

# HERE FOR OUR COMMUNITY THEN, NOW, ALWAYS

BUCKEYE VALLEY FAMILY YMCA  
2024 ANNUAL REPORT  
BVFYMCA.ORG



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

2025 Calendar



**ADAM SHILLING**  
CEO



**DOUG LOWE**  
BOARD PRESIDENT

Dear YMCA Friends and Supporters,

As we reflect on the past year, we are inspired by the collective impact of our YMCA community. In 2024, your unwavering support has empowered us to continue our mission of strengthening the spirit, mind, and body of individuals and families in Licking and Muskingum Counties.

This year, we have made remarkable strides in addressing the needs of our community:

» **Expanding Childcare Services:** In response to growing demand, we expanded our support for local businesses with new childcare locations, including an infant, toddler, and preschool center in Pataskala. We also continued to operate our six before-and-after-school programs, now serving hundreds of children and providing essential support for working families, ensuring every child has a safe and nurturing environment to grow.

» **Supporting Youth Development:** Through programs like our Healthy Kids Network, we delivered over 600 weekend meals each week to children across 27 schools. Our summer camps offered enriching STEM activities, social-emotional learning opportunities, and joyful play to nearly 500 children weekly.

» **Community-Focused Initiatives:** Initiatives such as "Y on the Fly" brought critical programs to underserved areas, engaging over 8,800 participants in Johnstown, Alexandria, Utica, Zanesville and beyond. By delivering resources directly to communities, we're reducing barriers and ensuring equitable access to YMCA services.

» **Commitment to Safety and Equity:** We are proud to have achieved Praesidium Accreditation, setting national standards for child safety and abuse prevention. Through DEI initiatives and community events like Welcoming Week, we continue to create spaces where everyone feels valued and included.

Looking to 2025 and beyond, we remain dedicated to strengthening our childcare programs, growing community partnerships, and expanding opportunities for youth development and family engagement. Your support ensures that every individual in our community has the resources and opportunities they need to thrive.

Thank you for being a vital part of our work. Together, we are building stronger communities and brighter futures for all.

With gratitude and hope,

**Adam Shilling**  
Chief Executive Officer

**Doug Lowe**  
Board President

 **OUR CAUSE**

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why we focus our work in three areas: **youth development, healthy living and social responsibility.**

 **OUR MISSION**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

 **OUR VISION**

To create healthier, more connected communities in Licking and Muskingum Counties where everyone has opportunities to benefit from YMCA experiences.

**LIVE UNITED**





## ASSOCIATION STAFF

Adam Shilling » Chief Executive Officer  
 Alan Cecutti » Chief Financial Officer  
 Dana Moore » Vice President of Operations  
 Benjamin (Jake) Bowden » Facilities Director  
 Lindsay Collett » Executive Administrator  
 Michele Daugherty » Human Resource and Operations  
 Elise Geig » Philanthropy Director  
 Jamie Goudy » Membership and Marketing Director  
 Leah Turner » Director of Risk Management



