



January YMCA Member News

membernews



January 2021

GAHANNA/JOHN E. BICKLEY YMCA



Saul Hoffmann
Donor Spotlight

donor spotlight

Saul is an upbeat regular member here at the Gahanna Y. He joined our branch back in 2018 after a 39 year career as an electronics technician, during which time he had many opportunities to travel to places as far as India! At the Y, Saul enjoys coming to the group exercise classes because his classmates help motivate him to exercise. He is frequently one of the only men in a class and he would love to see more men join him! Saul is a first hand witness to the positive difference the Y has made in people's lives, so in

2018 he decided to donate to help support the YMCA programs. A big thank you to Saul and all who donate to help the Y serve the Gahanna community!

top 10 users!



Stephen H. - 33 visits

James J. - 24 visits

Patrick B. - 23 visits

James L. - 22 visits

Kathryn C. - 22 visits

Ruth H. - 21 visits

John C. - 21 visits

Colin M. - 21 visits

Christian B. - 21 visits

Karen C. - 21 visits

Allison C. - 21 visits

Attention Members ages 18-29, we will be watching your scans this month, make sure you get your reps in and look out for the February issue to see where you rank!



news & updates

Expanding Hours on Sunday

Beginning Sunday, January 10, 2021 we will be open 12pm-4pm.

Virtual Teen Achievers

Are you looking for ways to get involved in your community? Are you passionate about making the world a better place? Do you like having fun? If you answered yes to any of these, Virtual Achievers may be for you! We will join teens from other YMCA branches in Central Ohio for a 7 week program that will help you stay connected and grow during this challenging time. Keep an eye out for more details to come!

American Red Cross Blood Drive

- **Wednesday, January 27 from 10am-3pm**
- **Make your appointment today to donate at: [RedCrossBlood.org](https://www.redcrossblood.org).**

The Red Cross is testing blood donations for COVID-19 antibodies. As part of this effort, plasma from standard blood donations that test positive for COVID-19 antibodies may now help current coronavirus patients in need of convalescent plasma transfusions. Results will be in a donor's blood donor app or in the online portal one to two weeks after donation.

Guest Policy Reminder

All visiting family and friends will need to have an active YMCA membership to come into the branch as we are not able to accept guests at this time.

Job Opportunities at the Gahanna YMCA

- Lead Maintenance Tech
- Group Exercise Instructor
- Lifeguard
- Swim Lesson Instructor
- Child Watch Staff
- [View Employment Website](#)



next month

American Red Cross Blood Drive

- **Friday, February 26 from 9am-2pm**
- **Make your appointment today to donate at: [RedCrossBlood.org](https://www.redcrossblood.org).**

The Red Cross is testing blood donations for COVID-19 antibodies. As part of this effort, plasma from standard blood donations that test positive for COVID-19 antibodies may now help current coronavirus patients in need of convalescent plasma transfusions. Results will be in a donor's blood donor app or in the online portal one to two weeks after donation.

Swim Lessons

Group Swim Lessons are back! Private and Semi-private lessons are also available.

Winter II Swim lesson registration begins February 8, 2021 with lessons beginning on February 22, 2021.



fitness challenge

8 Progressive/Regressive Ladder Workout

This can be done either as a progressive (start with the lowest number of reps and go up) OR as a regressive workout (start at the highest number of reps and go down). Do all 8 sets for a single session or spread them out by doing one or two sets at a time.

Set One

88 Jumping Jacks
88 Crunches
88 Bridges
8 Push Ups
88 second Wall Sits
88 second Plank
88 seconds Run in Place or Jump Rope

Set Two

77 Jumping Jacks
77 Crunches
77 Bridges
7 Push Ups
77 second Wall Sits
77 second Plank
77 seconds Run in Place or Jump Rope

Set Three

66 Jumping Jacks
66 Crunches
66 Bridges
6 Push Ups
66 second Wall Sits
66 second Plank
66 seconds Run in Place or Jump Rope

Set Five

44 Jumping Jacks
44 Crunches
44 Bridges
4 Push Ups
44 second Wall Sits
44 second Plank
44 seconds Run in Place or Jump Rope

Set Six

33 Jumping Jacks
33 Crunches
33 Bridges
3 Push Ups
33 second Wall Sits
33 second Plank
33 seconds Run in Place or Jump Rope

Set Seven

22 Jumping Jacks
22 Crunches
22 Bridges
2 Push Ups
22 second Wall Sits
22 second Plank
22 seconds Run in Place or Jump Rope

Set Four

55 Jumping Jacks
55 Crunches
55 Bridges
5 Push Ups
55 second Wall Sits
55 second Plank
55 seconds Run in Place or Jump Rope

Set Eight

11 Jumping Jacks
11 Crunches
11 Bridges
11 Push Ups
11 second Wall Sits
11 second Plank
11 seconds Run in Place or Jump Rope

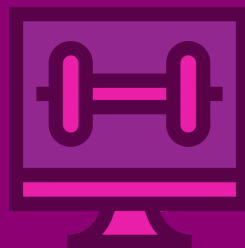
“I am in a high risk group and I feel safe. It has to do with the rules which boil down to personal responsibility for self and others. It also has to do with the number of people working out at any given time which I really like here. I do also appreciate the cleanliness and condition of the facility.”

- Jarrett V, YMCA Member

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](#).

GAHANNA/JOHN E. BICKLEY YMCA

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