

OCTOBER 2021

JERRY L. GARVER YMCA



group exercise spotlight

Everyone say hello to Collin Pfaff! Collin is new to the Y, but he is very excited to be joining the team. He is currently teaching a class on Monday evening at 6:30pm, and on Saturday morning at 8:30am. Those who have taken his class already love it, so be sure to check it out!

[Schedules & Reservations](#)

top 10 young adult scans!

Chris S (25)

Ben D (18)

David I (12)

Jacqueline N (12)

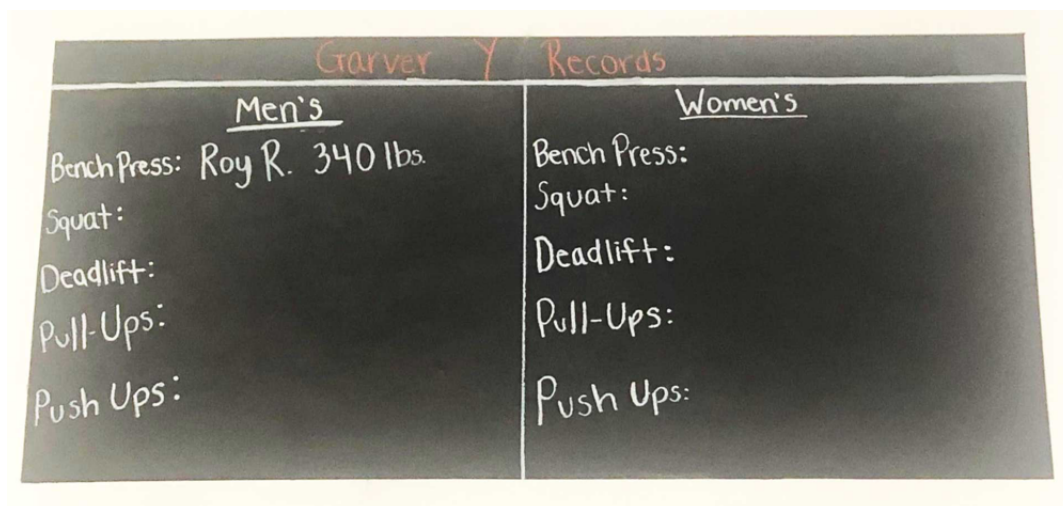


Olivia I (15)
Blake L (15)
Tyrec B (14)
Brock D (14)

Trent H (11)
Kemarra S (11)
Taloren T (10)



news & updates



Garver Record Board

The Garver record board is back! The categories include bench press, deadlift, squat, push-ups, and pull-ups. All record attempts must be witnessed and verified by a staff member.



TRUNK-or-TREATING

Join us at the Jerry L. Garver Y for an evening full of TRUNK-or-TREATING. Come in a costume for a fun and safe trick-or-treating experience, from 6-8pm on Monday, October 25. Become a vendor and decorate your vehicle in a scary, silly, or funny theme. Those interested in being a vendor can email Cody.Anderson@ymcacolumbus.org.



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

The Daily 10

This month, take a few minutes to each day to do 10 repetitions of the following exercises:

- Jumping Jacks
- Burpees
- Sit-ups
- Front Lunges
- Push-ups
- Squats
- Calf Raises
- 10 second plank
- Knee Lifts
- Mountain Climbers

If you start to feel like 10 reps is not enough as the month goes along, then simply increase the number of reps for each exercise!

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.

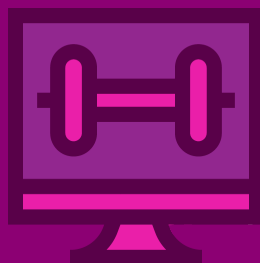
Program Refunds:

- 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.