

Events & Happenings

FEBRUARY

- 1: Registration opens for 175 Fitness Challenge.
- 4: Diabetes Prevention Program begins.
- 6: Registration opens for Pool Easter Egg Hunt (Hunt on March 28)
- 8: Cottingham Campus turns 6!
- 13: Parents' Night Out--Valentine's theme.
- 13 & 14: Member connection: Hershey's Kiss
- 14 & 21: Salsa for Beginners.
- 16: School Day Out Camp at the Y.
- 18: Member connection in the lobby: Puzzle & friends.
- 20: Late registration ends for Soccer & T-ball.
- 24: Bible Study: Fruit of the Spirit.
- 27: Member connection "We Wear Black"
- 28: Princess Party at Blue Ridge Electric Co-op

MARCH

- 1: 175 Fitness Challenge begins.
- 2: Registration opens for Summer Day Camp.
- 3: Registration opens for School Day Out Camp on 4/3.
- 9 & 10: Soccer & t-ball begin.
- 11: Hiking: Oconee Bells Nature Trail.
- 14 & 28: Salsa for Beginners.
- 16-20: Spring Break Camp at the Y.
- 17: Member Connection: Chocolate coin.
- 20: Registration opens for Superhero Party on 5/9.
- 21 & 25: Member Connection
- 28: Pool Easter Egg Hunt.

Member Engagement Calendar 2026



For more information on the latest events & programs, be sure to visit our website and connect with us on social media!

EVENT CALENDAR	CLASS SCHEDULE	CLASS DESCRI.	POOL SCHEDULE	YOUTH AGE GUIDELINES

Connect with us

FOOTHILLS AREA YMCA
Cottingham Campus
370 Memorial Drive
Seneca, SC 29672
864.571.9622



faymca.org



Regular Facility Hours

- Mon-Thurs: 5:30 am-9:00 pm
- Friday: 5:30 am-8:30 pm
- Saturday: 7:00 am-5:00 pm
- Sunday: 1:00 pm-5:00 pm

Pool will close 30 min. prior to the facility.
See our website for holiday hours.

Child Watch Hours

- Mon-Thurs: 8:00 am-12:00 pm
AND 4:25 pm-8:00 pm
- Friday: 8:00 am-12:00 pm AND
4:25 pm-6:30 pm
- Saturday: 8:00 am-12:00 pm
- Sunday: CLOSED

DOWNLOAD OUR APP!



Search for "ReClique" in the app store or click one of the QR codes to download today!



BE SURE TO
OPT IN FOR
NOTIFICATIONS



Financial Assistance



As a cause-driven, charitable organization, we value the practice of inclusion for all regardless of race, religion, gender, age or economic circumstance.

We are deeply committed to raising the funds necessary to remove income as a barrier so that everyone in our community can participate in Y membership, programs and services that encourage positive growth, promote a healthy lifestyle, build community and support social responsibility. Visit our website or scan the QR for more information and to apply.



YOUR GIFT CHANGES LIVES

FOOTHILLS AREA YMCA

GIVE TODAY!

Every gift matters.

As a locally based nonprofit organization, our number one priority is to serve this community. So every tax-deductible dollar you donate directly affects all of us in the best possible way: through after-school care, swim lessons & swim teams, health & wellness for seniors, summer camps, family activities, and, of course, scholarships that ensure our doors are always open for those most in need.

ANNUAL SCHOLARSHIP | CAPITAL CAMPAIGN | LEGACY | COMMUNITY HEALTH | SWIM TEAM/LESSONS | SEND A KID TO CAMP | SDOC SWIMMING SAFETY PROGRAM AND MORE WAYS TO GIVE!

PROMOTE YOUR BUSINESS/ LEAVE A LEGACY

Banner Program:

The Foothills Area YMCA Banner Program offers local businesses and community members the opportunity to display banners at our facility, showing your support for the Y's programs, initiatives, and overall mission.



Scan & apply today!



SCHOOL DAY OUT CAMPS 2026

SPRING SEMESTER DATES:
 • February 16
 • April 3

At the Y!



ARC CPR for Professional Rescuers and HSI Emergency Use of Medical Oxygen

April 10 & 11 June 4



BIBLE STUDY: FRUIT OF THE SPIRIT

February 24-April 28, 2026
 Tuesdays, 11:00 AM-12:00 PM

FREE program for our members.

REGISTER TODAY!



BIRTHDAY PARTIES

Looking for a fun way to celebrate your child's next birthday? Host a unique birthday party at the Y.





PRINCESS PARTY

Saturday, February 28

9:30 AM-11:30 AM
 at Blue Ridge Electric Co-op



Meet Cinderella,
 Belle, and Ariel!

**SIGN UP
 FOR THE
 PRINCESS
 PARTY**



JOIN THE CHALLENGE



March 2026

175 Years Fitness Challenge

Celebrate Y's 175 years in the U.S. with a month-long fitness challenge. Visit the program page for more information and to sign up!



FREE Member-exclusive

BRIDGING COMMUNITY AND HEALTH CARE

COMMUNITY HEALTH

Community Health Programs at the Y bridge traditional healthcare with community-based prevention, helping individuals prevent, delay, or better manage chronic conditions. Our current programs include:

LiveStrong

Cancer survivorship program for those who are living with, through or beyond cancer.

Parkinson's Programming

Rock Steady Boxing boosts quality of life and self-esteem for Parkinson's patients through non-contact boxing fitness. Pedaling for Parkinson's helps reduce motor symptoms with indoor cycling.

Exercise is Medicine

Medically-based program for adults with chronic health conditions.

Diabetes Prevention

Healthy lifestyle change program for people at risk for type 2 diabetes.

Blood Pressure Self-Monitoring

Designed to help adults lower hypertension and manage their blood pressure.

**SCAN for more
 information on our
 Community Health
 Programs**



SALSA FOR BEGINNERS

Feb. 14
 Feb. 21
 Mar. 14
 Mar. 28



PARENTS' NIGHT OUT 2026

Ages 4-12

- February 13
- April 10
- June 19
- August 21
- October 30
- December 12

