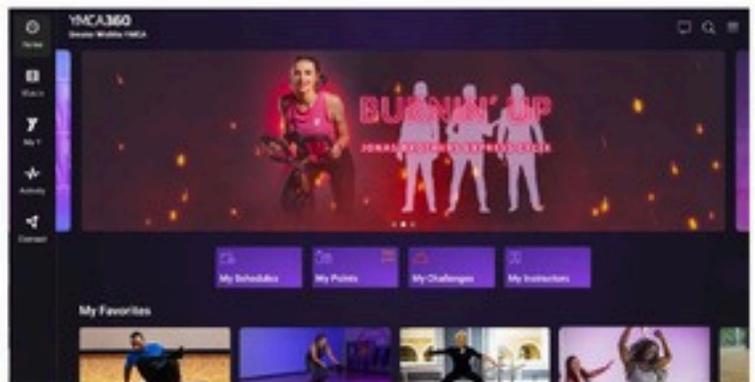
DOWNLOAD THE APP TODAY



Google Android



Apple iOS



MONTHLY MESSAGE



Say goodbye Winter! Spring is in the air, and there's so much to celebrate at your Y! Jump into a new fitness class, bring the kids for family fun, or connect with friends who make every visit brighter. Take in the fresh air and watch natural beauty bloom.

March is busy with LYST getting ready with summer conditioning sign-ups. This high impact "tune up" highlights sportsmanship, teamwork and most importantly, FUN! Our Lancaster Y gymnastics team is training hard for the upcoming AAU States, and our Delta Force Cheer team is competing at the UCE and CCC competitions in Akron and Columbus this month. Let's Go teams!!

Our high school team from Lancaster did amazing at the district meet in Worthington. This was our seniors, Lexie Lape and Laurel Heetland's, last high school meet. Congratulations to Lexi Lape, who was proudly recognized as Central Ohio's Gymnast of the Year—we're so proud of your hard work and dedication!

Mark your calendars— The Spring 2 session sign-ups open March 23 for members and March 30 for non-members. Let's make this month a celebration of effort, energy, and community—together at the Y!

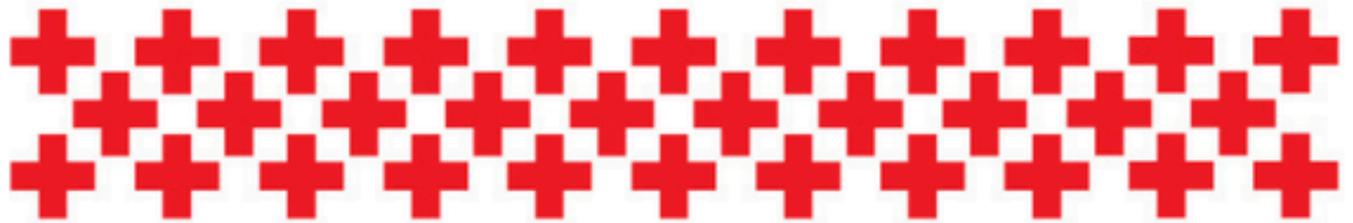


Thank you to our sponsor:

American Red Cross



Give blood. Help save lives.



**DONATE LIFE AT THE
ROBERT K FOX FAMILY YMCA.**

**THURSDAY
MARCH 5
11AM - 5PM**

Robert K. Fox YMCA
465 W. 6th Avenue, Lancaster OH
740-654-0616



**American
Red Cross**

Blood
Services

4TH ANNUAL



GOLF

TOURNAMENT

2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRESENTED BY:

Your trusted comfort advisor

ACCURATE

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May 29, 2026

**\$1,000
GRAND PRIZE!**

2nd Place: \$375
3rd Place: \$260

May 29, 2026 The View Golf Club

Where: 1151 George Rd NE, Lancaster, OH 43130

When: 9:00 AM (Registration at 8:00 AM)

REGISTER NOW!



Why Golf with the YMCA?

At the Y, every game has a greater purpose. Your registration fees allow us to offer vital youth programs and wellness initiatives to our community. We invite you to play for the \$1,000 winning prize, knowing that your support makes a lasting positive impact for local families.



PLUS, don't miss the chance to Pay to Play with our Golf Pro out on the course— you could walk away with a free trip of a lifetime to Pebble Beach!

FOURSOME \$500

Put a team together and tee up for a cause with the YMCA!

HOLE SPONSORSHIP \$250

Show your support and sponsor a hole! We'll place a sign for you on the course.

CORPORATE SPONSORSHIP \$750

Sponsor a hole and a foursome! Put a team together and get a sign on the course.

the **ymcalancaster.org**

PRESENTED BY: **ACCURATE**
Heating · Cooling · Plumbing



**FAMILY YMCA
OF LANCASTER
& FAIRFIELD COUNTY**

**INFO AND
REGISTRATION
ON BACK!**

5K

**ANNUAL GIVING
RUN & WALK '26**



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Your trusted comfort advisor
ACCURATE 
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Join us for our annual 5K run/walk supporting our Annual Giving Campaign on May 9th at 9am! Kid's Run to begin at approx. 10:15am. Race begins and ends at the Robert K. Fox YMCA, located at: 465 W. 6th Ave, Lancaster Ohio 43130



SATURDAY
▶ **MAY 9, 2026**
9:00AM

 ymcalancaster.org
 **ROBERT K. FOX YMCA**
465 W. 6TH AVE
LANCASTER OHIO
 **740-654-0616**



175 YEAR ANNIVERSARY



HEALTHY KIDS DAY®

Free To The Public!



May 9th 10AM-1PM

NATIONAL SPONSORS



PEANUTS



Family YMCA of Lancaster and Fairfield County
465 W. Sixth Ave. Lancaster, OH 43130

740-654-0616 ymcalancaster.org