

AUGUST 2026

FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY



NEWSLETTER



It's Flippin' 5K Time!

AUGUST 8th 2026 – 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



Congratulations to Mary Jones, our Employee of the Month!

As one of our front desk Connectors, Mary is the welcoming heartbeat of the Y. She's always there for our members, going above and beyond to connect our community with the programs and resources that make everything we do possible.

Thank you for bringing such warmth and dedication to our front desk every single day, Mary, we appreciate you!



Mary Jones

MEMBER OF THE MONTH

Big congratulations to our Member of the Month, Kambree Nihiser!

Kambree (8) is kicking off her second year with the YMCA Delta Force Cheer Team. She's a dedicated, hardworking athlete who always brings a great attitude and cheers on her teammates.

We're so proud of everything you've accomplished, Kambree. We're all cheering for you this season!



Kambree Nihiser

THANK YOU TO:



**YOUR DUES
OPERATE
OUR FACILITY**



**YOUR GIFT
WILL CHANGE
LIVES.**



Support our Annual Campaign!

GIVE TODAY!




Join the YMCA Team as a Lifeguard!

Now Hiring: Morning & Early Afternoon Lifeguards!

We're looking for youth and active, fit adults who can cover our morning or afternoon shifts and help keep our pool safe for everyone.



Perks of the job:

- Free YMCA Membership included!
- Fixed, reliable morning or afternoon hours
- A fun way to stay active and give back



If you have the time and love being at the Y, we'd love to talk. Apply today at the front desk or online!



Did you know?



Excellence in Early Learning Starts At The Y!

At the Y, we're dedicated to giving your children the best possible foundation, and Ohio agrees!

Our Preschool Program holds a Gold Rating through Ohio's Step Up To Quality (SUTQ) system.

This distinction means our curriculum, safety measures, and staff standards consistently exceed state requirements. We love serving our community's families and are so proud to offer a top-tier environment where every child feels supported and inspired!



YMCA360

**Stream your favorite
programs, classes
and instructors.
Anywhere. Anytime:**



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



Can you believe it!? August is here already! Summer winds down and we prepare for back-to-school routines, cooler mornings and cardigans, I love cardigans!

Our campfire held July 22nd was a wonderful community event with smores and hot dogs and fabulous company. Community members came together on a lovely evening, sharing stories and the best tips for the most amazing toasted marshmallows!

Fall is also a good time to start a new activity or sport. August 24th our Fall session opens for registration for members. This session will be from September 13th to October 24th. Sign-ups for non-members opens August 31st.

Throughout the month, as always, the Y has swim lessons, group fitness classes, gymnastics, ninja, pickleball, and childcare services and more available. There's something for everyone at the Y.

Our teams are fully in the swing of practice and improving their skills and preparing for the competition season. The Martha Miller 5k is on August 8th. This is a 5k in memory and honor of Mrs. Miller who founded the Lancaster gymnastics team almost 50 years ago. Martha changed the lives of hundreds of young athletes by showing encouragement, leadership and service, inspiring gymnasts and coaches for years to come. Come run, walk or flip in memory of such an amazing lady. Registration for the 5k is still open. I hope to see you there!

Martha always said "All for one and one for All" with her gymnasts. As always, thank you for being part of our YMCA family. Let's make August a month to be together and remember:



**YMCA OF LANCASTER
& FAIRFIELD COUNTY**



Lace up for a cause! The YMCA of Lancaster & Fairfield County invites you to run, walk, and make a difference at the Annual Martha Miller Memorial Flippin' 5K. This isn't just a race, it's a powerful way to support, uplift, and empower our growing gymnastics community. Be part of something bigger!

**REGISTER BY JULY 15 TO SECURE EARLY-BIRD
PRICING AND A GUARANTEED RACE T-SHIRT!**

EARLY BIRD: \$25 / STANDARD: \$30



REGISTER NOW

SATURDAY

► **AUGUST 8TH, 2026**

9:00AM START

YMCALANCASTER.ORG

the **Y**

BOO! FEST

OPEN HOUSE

FREE!

OCTOBER 17 2026

YOU'RE INVITED!

YMCA REC PLEX | 4:00PM-7:30PM

TRUNK OR TREAT!

FOOD TRUCKS OPEN HOUSE

COSTUME CONTEST ARTS & CRAFTS

FREE GYMNASTICS, TUMBLING & PICKLEBALL!

FACE PAINTING | NINJA COURSE



**WE ASK THAT OUR GUESTS BE MINDFUL OF THE
STREET PARKING SITUATION DURING THIS EVENT.**

740-277-7373



**1180 E. LOCUST ST
LANCASTER OHIO**