

FEBRUARY 2021

GAHANNA/JOHN E. BICKLEY YMCA



Brian
Facilities staff

staff spotlight

Brian has been a Facilities staff member at the Gahanna Y for almost 5 years now. He decided to work at the Y because he knew many of our staff members and wanted to join the fun! When Brian isn't at work, he enjoys taking walks around his neighborhood, hanging out with dogs (especially boxers), and volunteering at Gahanna events.

He has been a faithful volunteer at the Gahanna Jazz Festival for 17 years and looks forward to returning once the pandemic is over. Next time you are at the Y, make sure to say thank you to Brian for

all of his hard work to keep our building safe and clean!

most young adult scans!



- | | |
|-----------------|-----------------|
| 1. Antonio F. | 7. Austin B. |
| 2. Ricardo F. | 8. Cody A. |
| 3. Evan B. | 9. Nathan K. |
| 4. Christian B. | 10. Jenna S. |
| 5. JJ L. | 10. Benjamin C. |
| 6. Katelyn D. | |



news & updates

CONNECT CHANGE 4

The Eldon and Elsie Ward Family YMCA is excited to invite you to a one-of-a-kind experience this February! **Beginning Feb 4, join us online every Thursday for Connect 4 Change: 4 Weeks, 4 Causes, Impacting 1** Historic Community. We'll explore our partnerships with Community Properties of Ohio, Columbus Urban League, and YWCA Columbus through powerful interviews with local families and program leaders. Then, tune in for our virtual

finale event on February 25 at 6:00 PM as our leaders discuss a year of action to strengthen our Near East Side community. [Learn more and register for this free event today.](#)

The Hot Tub is OPEN!

Stop by the membership desk for details. Safety is of utmost importance! Maximum of two people at one time in the hot tub. There is a 15 minute time limit. Pick up your hot tub card at the membership desk. Face masks required on Pool Deck, but not while in the hot tub.

Sunday Pool Reservations

Sunday Funday! Make your family swim reservations on Sunday afternoons because the slide is open in the pool.

Swim Lessons

Group Swim Lessons are back! Private and Semi-private lessons are also available. Winter II Swim lesson registration begins February 8, 2021 with lesson's beginning on February 22, 2021.

Virtual Leaders

YMCA Virtual Leaders is a program for teens entering 6th-12th grades who want to improve themselves and make new friends. **The program will run from February 11-April 1. Topics include:**

- What is a Leader?
- Leading through Tech
- College and Career-Readiness Sessions
- Financial Literacy
- Goal Setting
- Mental/Physical Well Being.

Guest speakers and interactive activities will make the meetings fun and engaging! Application and more information [here](#).

Generation Connection

Generation Connection is an organization of high school students that want to help teach technology, free of charge. We provide seminars and videos on our website so you can continue to learn technology during the pandemic. If you are interested in learning more about your smartphone, tablet or computer, visit our website, genconnection.org/learn and start watching our videos! We are working hard to provide virtual and in-person one-on-one sessions to assist with technology. Keep an eye out for more information coming soon.

American Red Cross Blood Drive

American Red Cross Blood Drive: February 26, 2021 from 10:00 am to 3:00

pm. Make your appointment today to donate at: [RedCrossBlood.org](https://www.redcrossblood.org). Each donor will receive a \$5 Amazon.com gift card via email for coming to give.

The Red Cross is testing blood donations for COVID-19 antibodies. As part of this effort, plasma from standard blood donations that test positive for COVID-19 antibodies may now help current coronavirus patients in need of convalescent plasma transfusions. Results will be in a donor's blood donor app or in the online portal one to two weeks after donation.

Need Personal Training?

Our personal trainers have a love for fitness, and it shows! Their focus on a healthy lifestyle and a desire to share their passion with others is apparent. Please call and/or check out [our website](#) for more information.

Body of Iron Shirts

Did you participate in the Body of Iron Challenge Spring of 2020? If so and you have not picked up your shirt, please ask the member service staff for it the next time you are in.

Guest Policy Reminder

All visiting family and friends will need to have an active YMCA membership to come into the branch as we are not able to accept guests at this time.

Job Opportunities at the Gahanna YMCA

- Group Exercise Instructor
- Lifeguard
- Swim Lesson Instructor
- Weekend Custodian
- [View Employment Website](#)

Now Hiring a Nutritionist

We are looking for a registered nutritionist to join our team to provide nutrition counseling for members. All Interested parties should email Marcy Yanus at marcy.yanus@ymcacolumbus.org



fitness challenge

Description of challenge

February derived its name from "Februa" an early Roman festival and cleansing ritual held on Feb. 15.

Let's try this challenge to see if we cleanse our system of these items.

28 DAY CHALLENGE

NO CHIPS

NO POTATOES

NO ICE CREAM

NO FRIED FOOD

NO WHITE BREADS

NO SODA OR JUICE

NO CAKES OR DONUTS

NO COOKIES OR CANDIES



Reminder: Masks Required

Anytime members are not actively working out, they need to wear their mask. Examples include, but are not limited to:

- entering and exiting the facility
- cleaning equipment
- walking between exercises on the fitness floor
- all common areas - pool deck, locker room, etc
- while in between sets in the free weight and weight machine areas

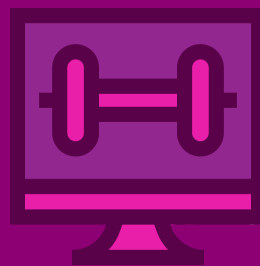
[How to Select, Wear, and Clean Your Mask](#)

Members are not required to wear their masks while on cardio machines, swimming or while engaged in activity in group fitness classes.

We want to hear from you!

How are we doing regarding safety? How has your experience been using our facilities? Do you feel safe? Has your health and wellness improved because we are open? Let us know!

How are we doing?



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



Suggestion
Box



Download our free [mobile app](#).

BRANCH NAME

555 YMCA Place | Gahanna, OH 43230 | (614) 389-4529

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