

OCTOBER 2021

DELAWARE COMMUNITY CENTER YMCA



group exercise spotlight

Come to the 'My First Yoga Class' on Saturday October, 23 from 12-1pm. This class is for the absolute beginner. We will cover a brief history and the benefits of yoga and you will get to meet all of our Yoga instructors. Learn about the different types of yoga and we will do a few short popular yoga poses so you will be ready for your first yoga class. The 'My First' series will have a different program each month through the winter. We hope to see you there! Free for members! Register at the Welcome Center or online.

We have yoga on:

Yoga Flow Monday - 7am

Yoga Flow Wednesdays - 9:45am

Yoga Flow Thursday - 7pm

Yoga Power Friday - 6:30am

Chair Y Stretch - Friday 9:30-10am

top 10 young adult scans!



Travis R (29)

Casey T (24)

Scott P (22)

Gonzalo A (21)

Anthony B (19)

Jackson H (19)

Anthony A (18)

Thais A (18)

Ruben B (17)

Baylee B (17)

Matt J (17)

Jordan M (17)

Connor S (17)



news & updates



Parents Night Out

Friday, October 8th, 5-9 pm for 6-12 year olds.

Enjoy a night out while your children have fun at the Y! We provide dinner, and then the kids get to enjoy swimming, games and a dance party. Register online or at the Welcome Center.

[Register Now](#)

Delay the Disease

The Parkinson's-specific exercises are designed to retrain the mind and body. Many participants report a regained ability to successfully manage the disease, improve their quality of life and take back control over their own body movements. Delay the Disease fitness plans include symptom-specific exercises and also address daily functional challenges, such as rising from a chair, getting out of the car, moving about in big crowds, dressing and getting off the floor. Register online or at the Welcome Center.

[Register Now](#)

**GOOD TIMES
WHEN THERE'S
NO SCHOOL**



School Days Off

The YMCA is committed to supporting and nurturing kids in Central Ohio communities. During the school year, when schools close for parent/teacher conference days, single day holidays and longer holiday breaks, the YMCA offers full-day child care from 7am - 6pm at select branches so that kids have a place to play and learn (note: pre-registration may be necessary).

School Days Out is being offered on these days at the Delaware YMCA:

- Friday, 10/15/21
- Wednesday, 11/24/21
- Monday, 12/20/21
- Tuesday, 12/21/21
- Wednesday, 12/22/21
- Thursday, 12/23/21
- Monday, 12/27/21
- Tuesday, 12/28/21
- Wednesday, 12/29/21
- Thursday, 12/30/21
- Monday, 1/17/22
- Monday, 2/21/22
- Friday, 3/4/22
- Monday, 3/28/22
- Tuesday, 3/29/22
- Wednesday, 3/30/22
- Thursday, 3/31/22

- Friday, 4/1/22

Please contact Mikayla if interested in registering at mikayla.ferko@ymcacolumbus.org.

Registration for Fall Leagues start October 1

- **Adult Pickleball Ladder League**
- **Adult Volleyball League (Competitive and Recreation)**
- **Kindergarten - 2nd Grade Fall Basketball**

Breakfast Club

Join the "Breakfast Club." Scan your Y card 8 times in the month of October and you will earn a Free Breakfast at the Y on the last Friday of the month, October 29th, from 7:00am-9:45am. This month we are featuring a Smoothie Bar with coffee and other small items. There will be a tip jar benefiting Family Scholarships. Breakfast is sponsored by J&J Mobility, a Delaware company focused on keeping seniors in their own home. Be sure to call and thank Brian (a Y member): 740-417-9240.



Join our Team!

Imagine going to work knowing that what you do each day positively affects the lives of the people in your community. Working at the Y, you'll discover more than a job—you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

Jobs Available Now:

- Lifeguards & Swim Instructors
- Child Care - Many Positions
- Facilities

[View Jobs](#)

STORYTELLER

Tell us Your Story!

