

Events & Happenings

FEBRUARY

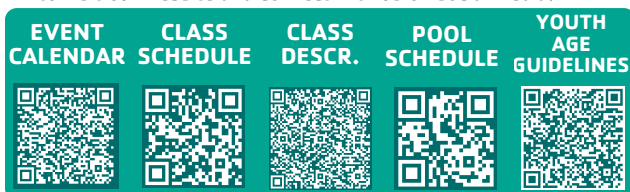
- 1: Registration opens for 175 Fitness Challenge.
- 4: Diabetes Prevention Program begins.
- 6: Registration opens for Pool Easter Egg Hunt (Hunt on March 28)
- 8: Cottingham Campus turns 6!
- 13: Parents' Night Out--Valentine's theme.
- 13 & 14: Member connection: Hershey's Kiss
- 14 & 21: Salsa for 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!



Connect with us

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



/foothillsareaymca

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.

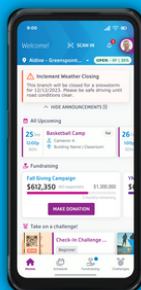
Child Watch Hours

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.

Scan & apply 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.



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.



TEEN & ADULT SWIM LESSONS

**Register
today!**

**SESSIONS STARTING
MARCH & MAY**



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**



SPRING SOCCER & T-BALL

Soccer

Ages 4–12
At Blue Ridge Elem.
Soccer Fields



T-Ball

Ages 4–7
At the Cottingham
Campus



**REGISTER STARTING
JANUARY 5, 2026**

SEASON STARTS MARCH 9

Volunteer coaching &
sponsorship opportunities
are available.

SALSA FOR BEGINNERS

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



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!



JOIN THE CHALLENGE



March 2026

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

