

Events & Happenings

APRIL

- 1: Training for the Memorial Day Murph Challenge begins
- 1: Member connection: Bucket of Jokes in the lobby.
- 3: School Day Out Camp. Zone will be closed 7 am-6 pm.
- 5: Facility closed ALL DAY. Happy Easter!
- 7: Puzzle deadline.
- 8: Hiking: Yellow Branch Falls.
- 10: Parents' Night Out Pool Party.
- 10: Group Ex Sit to Stand challenge in classes all day.
- 18: Healthy Kids Day at the FARM Center 10 am-2 pm.
- 22: Member connection in the lobby.
- 27: New enclosed fitness patio opens!
- 28: New group swim lessons sessions start.
- 28: Adult and Pediatric First Aid/CRP/AED class.

MAY

- 2: New group swim lessons sessions start.
- 7: Puzzle deadline.
- 8: Member connection "Celebrating Moms".
- 9: Superhero Party at Blue Ridge Electric Co-op.
- 11: Putt for Parkinson's event at Oasis Ranch.
- 12-15: Lifeguard certification course.
- 13: Hiking: Chau Ram Falls.
- 20: Member connection in the lobby.
- 25: Memorial Day: Facility closes at noon (pool at 11:30)
- 25: Murph WOD Challenge.

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 DESCR.	POOL SCHEDULE	YOUTH AGE GUIDELINES

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!

"Daxko Core" on the App Store & Google Play

Download on the App Store | GET IT ON Google Play

BE SURE TO OPT IN FOR NOTIFICATIONS

Financial Assistance

HERE FOR ALL the Y

the Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVES FOR SOCIAL RESPONSIBILITY

YOUR GIFT CHANGES LIVES

GIVE TODAY!

FOOTHILLS AREA YMCA

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.

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!

**SCHOOL DAY
OUT CAMPS
2026**
at the Y



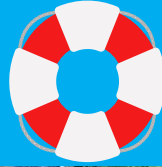
DATES:
• October 12
• November 2-3

For ages 4-12



LIFEGUARD CERTIFICATION

May 12-16
For ages 15 and up



LET'S GO HIKING!

May 13, June 10, July 8, August 12,
September 9, October 14

FREE program for our members. Registration required.



BIRTHDAY PARTIES

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



**PHASE II
EXPANSION**

SEE WHAT'S COMING
THIS AUGUST!



WORK WITH US
APPLY TODAY!



SUMMER DAY CAMP
REGISTER TODAY!



SATURDAY, MAY 9
9:30 AM-11:30 AM
at Blue Ridge Electric Co-op
2328 Sandifer Blvd, Westminster

Register TODAY!

Open to Members & Non-members of all ages.



GROUP SWIM LESSONS



Register



**MURPH
CHALLENGE**
MAY 25, 2026

- 1
Mile
Run
- 100
Pull
Ups
- 200
Push
Ups
- 300
Air
Squats
- 1
Mile
Run

**TRAIN THIS
APRIL & MAY**

Register today for a training class to participate in the

MURPH Challenge
on May 25!

**PARENTS' NIGHT
OUT
2026**

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

Ages 4-12



**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

