



## January YMCA Member News

membernews



JANUARY 2021

DELAWARE COMMUNITY CENTER YMCA



**Steve Kocher**

Donor Spotlight

### donor spotlight

Steve first joined the Delaware YMCA in 2011! Steve has been an integral part of the Delaware YMCA. Steve has participated in fundraisers (RideSTRONG), Wellness challenges, and has been a board member for a number of years. Steve owns the Family Eye Care. Thank you Steve for all your support!

## top 10 users



**Randy B.** - 36 visits

**Cindy S.** - 34 visits

**Mary J.** - 32 visits

**Mark S.** - 31 visits

**Emery Z.** - 29 visits

**Ellie N.** - 28 visits

**Michael T.** - 28 visits

**Kathleen F.** - 27 visits

**Chris D.** - 26 visits

**Bobby G.** - 26 visits

**Casey T.** - 26 visits

*Next month we will highlight Young Adult visits*



## news & updates

### Thank You!

A HUGE THANK YOU to all our members for supporting your community through a food drive, a clothing drive and protein/hygiene supplies for the military drive. You are an inspiration to everyone!

### Martial Arts

Registration for Jiu Jitsu, Camo Kids, and Moo Duk Kwan Tae Kwon Do began on December 21.

### Online and App Reservations

- Reservations can now be made as early as 73 hours in advance and up to the start time of the reservation.
- Waitlist are now available for all reservations. If you are on the waitlist, you will receive an automatic email notifying you if someone cancels.
- **Cancellation Policy.** Please cancel your reservation as soon as possible to allow participants from the waitlist. We understand things

come up, but Members with 5+ (quarterly) missed reservations will be charged \$10.

## Weather Policy Reminder

**Snow Emergency:** (As determined by the county where the branch is located)

- [Read about our weather policy.](#)



## fitness challenge

### Make a New Years Resolution & Succeed!

1. Dream big.
2. Break big dreams into small-enough steps.
3. Think it through. When you are considering a change, take the time to think about the pluses and minus.
4. Commit yourself.
5. Give yourself a pat on the back for every step you take and reach.
6. Learn from the past. When you hit a snag, take a moment to think about what did and didn't work. Maybe you took on too big a challenge?
7. Give thanks for what you accomplished. Forget perfection. Congratulate yourself on what you accomplished

**“I am in a high risk group and I feel safe. It has to do with the rules which boil down to personal responsibility for self and others. It also has to do with the number of people working out at any given time which I really like here. I do also appreciate the cleanliness and condition of the facility.”**

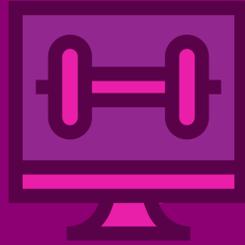
*- Jerrett V, YMCA Member*

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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](#).

**DELAWARE COMMUNITY CENTER YMCA**

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