## LOCATIONS

### LICKING COUNTY FAMILY YMCA

470 W. Church Street  
 Newark, OH 43055

### MUSKINGUM COUNTY FAMILY YMCA

1425 Newark Road  
 Zanesville, OH 43701

### WEST LICKING COUNTY FAMILY YMCA

355 W. Broad Street  
 Pataskala, OH 43062



## YMCA COMMUNITY PARTNERS

- » AAU
- » American Red Cross
- » ASHI
- » Big Brothers Big Sisters
- » Boy Scouts
- » Cairn Recovery Resources
- » Carr Center
- » Central Ohio Technical College
- » City of Newark
- » City of Pataskala
- » Granville Christian Academy
- » Granville Recreation District
- » Granville Schools
- » Heath City Schools
- » Johnstown Schools
- » Lakewood Schools
- » Licking County Board of Developmental Disabilities
- » Licking County Aging Partners
- » Licking County Food Pantry
- » Licking County Foundation
- » Licking County Library System
- » Licking Heights Local Schools
- » Licking Memorial Health System
- » Licking Valley Schools
- » Mound City Baseball
- » Muskingum Starlight Industries
- » Muskingum County Board of Developmental Disabilities
- » Muskingum County Foundation
- » Muskingum Families and Children First Council
- » Muskingum County Library System
- » Muskingum Valley Health Center
- » Newark Catholic High School
- » Newark Kiwanis
- » Newark City Schools
- » Northridge Schools
- » Ohio Department of Job and Family Services
- » Park National Bank
- » Pataskala Area Chamber of Commerce
- » Pataskala Public Library
- » Rambo Rehabilitation Center
- » Rotary Club of Newark
- » Rotary Club of Pataskala
- » Rotary Club of Zanesville
- » Salvation Army
- » SilverSneakers®
- » South Newark Civic Association
- » Special Olympics
- » Tri-Valley High School
- » United Way of Licking County
- » United Way of Muskingum, Perry, and Morgan Counties
- » Upward Basketball
- » USA Gymnastics
- » Utica Schools
- » Watkins Memorial High School
- » West Licking Joint Fire District
- » West Licking Professional Firefighters Association #3025
- » West Muskingum Schools
- » Zanesville City Schools
- » Zanesville Senior Center



## 2024 YEAR END FINANCIALS\*

### REVENUE 2024

Membership	\$4,380,107
Programs	\$3,947,798
Contributions & Grants	\$1,325,040
Food Program	\$741,786
Investment Income	\$178,800
Sales of Supplies	\$129,584
Food Program	\$73,887
Financial Assistance	(\$201,372)

**TOTAL REVENUE \$10,575,630**

### EXPENSES 2024

Salary & Benefits	\$5,613,167
Occupancy	\$1,436,551
Supplies	\$807,836
Contractual Service	\$540,280
Equipment & Maintenance	\$295,947
National Dues	\$161,603
Printing & Promotion	\$130,931
Financing	\$117,421
Conferences & Training	\$63,550
Phone & Postage	\$9,430
Miscellaneous	\$1,096
Depreciation	\$718,419

**TOTAL EXPENSES \$9,896,231**



## YMCA BOARD OF DIRECTORS

### OFFICERS

Wm. Doug Lowe » President  
 Bart Weiler » Vice President  
 Debbie Kohman » Treasurer  
 Wayne Wycoff » Secretary

### MEMBERS

Luke Baus	Doug Mill
Brady Burt	Brittany Misner
Bryn Bird	Stacey Russell
Brad Hollingsworth	Trevor Thomas
Amy Hoovler	Dr. John Wallace
Brianna Johnson*	Greg Wallis
Todd Londot	

\* Term ended 10/4/2024



## YMCA FOUNDATION TRUSTEES

Dr. Tom Hall » President  
 Ruth Ware » Vice President  
 Pat Jeffries  
 Matthew Miller  
 Christian Robertson

\*These numbers are subject to adjustment when audited statements are prepared.



## REBECCA

West Licking County Family YMCA

“ If you had asked me a year and a half ago if I was going to the gym, I would have probably laughed and told you there was no way I would be going to the gym now, or in the near future. Fast forward to today, and if I’m not at home, then I can be found at the Y! It all started as something to try because I was working from home and was really missing interacting with people. My husband had recently started teaching classes at the Y and suggested I just try out one class and see how it goes. I convinced a friend of mine to go with me, and neither one of us have looked back! I’ve surprised myself in how much I can really do and how much I have accomplished in just a small amount of time. I am doing things now that I would have never even attempted a year ago. I’ve found some really great friends along the way as well. It’s really a great feeling to know that there are so many people cheering you on in all things. The YMCA has become a second home to my family, and I want to say thank you. I look forward to this new year and new challenges - big and small! ”



### YMCA MEMBERS

Our **23,494 ACTIVE MEMBERS**

had the opportunity to experience achievement, relationships and belonging through YMCA classes, programs, and activities.



