

February 2021

JERRY L. GARVER YMCA



**Nadir Michael Issari**  
Facilities Director

## staff spotlight

Say Hi to Mike! He is the Garver Facilities Director who has been here over 10 years! Doing a variety of different positions throughout the Y from Wellness to maintenance Mike is always passionate about his work. If you don't catch Mike fixing something in the building he is typically hunting or playing with cats! Mike's birthday is on the 10th of October and his next one will be his best birthday yet! Mike wants to wish his fellow maintenance leader Joshua Zentkovich, "Congratulations on graduating from The Ohio State University! Way to go!"

## top ten young adult scans!



**1. Vladimir M.** - 22

**2. Evan H.** - 21

**3. Ben D.** - 18

**4. Eric G.** - 17

**5. Jhane G.** - 14

**6. Ibrahima D.** - 15

**7. Dominic F.** - 13

**8. Asia G.** - 13

**9. Ryan S.** - 11

**10. Alison S.** - 11



## news & updates

### Virtual Leaders Club

The YMCA Leaders Club is a great way for teens to meet new people, explore new skills and make a difference in your community. All youth 12-18 are welcome to join and take part in this fun, interactive program. The program is set to start February 11th! To apply and for more information please [visit our website](#).

### Check Out the New Hours!

#### Branch Hours

- **Mon-Thurs:** 5:30am-1pm & 3pm-8pm
- **Friday:** 5:30am-1pm
- **Saturday:** 8am-2pm

- **Sunday:** Closed

### Pool and Hot Tub Hours

- **Mon-Fri:** 8:15am-10am
- **Mon-Thurs:** 4:15pm-7:45pm
- **Saturday:** 8:15am-1pm

## Have you noticed the new additions to the parking lot?

We are happy to have partnered with SWACO to not only recycle in the branch, but to host a community drop off site as well. Be sure to check out the recycling rules posted in front of the receptacle, and happy recycling.

## Locker Renewal

By February 15, members at the Jerry L. Garver YMCA will need to have their lockers cleaned out. Any remaining lockers that still have a lock will be cut, and the items left over will be bagged. Lockers will be available to rent starting March 1 for \$10.00 a month.

## 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](mailto:marcy.yanus@ymcacolumbus.org).

# CONNECT CHANGE

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.](#)



## fitness challenge

### Cardio Bingo

This month, We will be playing Cardio Bingo. Stop by the welcome desk to learn more about the rules and to pick up your card. At the end of the month, one lucky member will win three 30 minutes sessions of personal training. Good luck to all of our members!



### 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](#)

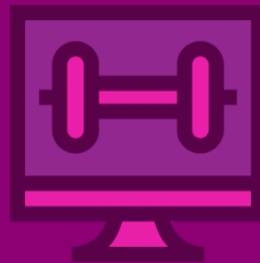
**Members are not required to wear their masks while on cardio machines, swimming or while engaged in activity in group fitness classes.**

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### **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](#).

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**JERRY L. GARVER YMCA**

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