



Will
Delaware Staff

staff spotlight

Meet Will. He joined the Delaware YMCA team when we reopened in June. Will is also part of the National Guard. Thank you Will for your service!

Will's tip is to save your shoes by bringing your workout shoes with you. Don't forget to wish Will a happy birthday in April.

top ten young adult members!



- | | |
|--------------------------------|-------------------------------|
| 1. Emery Z - 40 scans | 6. Joey G - 24 scans |
| 2. Michael T - 29 scans | 7. Virgil M - 24 scans |
| 3. Casey T - 28 scans | 8. Austin W - 23 scans |
| 4. Colin R - 28 scans | 9. Jed A - 22 scans |
| 5. Zachary M - 28 scans | 10. Josh M - 19 scans |



news & updates

Registration for Martial Arts & Swimming

[Registration](#) for Martial Arts and Swimming Lessons are opening for the next session.

Virtual Leaders

Virtual Leaders Program for Teens starts February 11. The YMCA Virtual Leaders is an 8-Week Leadership Program designed for Teens in 6th-12th grades who want to improve themselves. [Learn More](#)

Huge Shout Our to Members!

Thank you all so much for helping the Delaware Y's mission to make Delaware Healthier. These high school students had one place to go to have a normal life outside of home, and that's your YMCA. Thank you for impacting their

lives!

HAYES HIGH SCHOOL



BUCKEYE VALLEY HIGH SCHOOL



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

Coming in March

- Dance
- New Swim Times
- Additional Basketball Skills Classes
- New Group Exercise Classes



fitness challenge

Valentine Challenge

Grab a training partner or friend, a pair of dumbbells and see if you can complete this total body workout together!

Exercise 1: Dumbbell overhead press x10-15 reps each person

Exercise 2: Dumbbell bent-over row x10-15 reps each person

Exercise 3: Dumbbell goblet squat x10-15 reps each person

Exercise 4: Plank hold x30-60 seconds each person

Exercise 5: Walk or Jog 1-2 laps around the track

Repeat circuit 3-4 times



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](#)

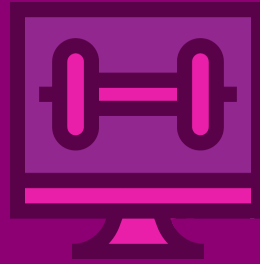
Members are not required to wear their masks while on cardio machines, swimming or while engaged in activity in group fitness classes.

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](#).

Delaware Community Center YMCA

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