



## January YMCA Member News

membernews



JANUARY 2021

JERRY L. GARVER YMCA



**Camille Brubaker**

Donor Spotlight

### donor spotlight

Camille has been donating with Jerry L. Garver YMCA since the year 2014! She's donated every year, sometimes multiple times in one year. Camille started being a board member as well from the year 2016-2018.

What keeps Camille coming to the Y? She loves being around the other great members and fruitfulness that they all bring! She likes to go to our classes and loves the enthusiasm of the class instructors. Camille is super excited for

the pandemic to be over and once everything is safe again plans to enjoy being back at the Y.

## top 10 users!



**Emma B.** - 37 visits

**Charles W.** - 22 visits

**Michael C.** - 20 visits

**Penny D.** - 20 visits

**Amber S.** - 20 visits

**Geneva E.** - 19 visits

**Ephriam G.** - 18 visits

**Gianni L.** - 18 visits

**Bryan N.** - 18 visits

**Ben D.** - 17 visits

Next month, we will highlight the top 10 Young Adult users. Will you make the list?



## news & updates



## Thank you!!

Thank you SO much for everyone who helped make our Toy Drive such a success! To all of our donors, volunteers, and staff you are all amazing! We were able to raise over 1,000 toys and help hundreds of families in our community! Special thanks to the Marine's Toys for Tots and the VFW Post 9473 and Reynoldsburg Veteran Color Guard for your help in making this event spectacular for the kids!.

## Interested in Swim lessons for 2021?

Group lessons & Semi-private/private lessons will be offered starting January 4, 2021.

**Sign-ups will close January 18.** You can sign-up both in the branch or [online at home!](#)

Please feel free to reach out to us or refer to [our website](#) for more information.

## Try out Youth Conditioning (Ages 9-11)

This class teaches kids how to safely use the cardiovascular equipment, structure a workout, and safe stretching techniques, as well as safety information and rules for the fitness center. 100% attendance is mandatory to successfully complete this program. Class completion is required prior to using the Fitness Center with adult supervision.

If your child is a bit older and interested in hitting the weight room, try our Iron Teens program!

## Check out Iron Teens (Ages 12+)

It's important to know how to take care of your body. Learning how to stay fit when you're young means that it will be easier to stay healthy for the rest of your life. That's why we offer Iron Teens, a program that teaches youth how to safely use cardiovascular and strength machines, structure a workout, techniques for spotting, workout etiquette, and more!

After completing the class, youth will be permitted to use the fitness center without adult supervision. We encourage all youth 12 years and above to take their health into their own hands with Iron Teens!

## Need Personal Training?

It's Open To Everyone! Our personal trainers have a love for fitness, and it shows! Their focus on a healthy lifestyle and a desire to share their passion with others is apparent. Please call and/or check out our website for more information.

## Full-Day Student Enrichment Program

There is no place like Day Camp – A home away from home where kids laugh, learn, explore and grow in the outdoors, while creating memories and friendships that last a lifetime. Kids discover not just the wonders of day camp but the joy of exploring their unique traits, talents and interests and the power of sharing their strengths and skills to benefit the group.

Day Camp is held Monday through Friday and provides kids entering grades 1-6 supervised activities that foster youth development. We allow for physical involvement, social interaction, educational opportunities, leadership building, personal growth and creativity in everything we do. The Y's core values of honesty, caring, respect and responsibility are emphasized throughout activities, conversations and ceremonies.

**Ages:** For kids entering grades 1-6

**Camp Hours:** 7am-6pm

**Meals:** Breakfast, Lunch, Snack

**Monday - Friday:** 7am-6pm



## fitness challenge

### Day dictates the number of reps

Starting on January 1st, complete the following exercises. The day will dictate the number of Reps. For Example, January 1st will be 1 push-up, 1 Sit-ups, and so on. For the Planks or Wall Sits, 1 day equals 10 seconds.

#### Beginners

- Push ups (regular or assisted)
- Sit-ups
- Air Squats
- Cardio

#### Advanced

- Burpees
- Lunges (each leg)
- Plank or Wall Sit
- Chair Tricep Dips
- Bulgarian Split Squats (each leg)
- Cardio

**“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.”**

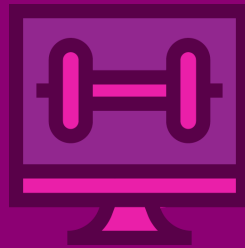
*- Jarrett V, YMCA Member*

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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](#).

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**JERRY L. GARVER YMCA**

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