### HEALTHY LIVING

Members stayed active and worked to improve their overall health through

**648,555 FACILITY VISITS** and  
**134,318 GROUP FITNESS CLASS PARTICIPATIONS!**

# JANUARY 2025

National Mentoring Month

## SUNDAY

DECEMBER 2024

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## MONDAY

FEBRUARY 2025

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## TUESDAY

— KEY —

- NY - National YMCA
- BVF - Buckeye Valley Family YMCA
- L - Licking YMCA
- M - Muskingum YMCA
- WL - West Licking YMCA

## WEDNESDAY

1

New Year's Day  
BVF - YMCAs CLOSED

## THURSDAY

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## FRIDAY

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## SATURDAY

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Martin Luther King, Jr. Day  
Inauguration Day

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“ This year our family encountered several hurdles. As a single working mother, one of the most daunting seasons is after school lets out for the year, figuring out activities for your kids to do while you’re at work. We are extremely grateful for the financial donors to the YMCA that relieved some of the monetary stress of providing reliable and enriching opportunities for the kids this summer. When asked how their summer was - and what fun things they did - both of my kiddos immediately light up and share about the food fight, friends, swimming, and robotics offered at the YMCA, and seemingly forget any family trips/ adventures we took on the weekends. It fills my heart with joy and gratitude that Allie and Carson had such a great time this summer, despite everything else they overcame. ”

-Dianna (Allie & Carson’s Mom)



## SUMMER DAY CAMP

**885 YOUTH** had outdoor adventures, learned new skills, and developed meaningful friendships at **BVFYMCA SUMMER DAY CAMP.**



**ALLIE & CARSON**  
Muskingum County Family YMCA

# FEBRUARY 2025

American Heart Month  
 Black History Month  
 National Cancer Prevention Month

## SUNDAY

JANUARY 2025

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## MONDAY

MARCH 2025

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## WEDNESDAY

## THURSDAY

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Valentine's Day

WL-Daddy Daughter Dance

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President's Day

L-Gymnastic Invitational

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We Wear Black Day  
 L-Carnival Night

“ Our son Aidan is autistic and participates in the All For One Camp. This is a great option for him because it provides personal support from the staff and affords him the opportunity to take part in camp with other campers as well. Our main goal in sending him to camp is to keep him active. This goal is accomplished each day with all of the fun activities that he gets to enjoy. His favorites are swimming and shooting hoops. Another key goal is socialization. Camp does a great job of ensuring that the campers who need a little additional support are still fully included. This is beneficial for all of the kids at camp. Our son gets the benefit of socializing with peers his own age, and some of these peers may benefit from interacting with a peer who has a disability. We live 30 minutes from Newark, but it is well worth the drive. We have opted to send him to camp for three weeks the past couple of summers. This enables him to remain engaged and active for a few weeks, but also allows us to have some time to ourselves as a family during the off weeks. We’ve been so pleased with our son’s camp experiences. ”

-Brent (Aidan’s Dad)



## ALL FOR ONE CAMP

**20 YOUTH** were able to participate in **ALL FOR ONE CAMP**, an inclusive program hosted by Licking County Family YMCA. It’s designed to give children ages 5 to 18 with physical, cognitive, and/or sensory needs (who are still enrolled in school) an opportunity to experience summer camp firsthand.

**AIDAN**  
Licking County Family YMCA



# MARCH 2025

National Nutrition Month  
Women's History Month

## SUNDAY

FEBRUARY 2025

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## MONDAY

APRIL 2025

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## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

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Read Across America Day

NY-National Advocacy Days

WL- Family Pet Photos

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Daylight Saving Time Begins

Pi Day

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St. Patrick's Day

NY-National Child & Adult Care Food Program Week

L-Level 4 & Up District Gymnastics Invitational

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NY-American Diabetes Assoc. Alert Day

# THE IMPACT OF VOLUNTEERS IN YOUTH SPORTS AT THE YMCA



## VOLUNTEERS

**VOLUNTEERS** donated **43,023 HOURS** valued at **\$1,227,875** to allow the YMCA to serve the community. **Y STAFF** provided **504 VOLUNTEER HOURS** hours to other community organizations valued at **\$14,383**.



## YOUTH SPORTS AND ACTIVITIES

**7,877 YOUTH** gained confidence, learned teamwork, and developed a love of healthy activities through **YOUTH SPORTS AND ACTIVITIES**.



## FINANCIAL ASSISTANCE

**\$201,372 IN FINANCIAL ASSISTANCE** was provided to **3,600 MEMBERS** to ensure no one was turned away from membership, programs, or child care due to an inability to afford established fees.

