

A portrait of Shannon Naprawa, a man with dark hair and a beard, wearing a black t-shirt with the YMCA logo and a red and white neckerchief. He is smiling slightly and looking towards the camera. The background is blue with the YMCA logo partially visible.

Shannon Naprawa

staff spotlight

Introducing: Shannon Naprawa

Birthday: March 16

When finishing his high school career, a job coach at Briggs High School suggested he interview at the Hilltop YMCA. It was there that Cheryl Nielson and Glenn Davis set him up to be a part of the facilities team, 14 years so far.

Shannon shared that the best part of his job is his co-workers. He credits Leon Pope as one of his mentors in training and showing

him how to do his job the best he can.

When asked what was the one thing he cared least for he thought for a moment and responded, "I am not really sure. I guess I hate getting gum and playdough out of the floor!"

A cleaning tip that Shannon would like to share is that he loves using the "Magic Eraser" on wall scuffs and dirt on walls. "It cleans them instantly. You can use it at home, too."

Shannon's biggest LOVE is college football. In a work environment that cheers for Ohio State, he will continuously root for the SEC, and LSU is his favorite team! "Go Tigers!"

When asked who he would like to recognize in this spotlight, Shannon quickly responded with Paul Westenheffer. "Paul always made me feel like I was part of the team. He took me to baseball games, The Columbus Clippers. I just loved it."

Shannon truly is a vital part of our team. Everyday during our afternoon shutdown, he helps to get all of the machines, equipment and the building ready for the evening members. He never complains about his job, he comes to work prepared to WORK. We are all very thankful for Shannon and his friendship.

top ten young adult users!



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|---------------------|----------------------|
| 1. Hans H | 7. Saidka S |
| 2. Chelsea L | 8. Victoria S |
| 3. Breanna B | 9. Corey W |
| 4. Mohamud A | 10. Joey C |
| 5. Zachary F | 11. Alan S |
| 6. Drew B | |



news & updates

Virtual Teen Leaders

Virtual Teen Leaders begins February 11! [Apply now](#)

Produce Giveaway

Produce Giveaway - February 17th, 4pm. Visit the Member Services desk for more information.

Expanded Hours

- **Mon-Thurs** 7am-1pm & 4-8p
- **Friday** 7am-1pm
- **Saturday** 8am-1pm

Now Hiring a Nutritionist

We are looking for a registered nutritionist to join our team to provide nutrition counseling for members. All Interested parties should email Marcy Yanus at marcy.yanus@ymcacolumbus.org

CONNECT CHANGE

The Eldon and Elsie Ward Family YMCA is excited to invite you to a one-of-a-kind experience this February! **Beginning Feb 4, join us online every Thursday for Connect 4 Change: 4 Weeks, 4 Causes, Impacting 1 Historic Community.** We'll explore our partnerships with Community Properties of Ohio, Columbus Urban League, and YWCA Columbus through powerful interviews with local families and program leaders. Then, tune in for

our virtual finale event on February 25 at 6:00 PM as our leaders discuss a year of action to strengthen our Near East Side community. [Learn more and register for this free event today.](#)



virtual ymca

Can't make it to the YMCA? No problem, our Virtual YMCA is always available to help you meet your goals, learn new things and participate in fun activities!

Workout at Home

Adults ages 50+

Kids & Families



Reminder: Masks Required

Anytime members are not actively working out, they need to wear their mask. Examples include, but are not limited to:

- entering and exiting the facility
- cleaning equipment
- walking between exercises on the fitness floor
- all common areas - pool deck, locker room, etc
- while in between sets in the free weight and weight machine areas

[How to Select, Wear, and Clean Your Mask](#)

Members are not required to wear their masks while on cardio machines, swimming or while engaged in activity in group fitness classes.

We want to hear from you!

How are we doing regarding safety? How has your experience been using our facilities? Do you feel safe? Has your health and wellness improved because we are open? Let us know!

How are we doing?



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

HILLTOP YMCA

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We like to communicate with you in ways that work for you.