

FEBRUARY 2021

LIBERTY TWP/POWELL YMCA



Keith and Alice Watmough

staff spotlight

Keith has been with the YMCA for 7 years. Keith is our Lead Maintenance Technician here at Liberty, in other words, he fixes everything! He has been a staple at the Liberty branch and many members consider him to be a friend. You'll usually find Keith in the pool taking care of the chemicals, chatting with swimmers or making sure the lifeguards are always laughing!

Keith's wife, Alice, works in the childcare department for the YMCA running a before and after school program. Alice has been with the YMCA for 6 years! She's always upbeat and smiling when she

comes into the branch. They have both given so much time and service to this community, they truly are a YMCA power couple! Thank you for your service Keith and Alice!

top ten young adult users!

The names listed below are our top 10 Young Adult users between December 15-January 15. Talk about dedication, these ladies and gentleman were coming in for visits upwards of 18-21 times during this 30 days span. We are amazed at your dedication, keep it up!



- 1. **Devin K** - 21 visits
- 2. **Devin L** - 19 visits
- 3. **Grace T** - 18 visits
- 4. **Miller R** - 17 visits
- 5. **Nick G** - 15 visits
- 6. **Nate L** - 14 visits
- 7. **Joseph N** - 14 visits
- 8. **Jared S** - 13 visits
- 9. **Grace S** - 13 visits
- 10. **Anthony S** - 12 visits



news & updates

January Clothing Drive - Thank You!

We would like to thank everyone who brought in undergarments and other

clothing items in January for the clothing drive for our YMCA homeless shelters. We really appreciate your support and generosity. The clothing donated has been taken to the shelter and is making an immediate impact!

Virtual Leaders Club

The YMCA Leaders Club is a great way for teens to meet new people, explore new skills and make a difference in your community. All youth 12-18 are welcome to join and take part in this fun, interactive program. The program is set to start February 11! To apply and for more information please [visit our website](#).

Childcare Art Supplies Drive

This month we will be supporting our childcare department here at the Liberty YMCA branch. Our childcare department at Liberty serves over 1000 kids in the Olentangy, Buckeye Valley and Big Walnut school districts through before and after school programs. There is always a need for arts and crafts supplies to ensure children are having a great experience in our programs. The drive will run thru February 15. **Items needed include:**

- Markers
- Popsicle Sticks
- Pencils
- Pipe Cleaners
- Crayons
- Sequence
- Construction Paper-All Colors
- Glue/Glue Sticks
- Colored Pencils

Summer Camp

Liberty Twp/Powell YMCA Summer Day Camp 2021 is fast approaching! We are expected to see enrollment open up in mid to late February this year. We will be offering sports and specialty day camps that will have a wide variety of themes and activities. Get ready for a summer full of fun in the sun with friends! For more information and questions please contact Savannah Garside at savannah.garside@ymcacolumbus.org.

New Class Announcements-Alert, alert!

We listened to your feedback and will be making some class changes moving forward. New classes added to the schedule include:

- **Break it Up Cycle-Wednesday 9:15am-10:15am**
Take your traditional cycling class and "break-it-up" with strength exercises on and off the bike making this the ultimate cross training workout! Your team can expect intervals, drills, stations and more to keep your routine fresh. Join Meredith for something fresh and new!

- **Les Mills Sprint-Saturday 10:45am-11:15am**

LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. Join Ulrike Saturday for an intense HIIT cycle!

Keeping kids healthy, active and informed

Sign up for one of Kid/Teen programs for an opportunity to learn, engage, and explore exercise and healthy habits. Contact Jenny at jennifer.grunauer@ymcacolumbus.org to schedule your class time.

- **YOUTH CONDITIONING (Ages 9-11)** This class teaches kids how to safely use the cardiovascular equipment, structure a workout, and safe stretching techniques, as well as safety information and rules for the fitness center. 100% attendance is mandatory to successfully complete this program. Class completion is required prior to using the Fitness Center or participating in Group Fitness classes with adult supervision.
- **IRON TEENS (Ages 12+)** It's important to know how to take care of your body. Learning how to stay fit when you're young means that it will be easier to stay healthy for the rest of your life. That's why we offer Iron Teens, a program that teaches youth how to safely use cardiovascular and strength machines, structure a workout, techniques for spotting, workout etiquette, and more! After completing the class, teens (14+) will be permitted to use the Fitness Center or Group Fitness classes without adult supervision.

Walking in a Winter Wonderland was a HUGE success!

Together we achieved many miles over our goal of 2021 miles! We aimed for discipline and consistency--and we rocked it! Thank you to everyone who participated and helped us reach our goal. And a special thanks to our top earners!

Top 5 Most Mileage

1. Dianna B
2. Mia W
3. June M
4. Bryan B
5. Devin L.

Top 5 Most Entries

1. Tom D
2. Mia W
3. Dianna B
4. Gabe W

5. Devin L

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.](#)

Calling all Active Older Adults

We are looking to highlight your dedication to the Y in the next issue. Most frequent visitors of February and March will receive a shout-out in our next newsletter. Are you our most frequent visitor?



fitness challenge

Group Fitness Bingo Challenge

Sign up for a Bingo card at the front desk and play along! For every Bingo that you win, enter your name into a raffle for one of the three prizes!

Bingo Challenge Instructions:

- Complete 5 squares in a row to receive a raffle ticket--multiple Bingo wins

throughout the month are allowed.

- All completed squares must be marked and dated by YMCA staff
- This challenge runs through February 28.

Prizes include:

1 Month Free Membership

1-on-1 Instruction with Group Fitness Instructor

Free Mobility Assessment with a Trainer

Raffle winners will be announced on March 1st.

Download or screen shot the Bingo card to share on social media. Don't forget to tag us!

[Download Bingo Card](#)



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

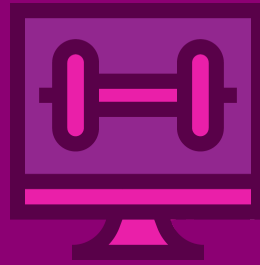
[How to Select, Wear, and Clean Your Mask](#)

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?



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



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

LIBERTY TWP/POWELL YMCA

7798 North Liberty Road | Powell, OH 43065 | (614) 389-4566

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