“ The most important ingredient in the success of a YMCA is volunteers. YMCAs that continue to grow and prosper have excellent community support along with many great volunteers.

That is never truer than in the daily operation of youth sports. A typical season of flag football relies on roughly 60 volunteer coaches and 24-30 volunteer officials. On any given Sunday - or for flag football, any given Wednesday or Thursday, 40 volunteers per night are needed to allow the 550 kids to play. That's 24 volunteer coaches per night and 16 volunteer officials. Basketball at the Y relies on about 100 volunteer coaches and roughly 20 volunteer scorekeepers/referees. When we add in the volunteers for soccer, baseball and volleyball, the total number of volunteer coaches is right around the 200-mark, and the total number of volunteer officials rounding out to around 60-70. It's truly amazing to know that there are around 275 volunteers in our community that allow the YMCA to offer successful sports programs. You, the volunteers, are the backbone of all YMCA sports programs! I would personally like to thank all of you that have coached, officiated, kept score or have volunteered for anything else during my tenure as Youth Sports Director.

The YMCA and I are very proud of you for the impact you've had on the youth in our community. ”

-Phil Henthorn,  
Licking County Family YMCA Youth Sports Director

# APRIL 2025

Autism Awareness Month  
National Child Abuse Prevention Month  
National Fair Housing Month

Parkinson's Awareness Month  
National Volunteer Month

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## Y ON THE FLY

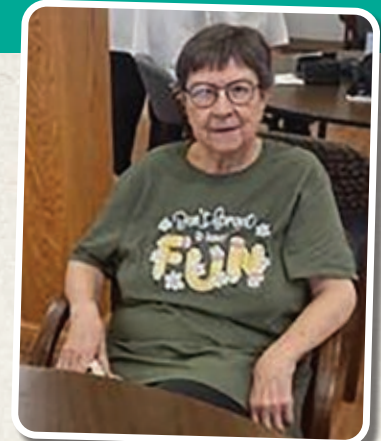
“ We love Y on the Fly at the Senior Center. It’s like a one-stop shop where we can socialize with friends, have lunch, and then work off lunch! Our exercise leader makes us practice balance and do a ton of squats. Just kidding - we do squats to help us get in and out of the chairs, and we’ve noticed a big difference in balance and core strength. ”

-Carol, Melanie and Pam



“ I love that Y on the Fly comes to the Senior Center three days a week. I can come for lunch and stay for exercise. The class instructors make exercising fun, and they always have a smile! I get to see other seniors and socialize, which is something I missed during the COVID-19 shutdown. ”

-Jo

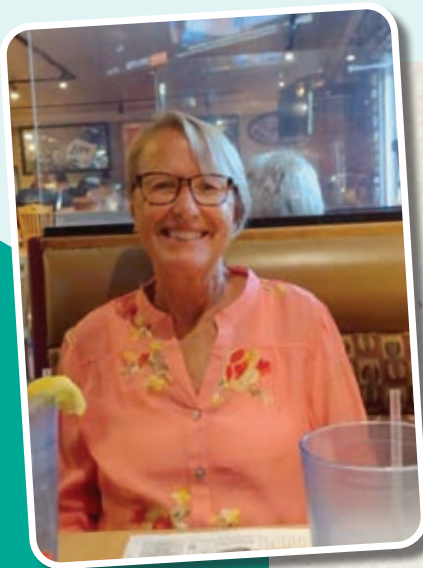


## Y ON THE FLY

In its second year in operation, YOTF delivered **FREE PROGRAMS** to more than **8,800 RESIDENTS** of outlying or low-income areas in Muskingum and western Licking counties, who may be unable to access full YMCA services.

