

MARCH 2021

JERRY L. GARVER YMCA



**Ms. Robin**

**Ms. Katie**

**Mr. Michael**

## child care staff spotlight

Meet our child care team, Ms. Dolly (not pictured), Ms. Katie and Mr. Michael and our wonderful registrar Ms. Robin. Our child care team provides Before and After Care programs in the Pickerington local schools. Since the pandemic, some of our programs have had to temporarily close. The team started a Full Day Enrichment program in the branch while schools are on Hybrid schedules.

Summer camp is what fills our summers! We enjoy hanging out with the cool kids, and watching them grow throughout the summer.

Do you enjoy working with children? Are you looking for a position that helps others? We need you on our team, we are hiring teachers, and Site Directors in our area and throughout the

association. Go to our [website and apply now!](#)

## top ten active older adults!



**Emma B.** - 35 scan

**Rob E.** - 25 scans

**Robert S.** - 19 scans

**Sarah J.** - 17 scans

**Thomas G.** - 15 scans

**John S.** - 13 scans

**Kathleen D.** - 13 scans

**Rob D.** - 12 scans

**Samuel C.** - 12 scans

**Linda L.** - 12 scans



### 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

### Need a Locker?

Want to keep a locker here at the Garver YMCA? Stop at the front desk and we can assign you a locker for **only \$10 a month.**

## Come to our Summer Camp

Summer camp is just around the corner! That's right- warm weather, sunscreen and splashing around in the outdoor pool will be here before you know it. We are excited to open registration to our 'Summer at the Y Program' for members beginning March 8, and spots are limited! Stop by the Welcome Desk or give the branch a call for more information and to learn how a Summer spent at the Y can make the difference in your child's life. Don't let another Summer go by inside!

## Now hiring Lifeguards & 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!](#)

## 4-week Small Group Training

Program for those looking to trim and tone their entire body while burning calories. This program consists of two 45 minute training sessions a week with a certified personal trainer. [Register online](#) or in person!

### Dates & Times

- March 16–April 8
- Tues & Thurs 6:30-7:15pm

### Rates

- \$50.00 members
- \$75.00 non-members



## Meet your Small Group Training Coach

### R.J. Hutcherson

- Youth Development Leader
- Master's in Exercise Science
- Personal Training
- Certification from the National Academy of Sports Medicine



# fitness challenge

## National Nutrition Month

March is National Nutrition Month. Proper nutrition plays an important role in helping achieve your wellness goals. This month, we are challenging everyone to go 30 days by either skipping sugary beverages (like soda or sweet tea) OR by cutting back on eating sugary snacks (like pastries and candy).

This is a great month to challenge your current eating habits! Remember that small incremental changes are typically more sustainable than large sweeping changes. Talk with your health care professional and do some research for yourself about where to begin! A great place to start is [www.myplate.gov](http://www.myplate.gov) !

## 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](#).

## **JERRY L. GARVER YMCA**

6767 Refugee Road | Canal Winchester, OH 43110 | (614) 389-4556

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