

Terry
Child Care Staff



child care staff spotlight

Meet Terry. You may remember Terry from the aquatics department where she ran and taught swim lessons or perhaps from the fitness floor where she originally started working. Terry is now working with our School Days Out program and the Y club at Buckeye Valley West. Here she can continue to pursue her passion of working with children. You can see Terry most Wednesdays and on other special occasions when School Days Out is running.

When Terry is not busy with SDO and Y-Club, she likes to spend

time with her grandkids or doing DIY projects on her home.

top ten active older adults!



Randall B. - 36 visits

Mary J. - 33 visits

Cindy S. - 32 visits

Phillip M. - 30 visits

Pete V. - 29 visits

Molly M. - 28 visits

Brad C. - 28 visits

Mark T. - 27 visits

Tom K. - 27 visits

Shirley C. - 26 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

New Group Exercise Classes

Check out the new group exercise classes:

- 2 evening Y-cycle classes
- 1 early morning yoga class
- Late morning Fitness with Intention.
- [Schedules](#)

Body of Iron

Challenge Yourself; Challenge Each Other

Join us for Body of Iron 2021! This beloved fitness challenge is back and better than ever. From April 1- April 30, you will compete to complete 2.4 miles swimming, 100-mile bike ride and run 26.2 miles. [Website](#)

Water Fitness

We are working hard to bring back Water Fitness in a safe way so stay tuned.

New Hours Starting March 6!

- **Saturday** - 8am-3pm

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

The Mighty Leprechaun-A Dumbbell Workout

Want to feel like a pot of gold? Try this.

Grab 2 dumbbells at a comfortable weight, 10 or 15 lbs. This full body dumbbell workout includes 7 moves, 7 reps each but 3 sets.

7 Russian twists

7 Donkey kicks

- 7 chest presses
- 7 Shoulder presses
- 7 triceps extensions
- 7 Hammer curls
- 7 curtsy squats

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](#).

DELAWARE COMMUNITY CENTER YMCA

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