

**Steve Radmanovich**

staff spotlight

Steve is our favorite person to bother! So many calls, texts, and emails telling him something isn't working, we need supplies, and we need his help. He is always there for us when things go awry at the Y. He keeps us up and running by taking great care of our facility. Make sure you tell him thank you for everything he does!

Birthdate: October 8

Number of Years with the YMCA: 18

Cleaning Tips: Windex (window cleaner) is the best all-around general cleaner. It can clean just about everything. Don't mix

chemicals!

top ten young adult users!



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|----------------------------------|------------------------------|
| 1. Zachary K - 19 scans | 6. Ross S - 11 scans |
| 2. Blake W - 18 scans | 7. Ethan B - 10 scans |
| 3. Devin M - 14 scans | 8. Clay C - 9 scans |
| 4. Cassandra B - 13 scans | 9. Nicole M - 9 scans |
| 5. Jaiden B - 12 scans | 10. Trent L - 9 scans |



news & updates

February is American Heart Month

Heart disease is a leading cause of death among Americans, especially women. The YMCA offers many ways to help keep your heart healthy. Wear your favorite red workout shirt to get your heart pumping at the Y on National Wear Red Day (Friday, February 5th) to help raise awareness.

Pickleball is Back

Monday, Wednesday, and Friday! Register online or through the YMCA Daxko app! **There are 12 spaces available each session:**

- **7:30am-8:15am**
- **8:30am-9:15am**
- **9:30am-10:15 am**

Swim Lessons

Get ready for summer vacations now with swim lessons at the Hilliker! We have Private and Semi-Private lessons available with a new session coming soon.

Hot Tub

The Hilliker hot tub is open when the pool is open. It is limited to two people and to 20 minutes at a time, so register and pick up your pass at the front desk.

Group Exercise

We are working hard to get Group Exercise up and running! We will be announcing classes soon. Registration will be required as class size will be limited.

We are Looking for Lifeguards

Do you know anyone that is interested in earning some extra money and getting a free Y membership? We are looking for lifeguards (or people that are interested in becoming lifeguards) with morning availability. Contact Sarah Glinski at sarah.glinski@ymcacolumbus.org with any questions.

Share this Newsletter

Please share this newsletter with friends, family, neighbors, coworkers, etc. Our members are our greatest asset and our best advertising! Thank you for making the Hilliker YMCA part of your Logan County community!

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.

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.](#)



next month

Group Exercise Announcements

Will March come in like a lion or a lamb? Will it bring back Pound? Or Yoga? Or Spin? Maybe Silver Sneakers? Watch for Group Exercise class announcements!

Spring Forward

Spring forward! Daylight Savings Time starts on March 14, so remember to set your clocks ahead one hour!

St Patrick's Day

Not Irish? It doesn't matter! Get festive - find some green workout clothes (or any color will do) and make your own luck with a great workout on St. Patrick's Day.



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



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?



Schedules & Reservations



Register for Programs



Suggestion Box



Download our free [mobile app](#).

DON M. & MARGARET HILLIKER YMCA

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