

# DO YOU KNOW Y?



YMCA OF NORTH CENTRAL OHIO  
MANSFIELD YMCA BRANCH  
SHELBY YMCA BRANCH

JULY 2023

BRINGING COMMUNITY TOGETHER

## YMCA SPORTS COMPLEX UPDATE

DONOR FUNDING PROGRAM UNDERWAY



The YMCA of North Central Ohio has initiated its Donor Funding Program for the \$22 million Sports Complex to be built on 35 acres at Interstate 71 and State Route 97. The complex, which will include indoor and outdoor sports fields, will feature a 100,000-square-foot

building to be constructed in 2024 and ready for action in 2025. This complex in southern Richland County will become the Y's third branch, with the other two in Mansfield and Shelby.

The Sports Complex building will have a fitness center, arcade, indoor soccer, volleyball, basketball, pickleball, and walking track, while outdoors, the Y will have seven sports fields and a walking trail. The Y's new Sports Complex is expected to bring in more than \$8 million annually in retail sales and taxes for Richland County and will host multi-state soccer tournaments.

It also will be a sports training and competition facility for local children and offer other traditional Y programming.



## MAKE A SPLASH!



Summer is here, and the Mansfield YMCA splash pad park is OPEN! The splash pad is FREE for YMCA of North Central Ohio members. If you haven't had a chance, come check out the fully inclusive splash pad that features an iconic dumping bucket, gentle jets throughout, misting, and a submarine and VW van with water, lights, and music effects! Children of all abilities will enjoy the features. Daily rates for non-members are \$3.00(12 and under), \$5(12 and up), and \$30 Family Pass (limit 6 per family).

## YMCA NCO HOSTS 7TH ANNUAL GOLF OUTING



The YMCA of North Central Ohio raised over \$8,000 in support at our 7th annual golf tournament held on Monday, May 22, at Westbrook Country Club. 120 golfers participated in the event, enjoying a sunny day on the course.

Proceeds from the event will help provide scholarships for children and families through the Open Doors program. Along with the Open Doors scholarship program, our annual campaign supports a variety of programs, such as; Livestrong Cancer Survivor Program, Diabetes Prevention, and Y on the Fly.

A special thank you to our sponsors for this event; MG Energy, Core Health and Fitness, EDN Roofing, Metal Conversions, ES Consulting, Kleshinski Morrison & Morris CPA's, The Red Fox Tavern, and Abundant Construction.



## HEALTHY COOKING SERIES



Join us for our Healthy Cooking Series with Chef Greg Brandes to learn simple, low-cost recipes that support brain, metabolic, and gut health.

Class Space is limited. Registration required. Free for members. Non-members \$10.

- Brain Health-July 29, 2023, from 11 am-12 pm
- Metabolic Health-August 26, 2023, from 11 am-12 pm
- Gut Health-September 30, 2023, from 11 am-12 pm

Chef Greg has held various positions within the Nutrition Services Department at OhioHealth Mansfield Hospital, including Culinary Supervisor, Culinary Manager, and Food Service Director, since 2003. His experience with special diets led to the creation of the Healthy Chef Learning Series, through which he taught healthy cooking classes for more than 10 years in the Mansfield, Ohio, region.

## A LOOK AHEAD

### NFL Flag Football

Registration ends July 29th  
Shelby YMCA Branch  
Program Duration: Sept 5-Oct 21  
\$60 Members (Ages 5-12)  
\$80 Non-members

### H.O.P.E Through Football NFL Flag Football

Registration ends July 31st  
Malabar Intermediate School  
Program Duration: Aug 19-Oct 21  
Coed Pre K -8th Grade  
Registration Online only at:  
[www.hopethroughfootball.org](http://www.hopethroughfootball.org)

### Early Facility Closure

The Mansfield and Shelby YMCA Branches will be closing at Noon on Saturday, July 29, for a YMCA employee outing.

