

OCTOBER 2026 

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 17, 2026.

This spooky 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 7:30 PM for an evening packed with fun. We will have a **Trunk or Treat (6-7PM,)** followed by 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 partner food trucks!

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

EMPLOYEE OF THE MONTH



This October, we're celebrating Abby Day! Our Childcare program, and our YMCA, wouldn't be the same without her in it. Lately, there have been a few changes around our Robert K. Fox YMCA location, and Abby has stepped up to help through it all. "Rockstar" may have even been used to describe her and her work ethic! Thank you, Abby, for making our Y stronger for our community and members!



Abby Day



Mary Dye

MEMBER OF THE MONTH

Dear Mary,
Congratulations on being our Member of the Month, and thank you for being such a bright and shining presence at our Y! Just like your favorite fairy, Tinkerbell, you have a magical way of spreading joy and positivity to everyone you meet. Your "pixie dust" truly makes our community a happier, more welcoming place for all of us. We are so incredibly grateful to have you as part of our Y family, and we can't wait to see the smiles you bring next!

THANK YOU:



OCTOBER 2026 

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:

Olivia at: osmith@ymcalancaster.org

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



OCTOBER 2026 

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RECAP: Silver & Strong Olympics 2026!



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 23, from 6:00 to 8:30 PM!

Parents, enjoy a night out while the kids join us for a Pumpkin Party at the YMCA!

From 6:00-8:30 PM, children in 1st-5th grades will enjoy a festive fall evening with swimming, themed games, open gym time, and pizza.





SENIOR SNEAKERS HALLOWEEN PARTY!



Monday, October 26

10:00a - 12:00p

6th Avenue Location (Robert K. Fox Family YMCA)

Join us for this morning of spooky fun. Dress Up is encouraged but never mandatory.

- Zombie Walk (weather permitting)
- Witchy Workout/Dance to Thriller
- Ghostly Games and Prizes
- Refreshments

*Register Now. Registered participants are automatically entered into our door prize drawing.

Must be Present to Win.

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.*

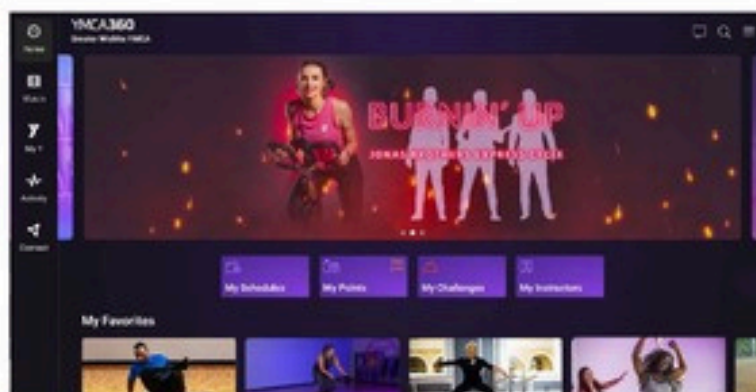
DOWNLOAD THE APP TODAY



Google Android



Apple iOS





Young At Art Has Arrived at the YMCA!

We are excited to announce that Young At Art has moved to our YMCA's 6th Avenue location! We are thrilled to share our space with this amazing community program and look forward to welcoming Young At Art families to the Y!

A Few Things to Know:

Registration: Registration will continue to be handled through the Young At Art registration link. Please see the flyers below for class information and registration details.

FREE Class for YMCA Members: YMCA members will have the opportunity to participate in one Young At Art class one Friday each month for FREE! Registration is still required.

Parents & Children: Parents bringing children to Young At Art classes will be required to walk their children to and from the classroom.

Check-In: Everyone registered for a Young At Art class must check in at the YMCA Member Service Desk before heading to class.



First Fridays Felting Class

- * Teens & Adults welcome!
- * October 2, November 6, December 4
6:00-7:00pm
- * Free for Y members
\$10 per class for non-members

REGISTER: [HISAWYER.COM/YOUNG-AT-ART-LLC/SCHEDULES](https://hisawyer.com/young-at-art-llc/schedules)

Young at Art, LLC

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ymcalancaster.org

MONTHLY MESSAGE



It is my favorite time of the year! Cool mornings, pumpkin spice, leaves beginning to turn and the spooky season is upon us and so is the 2nd annual Boo Fest!!

Boo Fest will be on the 17th of October 4-7.30 at the YMCA RecPlex. This event has it all!! Free open house with tumbling, pickleball and ninja courses. There will be food trucks, face painting arts and crafts and a costume contest. There will be a trunk or treat starting at 6pm. This is a free family event so bring everyone for some spooky fun!

October is the start of Pickleball programming at the RecPlex. Whether you are new to the sport or a seasoned pro, we have the PB program for you! From beginner classes to DUPR sessions, you can catch a game. We are also hosting children's PB classes and have open play every morning 9-12 and Friday evenings.

Our swim team is already in the pool and getting ready for the home meets on October 3rd and 24th. The big invitational will be held on the 31st. The high school teams are back in the pool, and it is going to be an amazing season for our swimmers. Go LYST!!