Hey Y Members! We are all made of stories. There is always something amazing happening at every Y location. Help us tell your stories with our new Y Storyteller program. If your child just finished swimming lessons or you're taking your favorite yoga class, snap a picture or a video and send it to us! Tell us how you and your family spend time at the Y.

How it works: Just upload your content online and tell us a little bit about what's going on. You may see your pictures on our website, social media or on the big screen at your Y! This can be as simple as a selfie after you just finished your workout or a class leader who you love to see! We can't wait to share your stories throughout our community.

[Submit Story](#)

fitness challenge

Are you as fit as a Brown Jug jockey? Test yourself with this workout

Leg squat and hold

Jockeys need super strong quadriceps and gluteus muscles. Start with 20 wall squats with a foam roller or rolled up towel between your back and the wall (add a 10-pound plate for more). Once the squats are finished, move immediately into a static squat and hold the position for two minutes.

Plank hold

A plank hold to failure is next. This core exercise is important because a jockey needs to hold a solid balance on the racehorse while placing 95 percent of their weight on their feet — not easy. Strong core strength is also important for just about everything else a jockey has to endure during a race.

Leg raise to metronome

For back strength, abs and quads, lie down, keeping your legs straight and raise them up at right angles on the first beat of a metronome, then down to the floor on the second.

Soft cushion squat

For the hamstrings, spend four minutes standing on a soft mat with your heels higher than your toes and adopt the “push” position. This involves squatting into the jockey's stance like when they're standing in the stirrups.

Elastic band push to metronome

Sitting on a bench, push a resistance band out in front of your body until your arms lockout with every beat of a metronome for three full minutes. Each minute the metronome increases speed. This replicates the muscles needed to effectively use the reins on a racehorse.

try it! recipe of the month

Middle Eastern Rice and Lentils

It's a beautiful dish layered with lentils and rice at the



bottom, followed by caramelized onions (the more, the better), and hopefully a couple of creamy or spicy sauces on the side. It's one of my favorite items to order at Middle Eastern restaurants, and this recipe tastes just like it.

[View Recipe](#)

LET'S TEXT!

Stay in touch with facility updates, announcements and other reminders from us.

Message and data rates may apply. Message frequency varies. Text HELP for help. Text STOP to cancel.

**TEXT 'BELONG'
TO 545-39 TO
OPT IN**



Membership and Program Refund Policy

At the YMCA, we always want to provide our members and guests with a great experience. If you are unsatisfied with your experience, we encourage you to speak with a Manager on Duty, Director or Executive Director of that location. We'll be sure to work hard to make things right!

Please note the following policies:

- We do not issue refunds for classes or days of member services that are canceled due to no fault of our own (weather, power outages, etc.)
- We do not refund membership & child care fees without extenuating circumstances. For example: sudden major illness; corporate relocation.
- Membership dues are not refunded due to non-use.

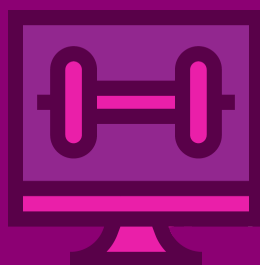
Program Refunds:

- 100% refund of program fees if canceled 7 days prior to the start of the session.
- 50% refund with less than 7 days notice of cancellation prior to the start of the program.
- If classes are cancelled due to low enrollment, a 100% refund will be issued to the participant.
- If more than one class within a session is cancelled by the YMCA, the Y will offer a system credit for up to three missed classes. After three (3) canceled classes, the program may be canceled and fees refunded or the program may be rescheduled. If participants cannot take the rescheduled class, refunds will be offered & issued.

Private Instruction Refunds:

- No refunds for personal training, nutrition counseling or private swim lessons unless canceled or rescheduled with at least 24 hours notice.

How you will receive your refund: Refunds will be made via YMCA credit, refund to card or bank account used for the purchase or via check.



virtual ymca

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

Virtual Y



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

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