### Red Cross Blood Drive

August 18 10 AM- 3 PM  
Mansfield YMCA Branch

### Triathlon/Duathlon

August 19th 9AM  
Shelby YMCA Branch  
Register at [www.ohioraceday.com](http://www.ohioraceday.com)

### Fall 1 Program Registration

Registration for Fall 1 programs begins, Monday August 28th

### Labor Day

The Mansfield and Shelby YMCA Branches will be closed on Monday, September 4th for Labor Day

### Lukes Houser Family Fun Day

September 9th 11 AM-1 PM  
Shelby YMCA Branch

### Livestrong Fall Session

Begins September 12th  
Mansfield YMCA Branch  
9 AM-10:15 AM  
5:15 PM-6:30 PM

### Red Cross CPR/AED Training

September 16th 12 PM- 4 PM  
Mansfield YMCA Branch  
\$85 Members  
\$100 Non-Members

This newsletter provides helpful information to our members, donors and friends interested in the YMCA of North Central Ohio. For questions or comments, please contact Sara Baker at 419-522-3511 EXT 260

## FREE HEALTH SCREENINGS



FREE Health Screenings are now offered for all ages for blood pressure, blood sugar, and BMI checks by the Shelby City Health Department at the Shelby branch.

Screenings are offered the second Wednesday of every month from 10:30-11:30am.

## CROCHETING FOR CANCER

Make new friends, learn a new hobby, and give back to your community.

Our volunteer Crocheting for Cancer program meets weekly on Tuesdays from 12 PM-3 PM in the LIVESTRONG room at the Mansfield Branch to crochet blankets for local cancer treatment centers.



## TRIATHLON/DUATHLON

Splash, Spin, and Dash at the Shelby YMCA for our annual Triathlon/Duathlon on August 19th. Registration is available online.



Triathlon:  
SWIM - 500 Meters BIKE - 12 Miles RUN - 3.4 Miles

Duathlon:  
RUN - 1 Mile BIKE - 12 Miles RUN - 3.4 Miles

## YMCA SAFETY TOWN

The YMCA childcare program wanted to provide a Safety Town experience for children in our program who do not have the ability to participate in their school district's safety town program.

On June 16, the YMCA of North Central Ohio Childcare graduated nearly 70 Pre-K children from the YMCA Safety Town Program.

All four preschool locations visited the Carpenter Y Childcare location from June 5-16. In those two weeks, the kids learned traffic safety, bicycle safety, how to call 9-1-1 in an emergency, the importance of seat belts, safety around water, fire safety, writing their addresses and phone numbers, bus safety, stranger safety, medication safety, and much more!

The 2023 YMCA Safety Town Program was possible because of generous donations from Warren Rupp, Richland County Foundation, and RFME. A special thanks to program speakers Lori with Safety First Driving Academy, Jaime-YMCA Aquatics Coordinator, the Mansfield Fire Department, Bus Driver Rebecca with Madison Local Schools, Lt. Brett Neuenschwander-Lexington Police Department, and Tammy with C.A.C.Y.



## WHERE IN THE WORLD IS Y ON THE FLY?

### BRINGING FUN TO THE PARKS



Y on the Fly is taking the fun back to the parks once again this summer! Y of the Fly brings free YMCA programs and services directly to Mansfield, Shelby, and surrounding communities. Our van is packed full of over 400 CATCH® activities for kids in grades K-6.

Come stop out and see them at one of their weekly locations from June 12-August 11. FREE for all KIDS!!

SHELBY YMCA  
Shelby, OH  
Mondays  
11:00-12:00 pm

MAPLE PARK  
Mansfield, OH  
Thursdays  
1:15-2:15 pm

SOUTH PARK  
Mansfield, OH  
Thursdays  
2:30-3:30 pm

BICENTENNIAL PARK  
Lexington, OH  
Fridays  
10:45-11:45 am  
K-6 Graders

BURTON PARK  
Mansfield, OH  
Fridays  
1:15-2:15 pm  
K-6 Graders

MALABAR PLAYGROUND  
Mansfield, OH  
Fridays  
2:30-3:30 pm  
K-6 Graders



**YMCA of North Central Ohio**  
 750 Scholl Road  
 Mansfield, OH 44907

Non-Profit Org.  
 U.S. Postage

**PAID**

Mansfield, Ohio  
 Permit No. 496



**YES, I WANT TO BE A VISIONARY FOR YMCA OF NCO**

**GIVING OPTIONS PLEASE USE THIS FORM TO MAKE YOUR GIFT.**

I want my gift to go to:  Mansfield Branch  Shelby Branch  Either Branch

Gift of \$ \_\_\_\_\_ Check enclosed made payable to YMCA of North Central Ohio

Gift of \$ \_\_\_\_\_ Charge my credit card:  Visa  MasterCard

Name on card \_\_\_\_\_

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_ CVV number \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Signature \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Please return to: YMCA of NCO | 750 Scholl Road | Mansfield, OH 44907 | Sara Baker 419.522.3511 x260

