

FEBRUARY 2021

HILLIARD/RAY PATCH FAMILY YMCA

**Alison Harris**

staff spotlight

Alison Harris has been with the Y for 21 years. She started out as a Child Watch staff at our North Branch, from there she became an Group Ex Instructor, then she worked with our Training Dept at our Metropolitan Offices. When we opened back up she is working in our facilities as our Lead Custodian and as a Group Ex instructor. Everyone say Hi to Alison when you see her.

top ten young adult users!



Erin B.
Caleb N.
Kishan P.
Evan Y.
Natalie R.

Abby S.
Jawad I.
Morgan L.
Ankita C.
Juliana R.



news & updates

Friday Night is Family Night!

Get out of the house and bring the family for some time in the pool and basketball court! On Fridays we have more reservations for Family Open Swim Lanes and Family Pods. The gymnasium has Family Basketball reservations available for the whole family to enjoy. Shoot around, play a game, kick a ball, or just come and get the wiggles out. For your smaller growing athletes, we can lower the hoop to a more ideal height. Just let the front desk know as you come in. Make your reservations as early as Tuesday evenings in the [Daxko app](#) or on [our website](#).

Youth Conditioning and Iron Teens appointments are back!

The wait is over. If your **9-11 year old** wishes to join you on the wellness floor, they just need to complete one free 60 minute appointment with one of

our staff. They will be shown the proper use of the cardio equipment and after completion will be able to utilize the cardio equipment as long as a parent is on the wellness floor with them. Email andrew.goodwyn@ymcacolumbus.org today to set up an appointment.

12-15 year old ready to pump some iron without the parent watching over? They just need to complete 2 free 60 minute appointments with one of our staff. They will be shown all the cardio and strength equipment, proper use, appropriate reps and set, and more. After the final appointment, they can utilize the wellness floor on their own. Until they take Iron Teens, they can use the wellness floor as long as the parent is on the wellness floor too. Email andrew.goodwyn@ymcacolumbus.org today to set up an appointment.

YMCA Leaders Club

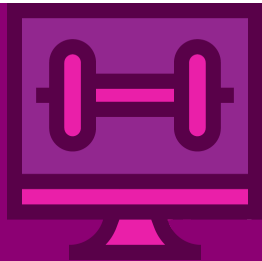
The YMCA Leaders Club is a great way for teens to meet new people, explore new skills and make a difference in your community. All youth 12-18 are welcome to join and take part in this fun, interactive program. The program is set to start February 11th! To apply and for more information please [visit our website](#).

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.](#)



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



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?



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

HILLIARD/RAY PATCH FAMILY YMCA

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