

OCTOBER 2021

DON & MARGARET HILLIKER YMCA



group exercise spotlight

Youth Dance! Hilliker is offering two Youth Dance Classes! Move & Groove is for ages 5-9 and Creative Motions is for ages 10+. Sessions run for six weeks and cover hip-hop, lyrical ballet, and musical theater and dance. We are extremely lucky to have Roxie teaching. This is a great way for kids to get exercise and have fun at the same time!

Move & Groove - Ages 5-9 Tuesdays

Creative Motions - Ages 10 & Up Thursdays

top 10 young adult scans!



Zachary K. (18)

Shadi A. (16)

Blake W. (16)

Dillon N. (13)

Gavin F. (12)

Clay C. (11)

Brison S. (11)

Aliya F. (11)

Ross S. (10)

Tony T. (9)



news & updates



Youth Sports Registration

Our Flag Football and Youth Volleyball will be ending in October, and that means registration for Fall II Session. The session will run November 1 - December 11, 2021. Hilliker will once again be offering Dance and Tumbling/Gymnastics, and this session will have Basketball.

Basketball registration begins Monday, October 11, 2021 and ends Sunday,

November 7, 2021. All other programs open October 18, 2021.



Halloween Costume Swap

Are your children's old Halloween costumes cluttering up your storage but don't want to add to the local landfill? Need a new costume for this year and want to save some money? Come out and donate old costumes or make a swap! Hilliker Child Watch and Youth Sports are sponsoring a costume swap on October 16, 2021 from 12:30-2:30pm in the Multipurpose Room. If you have any questions, please contact Kristy at 937-592-9622 X3711 or kristy.wellington@ymcacolumbus.org.

Organize Your Medical Information Month

Appropriate medical information is vital in an emergency. VialofLife.com is a free service that speaks for you when you can't speak or don't feel well. Their form helps you organize your necessary information and mark it so it is easily found by emergency personnel. This month, Hilliker would like to help you be prepared. Visit the Welcome Desk to get a kit and set up your own Vial of Life.

October is Book Month

Celebrate Book Month by borrowing a book from the Hilliker shelves and leaving a note in it for the next reader. Leave them an inspirational message, a review of what you liked about the book, a joke, etc.



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

Make Your Workout Fun-Sized

October's fitness challenge focuses on Halloween and the fun-size candy that is everywhere.

Pick up a guide at the Welcome Desk to help you navigate torching the calories in your favorite fun-size treat. Pick a candy treat on the list and perform the targeted amount of exercise as part of the challenge. Pick a different candy each workout.

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

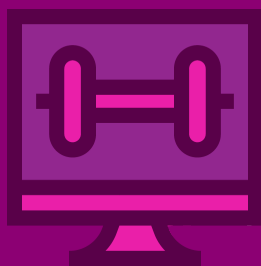
program.

- 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.