

staff spotlight



Lilly Jamaledine

Hello Everyone!

My name is Lilly Jamaledine and I am the newest member of the New American Welcome Center (NAWC) as a Program Coordinator. I am excited to be part of the YMCA team because I believe in the mission to serve and strengthen the community through social programs and activities. I have an MBA majoring in Business Management with over 8 years of program development in government agencies and non-profit organizations.

I recently relocated to Columbus, Ohio from the Big Apple (NYC), so the change has felt like a roller coaster especially due to the pandemic.

I look forward to getting to know you and working with you all and I also look forward to discovering more about Columbus - so please, feel free to share any good places to visit or eat at (I can try them once this pandemic is over - hopefully soon!)

Thank you for the support and shout-out to the North Branch for being an amazing and welcoming team on my first week stationed there.

Troy Harris

Meet Troy Harris: His introduction to the North Y occurred in the summer of 2020. He loves educating and inspiring children participating in our School Age Enrichment Program. As a teacher, he knows he is responsible for the development of our students while also creating a lasting impact on them. When he is not found in the building, he is out playing basketball, watching the highlight reels from previous games or listening to his tunes. He grew up listening to his mother's music selection and has even taken music production classes! His plan for the future is to head to Kent State



University to focus on urban studies or education. We could always tell he was passionate about creating a beautiful future for our kiddos at Northland.

top ten active older adults!



- | | |
|----------------------|------------------------|
| 1. Larry W. | 9. Bob L. |
| 2. Jim D. | 9. John M. |
| 2. Andy H. | 10. Carl M. |
| 4. Louis D. | 10. Harvey N. |
| 5. Tim F. | 10. Chauncey W. |
| 5. Larry B. | 10. Tim B. |
| 5. Gennell S. | 10. Nona D. |
| 5. Lanh T. | |



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

New Group Exercise Classes

Keep an eye on the Group Fitness schedule for additional class offerings!.

Swim Lesson Registration

Mark the calendar, Swim Lessons registration begins on March 29. The 6-week long Spring session will begin April 12 and you don't want to miss out!

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.

Now hiring Lifeguards and Swim Instructors

Now hiring Lifeguards and Swim Instructors. No experience necessary. Training provided by the YMCA of Central Ohio. Must be at least 15 years old to apply.

[Apply Today!](#)



fitness challenge

National Nutrition Month

March is National Nutrition Month and everyone is invited to learn about making informed food choices and developing healthy eating and physical activity habits.

Join Y North for weekly healthy eating and activity tips.

- Track your weekly healthy habits for a chance to win a MYPlate Set
- Track your healthy servings
- Participate in a Group Ex Class
- Weight/Resistance Training
- Cardio Machines

Also, bring in your favorite healthy recipe and help us create a Y North Healthy Cookbook.

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](#).

NORTH YMCA

1640 Sandalwood Place | Columbus, OH 43229 | (614) 389-4707

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