“ I lost my wife of 53 years last year. The Y on the Fly team made me feel welcome, like a part of the established group. I have never really exercised in my life so I wasn’t sure what to expect. I have to tell you they do an amazing job of teaching to everyone in the class. Y on the Fly has brought some life back into me. So grateful to have it available to me and others at the Senior Center. ”

-John



“ Since starting with Y on the Fly, I have lost five pounds and kept it off. I’ve improved my flexibility and balance, and I’ve enjoyed the exercise class - but I really love the cardio drumming. It’s a great workout with great people, especially the instructor. Megyen’s the best! Y on the Fly has been a game changer in my life! ”

-Carol

# MAY 2025

Arthritis Awareness Month  
 Asian-Pacific American Heritage Month  
 Mental Health Awareness Month  
 National Water Safety Month

Older Americans Month  
 National Physical Fitness & Sports Month  
 National Teen Self-Esteem Month

## SUNDAY

APRIL 2025

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## MONDAY

JUNE 2025

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## TUESDAY

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## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

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National Day of Prayer

**L-Rummage Sale**

**L-Y Fun Day**

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Cinco de Mayo

**M-Mermaids w/Mom**

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Mother's Day

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Memorial Day  
**BVF-YMCAs CLOSED**

**L-Outdoor Pool Opens**



## ADDY

Licking County Family YMCA



Last summer was frankly terrible. Addy was entering kindergarten and experiencing a huge amount of anxiety. She refused to leave the house or attend activities she normally enjoyed. She's never handled change well and kindergarten was a huge change. We were braced for the next summer to be equally hard as Addy was already worried about first grade. We enrolled her in the YMCA summer camp on the recommendation of a close friend whose child attended. To our surprise, Addy loved camp! She couldn't wait to get there in the morning to see what fun activities were going on. We let the camp director know she was nervous, and they made sure she was in a group with a friend for support.

Camp kept her distracted from worrying and we saw a positive change in her being flexible and open to figuring things out in the moment. She's normally very concerned about knowing in advance how everything works. She was able to let that go and practice asking for help, and she got to know new people in her groups each week. We will be signing up for camp again next year! //

-Addy's Parents

# JUNE 2025

Immigrant Heritage Month  
LGBTQ+ Pride Month

National Alzheimer's & Brain Awareness Month  
National Cancer Survivors Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 BVF-Summer Camp Starts	3	4	5	6 NY-Founder's Day	7
8	9	10	11	12	13	14 Flag Day
15 Father's Day	16	17	18	19 Juneteenth	20 World Refugee Day	21
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MAY 2025

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JULY 2025

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# STARLIGHT SCHOOL SWIMMERS, MUSKINGUM COUNTY FAMILY YMCA



## S.A.W. PROGRAM

**420 YOUTH** learned life-saving skills in the **BVFYMCA's SAFETY AROUND WATER (S.A.W)** program in 2024.



## SWIM LESSONS

**1,456 YOUTH** learned skills that help prevent drowning and promote healthy activity in **Y SWIM LESSONS**.

Starlight School students began a water play program with the Muskingum County Family YMCA in 2023. School Age 1 classrooms were selected to attend, which included a total of 10 students ranging in age from 5 to 8 years old. They attended 5 water sessions at the Y. Playing in the water was a wonderful sensory experience for the students. It also provided a different form of exercise -- and was just plain FUN!

'Water play was really great for the children who have low muscle tone or dexterity. Being able to float around made a big difference in their participation level and enjoyment of exercising and movement,' said Ashley Culbertson, Physical Education Teacher at Starlight School.

The YMCA staff was welcoming and helpful to the students and Starlight staff. The lifeguards were hands-on and patient with the students who were unsure of the water in the beginning. During the 2024-2025 school year, all classes at Starlight School have the opportunity to participate in the water play program at the YMCA. //

-Jenna,  
Muskingum County Board  
of Developmental Disabilities



# JULY 2025

Disability Pride Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>— KEY —</p> <p>NY - National YMCA</p> <p>BVF - Buckeye Valley Family YMCA</p> <p>L - Licking YMCA</p> <p>M - Muskingum YMCA</p> <p>WL - West Licking YMCA</p>		1	2	3	4	5
6	7	8	9	10	Independence Day <b>BVF-YMCAs CLOSED</b>	12
					National Swimming Pool Day	
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
		World Drowning Prevention Day		International Lifeguard Appreciation Day		

JUNE 2025

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AUGUST 2025

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“ The BVFYMCA provides so much more than childcare for our son, Henry. The peace of mind knowing that Henry is loved and cared for during the day made the transition from home to work easier than we could have imagined. We know that when we drop off our son in the morning, he gets to socialize and learn in a safe and nurturing environment. He is engaged and laughing in every photo we are sent throughout the day. Each staff member takes the time to learn about Henry and communicate with us regarding his development. I’m not sure who is happier with our decision to use the YMCA for daycare, us or Henry. ”