Our gymnastics and cheer teams are working hard as the competition and meet season is right around the corner. We look to cheer these athletes on in the coming months. Lets go Delta and Lancaster!

It's a busy month and we look forward to seeing you at the Boo fest. There is no better time to join the Y community, than at a spooky and fun open house.

Experience fall fun, healthy habits and meaningful moments with the Lancaster and Fairfield County YMCA. It's the place to be!



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**



Young at Art, LLC

Fall Schedule

(October 1-December 18)

NEW LOCATION:

YOUNG AT ART CLASSES ARE NOW HELD AT
THE FAMILY YMCA
465 W. SIXTH AVE.
LANCASTER, OH 43130

FOR MORE INFORMATION, CALL OR TEXT KARLA YOUNG 740.215.3198

Ages 5 & 6

Wednesdays
with Mrs. Thompson
5:30-6:15pm
\$15/class

Ages 7-10

Mondays
with Mrs. Rodenbaugh
5:15-6:15pm
\$15/class

Thursdays
with Ms. Young
5:15-6:15pm
or
6:30-7:30pm
\$15/class

Ages 11-14

Wednesdays
with Mrs. Appelfeller
7:15-8:15pm
\$15/class

Homeschoolers Ages 7-14

3rd Thursdays
of each month
with Miss Billie
9:00-10:00am
or
10:15-11:15am
\$15/class

"Mommy & Me" Canvas Painting

2nd Saturday
of each month
with Ms. Young
10:00-11:30am
\$25/person

Any adult is welcome to
accompany their child.
Best for ages 6+

Fun Felting Fridays

1st Friday
of each month
with Karla Young
6:00-7:00pm
\$10/person*

Teens & Adults welcome!

*This class is free for
Y Members

TO REGISTER:

HISAWYER.COM/YOUNG-AT-ART-LLC/SCHEDULES



Mommy & Me Painting Classes at the Family YMCA

"Mommy & Me"
Canvas Painting Class



Saturday, October 10
10:00-11:30am
\$25 per person

Each person will complete an 11x14" acrylic painting on canvas designed to be displayed side-by-side.

Young at Art, LLC (located at the Family YMCA)

"Mommy & Me"
Adorable Axolotl Canvas Painting



Saturday, November 14
10:00-11:30am
\$25 per person

Each painter creates an acrylic painting on 11x14" canvas.

The canvases are designed to be displayed side-by-side.

Enroll @ hisawyer.com/young-at-art-llc/schedules

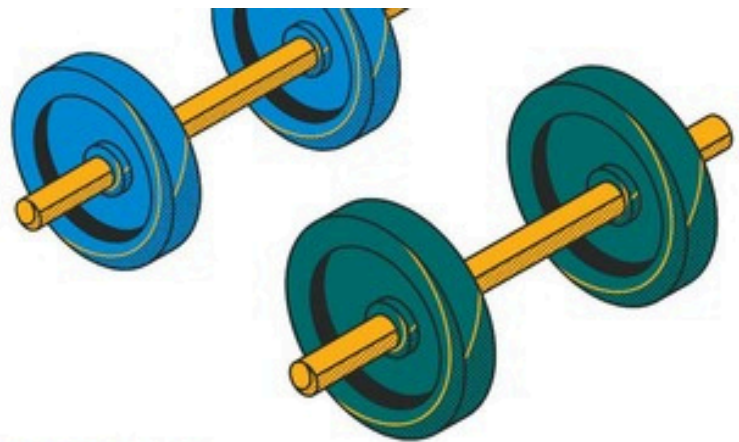
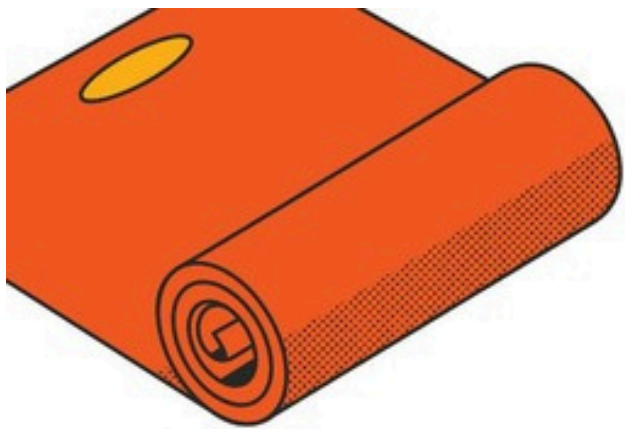
Young at Art, LLC (located at the Family YMCA)



Mommy & Me
CANVAS PAINTING CLASS

SATURDAY, DECEMBER 12
10:00-11:30AM
\$25 PER PERSON
RECOMMENDED FOR AGES 6 & UP

Young at Art, LLC



JOIN US FOR A **IRON TEENS**

Saturdays | 10:30AM – 12PM

In this program, you'll learn:

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



PRICING:
\$40 MEMBERS
\$50 NON-MEMBERS

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

