

MARCH 2021

LIBERTY TWP/POWELL YMCA

A portrait of Holley Napier, a woman with long brown hair, wearing a black face mask with the YMCA logo and a black and white patterned top. The background is a gradient of orange and yellow.

Holley Napier
Regional Childcare Director

child care staff **spotlight**

Holley is the Delaware County Regional Childcare Director at the YMCA. Holley has been with the YMCA for 6 years in various different childcare roles. Her passion for children is unmatched and her dedication to our childcare programs is unwavering!

Holley manages all childcare in Delaware County which includes Olentangy, Buckeye Valley and Big Walnut schools. She makes sure that over 1,000 children have a great experience in our before/after school programs! Thank you for your service, Holley!

top ten active older adults!

Check out our most active older adults! Your dedication does not go unnoticed, keep it up!



Stephen S - 26 visits

Ronnie N - 23 visits

Peter K - 19 visits

Elizabeth P - 18 visits

Dianna B - 18 visits

Stephen R - 18 visits

James T - 18 visits

Larry A - 17 visits

John C - 17 visits

Jan L - 17 visits



Member Contest

Scan and win! The top 10 Members with the most scans during the month of March receive a FREE water bottle.



news & updates

Art Supplies Drive - Thank You!

Thank you to all who donated to the Art Supplies Drive to benefit our childcare

programs here at the YMCA. The childcare department offers before and after school programs to all 16 Olentangy elementary schools, these donations will benefit kids in our community!

Summer Camp Registration

Summer camp registration is planning to open on March 8 for members only. Non-member registration opens March 15. You can register online or in person at the branch. If you have specific questions about summer camp and all we are offering, please reach out to Savannah Garside at savannah.garside@ymcacolumbus.org.

Daylight Savings Time Begins on March 14

Make sure you spring forward an hour as Daylight Savings Time starts on March 14. You want to be sure to be at the Y on time for the Group Exercise classes Monday morning!

First Day of Spring is March 20

Is there anyone that isn't excited about Spring this year? It has been a tough year with a cold, snowy winter. March 20, 2021 marks the Spring Equinox! Those increased minutes of daylight gives us more of a chance to partake in them. Studies show natural light boosts your body's vitamin D storage, leads to higher productivity, benefits vision, helps you sleep, and improves your mood.

Spring Equinox: 108 Sun Salutations

Celebrate new beginnings by welcoming the new season with 108 Sun Salutations on March 20 from 8:15-10:15am in Studio 2. If interested, sign up at the front desk or contact Melissa.

Help Us Help You - Now hiring Lifeguards

We need your help! Do you know a lifeguard or someone interested in lifeguarding? If you refer a lifeguard to us, you could get a free month of membership to the YMCA! See the front desk for more information on how you can help! [Apply Today!](#)



next month

April is Move More Month

Almost half of U.S. adults are not active enough to maintain good health. And, about one in three adults participate in NO leisure time physical activity at all.

Getting recommended amounts of physical activity (at least 150 minutes of moderate to vigorous activity, 75 minutes of vigorous activity, or a combination of those activities per week) is linked to lower risk of diseases, stronger bones and muscles, improved mental health and cognitive function, and lower risk of depression.

Every April, the American Heart Association promotes Move More Month. Its aim is to encourage all Americans to take part in more physical activity and to endeavor to incorporate it into your daily routines..

National Walking Day is April 7

The AHA Move More Month grew out of National Walking Day, but the original is still celebrated the first Wednesday of April. Come do some laps on our walking track to celebrate!

April is Stress Awareness Month

Most Americans feel stress in their everyday lives but do not pay much attention to its consequences. But stress impacts our minds, bodies, relationships, and overall health and well-being. In April, the Health Resource Network (HRN) sponsors Stress Awareness Month as an effort to inform people about the dangers of stress and the strategies for developing greater resilience.



fitness challenge

Jump Rope Challenge

It's time to jump around! The 30-Day Jump Rope challenge is a great way to have some heart healthy fun! Add a little bit each day and work your way up to 400 jumps!

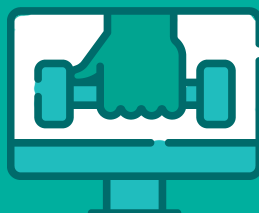
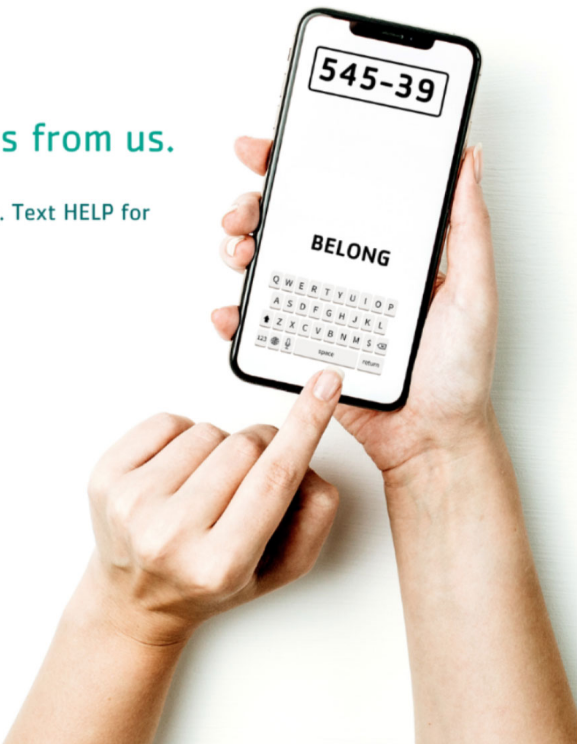
[Jump Rope Challenge \(PDF\)](#)

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**



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



Contact Us



Download our free [mobile app](#).

LIBERTY TWP/POWELL YMCA

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