-Bethany & Tyler  
(Henry's Parents)



**HENRY**

Licking County Family YMCA

# AUGUST 2025

National Back to School Month  
National Make-A-Will Month

## SUNDAY

JULY 2025

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## MONDAY

SEPTEMBER 2025

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## TUESDAY

### — KEY —

- NY - National YMCA
- BVF - Buckeye Valley Family YMCA
- L - Licking YMCA
- M - Muskingum YMCA
- WL - West Licking YMCA

## WEDNESDAY

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## FRIDAY

## SATURDAY

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M-Pups in the Pool

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National Nonprofit Day  
L-Outdoor Pool Closes

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International Youth Day

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BVF-Summer Day Camp Ends

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# HEALTHY KIDS NETWORK



“ On behalf of PAR Excellence STEM Academy, the YHKN Backpack Program has helped numerous families over the years facing food insecurities. At the beginning of the 2022-23 school year, a family of five suffered job loss by one of the parents and were able to benefit from this program. Later on, the parent was so excited to let us know they would no longer need the backpack program because they’d found a higher-paying job. They were so grateful! Two of the children go to our school and have been excelling despite such difficult times. Thank you for making a difference in the lives of our families. ”

-Samantha Wood,  
PAR Excellence STEM Academy

“ I want to express my heartfelt gratitude for the incredible support you provide to Northridge Elementary families facing food insecurities. Your collaboration in coordinating food distribution has made a significant impact on the lives of our students and their families. The kindness and generosity you extend to our community do not go unnoticed. In times of need, your efforts continue to ensure that no child goes to bed hungry. Your commitment to addressing food insecurities reflects the true spirit of community and compassion. On behalf of the entire Northridge Elementary community, please accept our sincere thanks for your dedication, hard work, and the positive difference you make every day. Your contributions empower us to create a nurturing environment where every child can thrive. ”

-Jenni Stockberger,  
Northridge Elementary



## HEALTHY KIDS NETWORK

YHKN provided **160,020 MEALS** for  
**696 CHILDREN** in **27 SCHOOLS**  
in Licking and Muskingum counties in 2024.



# SEPTEMBER 2025

Hunger Action Month  
Suicide Prevention Month

Childhood Obesity Awareness Month  
National Hispanic Heritage Month (9/15-10/15)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>— KEY —</b>  <b>NY</b> - National YMCA  <b>BVF</b> - Buckeye Valley Family YMCA  <b>L</b> - Licking YMCA  <b>M</b> - Muskingum YMCA  <b>WL</b> - West Licking YMCA</p>	1 Labor Day <b>BVF-YMCAs Closed</b>	2	3	4	5 International Day of Charity <b>L-Golf Outing</b>	6
7 Grandparents' Day	8	9	10	11 National Day of Service	12	13
14	15	16 National Voter Registration Day	17	18	19	20
<b>NY-National Welcoming Week 9/12-9/21</b>						
21 International Day of Peace	22	23 National Volleyball Day	24	25	26	27
<b>NY-Fall Prevention Awareness Week</b>						
28	29	30 National Day of Remembrance				

**AUGUST 2025**

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**OCTOBER 2025**

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“ I was completely out of shape after years of neglect. I never did any strength training. Whenever I exercised, I focused on cardio only, mostly just walking. Last May, I started strength training with Sarah at MCFYMCA. I did Monday group classes with her, as well as a personal session later in the week. She was a great teacher. She assessed and focused on my weaknesses, gently guiding and encouraging me. She pushed me when I was ready to give up. I gradually built up my muscle strength over five months. Eventually, I was able to hike to “The Wave” in Utah. This was a strenuous seven-mile hike over slippery sand and uneven terrain, with 1000 ft elevation gain. The only reason I was able to accomplish it was due to the core muscle strength I had built up with Sarah’s guidance. I cannot thank her enough! I am enjoying my workouts with her and look forward to improving my health with my future sessions. ”

