

FEBRUARY 2021

PICKAWAY COUNTY FAMILY YMCA

A portrait of Austin Davis, a man with a beard and short brown hair, smiling. He is wearing a dark jacket. In the background, there are some papers pinned to a wall, including one that says "I love" and another that says "better".

Austin Davis

staff spotlight

When he's not fixing or improving things at the Pickaway County Family YMCA, Facilities Director Austin Davis can be found building or tinkering at his home in Kingston, fishing in a nearby stream or lake, or playing ice hockey in a competitive adult league in Columbus.

Davis, 26, who has been with the YMCA of Central Ohio for a little over a year after working for the railroad, is a man of many passions and interests. Those include girlfriend, Kaibi Fraley, and dogs, Brewster, a 2-year-old French Bulldog, and Bandit, a 1-year-

old English Bulldog.

He is pragmatic when it comes to keeping ahead of maintenance and operational issues at Pickaway's 55,000-square-foot building, sections of which are 43 years old.

"It's like the adage, 'How do you eat an elephant? One bite at a time,'" he said.

Davis said his work on the railroad, preceded by a six-year stint in the Army National Guard after graduating from Zane Trace High School prepared him for the challenges of keeping a YMCA running. As a member of the the National Guard, he worked as a member of a construction unit and served a tour of duty in Kuwait in 2015-16.

"I like to keep busy and there's always something to do at Pickaway," he said. "It's never boring."

By Jeff Phillips

top ten young adult users!



- | | |
|-----------------------|----------------------|
| 1. Jeff W. | 6. Brandon H. |
| 2. Jeremiah T. | 7. Colton F. |
| 3. Jonathan R. | 8. Bryan B. |
| 4. Henry L. | 9. Thomas O. |
| 5. John K. | 10. Gage H. |



news & updates

More Child Watch Hours

We are looking to add more Childwatch hours to our schedule! The response to bringing back this program has been tremendous. Stay tuned to our social media channels and our website for updates.

Before & After School Openings

Circleville, Westfall, Teays Valley (Scioto, South Bloomfield, Ashville, Walnut Elementary)

- [Registration Online](#)
- **Contact Lauren Vinkovich for more information**
pickawayregistrar@ymcacolumbus.org

Summer at the Y

Stay tuned for more information to be released soon!

Upcoming School Days Out Program

- **February 15**
Contact Lauren Vinkovich for more information
pickawayregistrar@ymcacolumbus.org

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.

Creative Arts Center Prepares for Virtual

Performance

With the dance season continuing to look different than any season before due to the pandemic, the staff and students at the YMCA Creative Arts Center have begun preparing for their first-ever virtual spring performance. The event will be scheduled for April.



For our students, they are looking forward to dancing on stage for family and friends again. Keep an eye on our website and social media for updates. For more information [visit our website](#).

CONNECT 4 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 YMCA 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.](#)



striding into February

By Jeff Phillips, Executive Director

One month down, eleven to go in 2021

I trust the journey to a healthier you is going well? If you have returned to the branch and are visiting on a consistent basis, consider shaking up your workouts to help keep what progress you've made moving forward. How, you ask? Try a different cardio routine, or work with free weights instead of machines, for example. And if you have any questions or are looking for assistance, schedule an appointment with Wellness Experience Leader Mandy Arledge. She loves helping people achieve their fitness goals.

And remember to watch what you eat as your diet has a much or more to do with the results you experience. Remember the phrase: Good fuel in, good results out! And if you have questions, consult your doctor or a nutritionist on what may work for you.

Something that often frustrates those who are new to exercise is that the body grows accustomed to routine, so unless you shake things up - even a little bit - the positive results you're seeing could slow down. For some this causes frustration which may prompt them to press pause or quit. Don't do it. The trick is to challenge yourself but to do so safely and within parameters established by your physician, who anyone thinking about getting active should see before starting.

Now, if you haven't returned to the Y, stop in and check out the efforts our Y team is making to keep everyone safe and healthy. These include new cleaning protocols, social distancing in the fitness areas and classes, and asking that

masks be worn when people are not engaged in heavy cardio activities. I know our members have noticed and appreciate the effort.

While we've brought back many activities since reopening June 29, we continue striving to do more. On Saturday, Jan. 9, we brought back gymnastics classes and it was fun to see families excited about having a new activity. Also, keep an eye on our social media - Facebook and Instagram - as well as our website for an expansion of Child Watch hours. This is in response to member desires and support of this great program.

As always, if you have any questions do not hesitate to contact me at 740.477.1661 or at jphillips@ymcacolumbus.org.



fitness challenge

Description of challenge

February is heart health month. Don't forget your cardio! Cardio doesn't have to be hard or hated. Change things up and keep them interesting. Add some short bursts of cardio in between your lifting sets with jumping jacks or high knees. Change up your routine with the treadmill, rower, sprints, cycle or the stair stepper. Keep it simple and keep it fun!

Move More



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

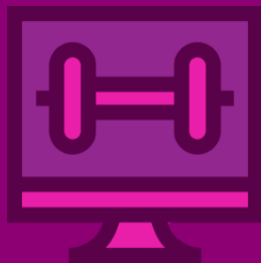
[How to Select, Wear, and Clean Your Mask](#)

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](#).

PICKAWAY COUNTY FAMILY YMCA

440 Nicholas Drive | Circleville, OH 43113 | (614) 389-4650

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

