



Elana Lenihan
Child Care Director

child care staff **spotlight**

My name is Elana Lenihan, I am the Area Child Care Director for Region 2. I supervise 6 before/after school care sites in the SWCS school district along with a full day program. I have been with the YMCA for 16 years, time flies when you're having fun! I really enjoy working at the Y because I see the difference our programs make on the youth in our community.

welcome new members!



Colin H. 27 visits
Paula H. 27 visits
Chris C. 25 visits
Kerry D. 25 visits
James K. 25 visits

Rose M. 25 visits
Ted M. 25 visits
Brice W. 25 visits
Jennifer W. 25 visits
Sherry H. 24 visits



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

Do this for yourself, you deserve it! Personal training is available now! We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal, semi-private and small group training to help you set and meet your specific goals in order to live healthier.

- For information on packages and to complete a [Personal Training Interest form](#).

Child Watch

CHILD WATCH OPENS MONDAY, MARCH 29

Days and Times coming soon.

- [Link to Register](#)
- [Video Tutorial on how to register](#)

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!](#)



fitness challenge

30-Day Mental Health Challenge

This month is all about focusing on self-care and finding ways to make physical and mental health a bigger part of your life, which may sound like a lot but in practice is pretty simple. We have easy tasks per day, so you'll never feel too overwhelmed.

Stop by the Member Service Desk today and pick up a copy of the 30-Day Mental Health Challenge.

Complete by April 6 and bring the finished sheet to Member services to be entered into a drawing for a prize. If you have any questions, please feel free to see the member service desk.

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](#).

GROVE CITY YMCA

3600 Discovery Drive | Grove City, OH 43123 | (614) 389-4567

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