-Ruchi,  
Muskingum County Family YMCA

“ The Muskingum County Family YMCA played a key role in helping me complete my first triathlon. For years, I struggled with the swimming portion, but the Y’s early pool hours and personal coaching helped me develop the endurance and breathing techniques I needed. I trained at my own pace using the open-room bikes and ran regularly on the Y’s trail to prepare for the race. With everything I needed under one roof, the YMCA turned what felt like an impossible goal into a reality, helping me gain the confidence to cross the finish line. ”

-Rob,  
Muskingum County Family YMCA



# OCTOBER 2025

Diversity Awareness Month  
Family Health Month

National Disability Employment Awareness Month  
National Bullying Awareness Month

## SUNDAY

SEPTEMBER 2025

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## MONDAY

NOVEMBER 2025

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## WEDNESDAY

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## THURSDAY

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## FRIDAY

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## SATURDAY

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M-Fall Fest & Spooky Sprint 5k & Fun Run

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National Child Health Day

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World Mental Health Day

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L-Halloween at the Y

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World Arthritis Day

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Columbus Day/  
Indigenous Peoples' Day

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Spirit Day

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National Estate Planning Awareness Week 10/20-10/26

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Halloween

# JACKSON

Licking County Family YMCA



“ We chose the YMCA child care for our youngest child because our family has history there. Our now high-school aged twins attended the Y from the time they were 2 ½ through pre-school and continued with Summer Camp. They returned last summer for the LIT program because they loved it so much. To this day, they remain close friends with kids they met during preschool and camp at the Y. For the daycare/preschool, we love the programs offered, especially the weekly gymnastics and swim sessions. The fact that meals and snacks are included was a plus for us as well. Many other area facilities that we looked at did not offer any of these things. We also love the extra community events offered like Halloween trick-or-treating and Easter egg hunts. In the 18 months that Jackson has attended the Y, we have seen him thrive. We love the relationships he has formed with his teachers and the staff, in addition to all the new friends he has met. He is excited to go to “school” every day and he loves to tell us about his day. Although we are sad to see him graduate from pre-K in May, we are excited to introduce him to Summer Camp when it’s time! ”

-Jackson’s Parents



## PRESCHOOL AND SCHOOL AGE CARE

» **182 CHILDREN** are building a solid foundation of social, emotional and cognitive skills essential for life-long learning success.

» **278 STUDENTS** receive care and academic enrichment in **Y BEFORE AND AFTER SCHOOL** programs.



# NOVEMBER 2025

Diabetes Awareness Month  
 National Military Family Month  
 Native American Heritage Month

SUNDAY

MONDAY

TUESDAY

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FRIDAY

SATURDAY

OCTOBER 2025

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DECEMBER 2025

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Daylight Savings Time Ends

Election Day

L-Flipping into Fall  
Gymnastics Meet

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Veterans Day

NY-YMCA/YWCA Week of Prayer

World Diabetes Day

National Philanthropy Day

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NY-Hunger and Homelessness Awareness Week 11/17-11/21

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Thanksgiving  
 BVF-YMCAs CLOSED



“ I have been a member of this Y for nearly 20 years. In that time, I equated coming here with a chore rather than something I truly enjoyed. That all changed in March of this year! I now truly enjoy coming here to continue my healthy weight loss journey. From my daily walks on the treadmill to lifting weights, and my core and strength/conditioning classes, I now view working out as something that I really enjoy. Having my daughter and mom join me in some of the classes adds additional motivation for me as well. Constance and Evan are excellent instructors and I love working out with them! The latter has enabled me to lose over 50 pounds since March! I feel great for the first time in a long time. I’m making my health and well-being a priority. I now realize it’s OK to put myself first sometimes. For the first time in a long time, I put myself first and have never felt better. I’ve been waking up most every day and going to the gym and just taking better overall care of myself. This not only has made me love myself for the first time in a long time, but it’s also made me a better wife, mom and Memaw. I feel like I finally have control over my weight and health and that makes me feel awesome. My goal is to continue on this journey and maintain my health for many years to come! I’ve also had the wonderful support of my loving family on this journey and for that I’m truly grateful! ”

-Becky



**BECKY**

Licking County Family YMCA

# DECEMBER 2025

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the YMCA today!

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