

A portrait of Kevin Wampler, a man with a beard and glasses, wearing a light blue button-down shirt. He is looking slightly to the right of the camera.

## Kevin Wampler

Downtown Housing Staff

## housing staff **spotlight**

Kevin Wampler has worked with the housing at 40 West Long for 25 years. He has been a big asset to the program helping with many grants that the housing area received to help people in at risk populations.

# top ten active older adults



David K.  
Suzanne A.  
Fred G.  
Elva L.  
Relva B.

Nancy D.  
James P.  
Hwasun K. (Michael)  
George H.  
Barry B.



## 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

### Personal Training

Personal training is now available at Hilliard. Please contact [Andrew Goodwyn](#) with questions or complete and [personal training interest form](#).

### Youth Conditioning & Iron Teens

Youth Conditioning and Iron Teens are now available for your children and teens to take part in. Please contact [Andrew Goodwyn](#) for details or to

schedule an appointment.

## Child Watch Coming March 8

Child Watch is coming on March 8. For more information visit our [schedules page](#). Contact [Erika](#) for more information?

## 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!](#)

# 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](#).

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**HILLIARD/RAY PATCH FAMILY YMCA**

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