



news & updates



Lunch Time **SPRINT**

The YMCA is staying open from 12-12:30 Tuesdays for a Lunch Time Sprint Cycling Class. Stop in for your lunch break to break a sweat and feel great for the rest of the week. [Reserve your spot on our website.](#)



SUTU WALL

Whitehall Parks and Rec and Midstates Recreation have combined forces and are bringing a Sutuwall to the Whitehall YMCA from February 6-20th. Check out our website and Facebook page for more information and how to schedule your time to enjoy this great resource in February.

We are also looking for volunteers to help individuals and families access the Sutuwall. If you are interested in lending your time, please reach out to Gretchen Carpenter at gcarpenter@ymcacolumbus.org.



Valentine's Family Cooking Night

Join us for a Valentines themed family friendly culinary experience. Great for families with kids 5 and up. Space is limited so stop by the front desk or [go online to register now](#).

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 cost is \$10 and the program starts February 11. For more information contact Gretchen at gcarpenter@ymcacolumbus.org.



Continue to follow us on our Mental Wellness Challenge to help you stay positive through the cold grey winter months. Invite your family & friends to participate in this mindful adventure with you. Weekly challenges will be posted on our Facebook page from January-March. Check us out at <https://www.facebook.com/whitehallymca>

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 4

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.](#)



next month



Follow us on Facebook to see what "LUCKY" programs and activities we will be offering in March!

<https://www.facebook.com/whitehallymca>



fitness challenge

Water Challenge

Print off this worksheet to hang at your desk, on your fridge, in your car. Wherever you are going to see it the most. It is recommended that an individual consume at least 64 ounces of water per day. If you want to get more specific, divide your body weight in half, then aim to drink that many ounces of water per day. For example, a person who weighs 150 pounds would have a goal to drink 75 ounces. You can calculate your number, and write it at the top of your worksheet.

Water Chart Worksheet



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

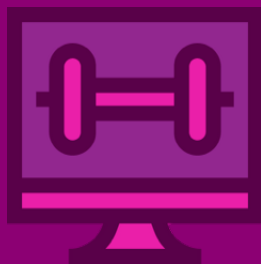
[How to Select, Wear, and Clean Your Mask](#)

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](#).

WHITEHALL COMMUNITY PARK YMCA

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