

Lisa Gray



staff spotlight

We are proud to introduce Lisa Gray - a longtime, valuable and versatile member of our North YMCA team!

"I have been with the YMCA of Central Ohio for almost 16 years this coming April. Most of my career has been in the Facilities Department. As Lead Custodian I enjoy the ability to provide a clean, safe and healthy place for the community to come and be able to engage in maintaining their health in an environment created for their needs.

January is a big month for me as I was born on the 30th just two

days after my father; my father who also passed and was buried on Martin Luther King Jr. day. Family is an important part of my life and working mostly third shift for the past 15 years has been really helpful for my family dynamics and my two sons, Terry, 25 and Adam, 24. I have been able to participate in their formative years growing up and we have a strong family because of it.

I am proud to be working with the YMCA and a part of the community. During the past 10 months I would urge everyone to treat others as they would want to be treated; by keeping safe by staying as healthy as you can. Washing your hands with soap for a minimum of 20 seconds, wearing your masks and maintaining a social distancing when possible. Here at the YMCA we encourage members to help us keep all safe by wiping down your equipment and showers before and after use. Members should also feel free to let us know if extra attention is needed anywhere they see a need. By working together we will overcome this time of hardship and be able to return to more of the fellowship we long for.

Here is a shout out from a former co worker from the Grove City YMCA.

From Ashley Taylor, Grove City

"Lisa has always been a hard worker. She is one you can always depend on."

top ten young adult users!



- | | |
|-------------------|-------------------|
| 1. Cyondae | 6. Salim |
| 2. Diego | 7. Don |
| 3. Derek | 8. Omar |
| 4. Anthony | 9. Sabrin |
| 5. Antwan | 10. Afryea |



news & updates

Day Camp

Summer 2021 Planning is happening now! North YMCA Summer at the Y (Day Camp) 2021 is fast approaching! We are expected to see enrollment open up in late February this year. We will be offering sports and traditional 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!

Swim Lessons are Back!

Six week swim sessions are back at North! Signups are available starting February 8th with the first lesson taking place on February 22nd. All available for \$66 per child. Go to our swim lesson page here to find out more! We hope to see you there!

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?

Wear Red February 5 and receive a Free Stress Ball

Wear "Red on National Wear Red Day", Friday February 5th and receive a free Red Heart Stress Ball.

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.](#)



fitness challenge

February is "American Heart Month"

Help Y North celebrate American Heart Month by adopting a healthy lifestyle. Please join us for our 4- week "Cardio Challenge" for the month of February.

Complete 150 minutes a week in cardio (spread over 5 days)

You can choose your cardio workout: Mix it up and have fun!

- Bike
- Treadmill
- Elliptical
- Rower
- Trail
- Group Ex Class
- Swimming



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

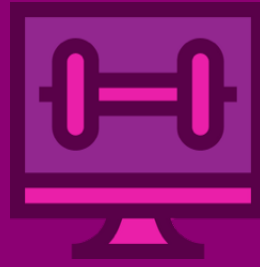
[How to Select, Wear, and Clean Your Mask](#)

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](#).

NORTH YMCA

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

