Healthy At the Y

June 8, 2020

WELCOME BACK! Thank you for #StayingWithUs! We're so glad to be able to welcome you back into our buildings. Please be mindful of the temporary changes throughout our YMCAs.

SEE OUR NEW GUIDELINES

Welcome Back! Visit us online to see all of the need to know information!

- **FREE Team Training now available at select locations.** Visit our app or [schedules page](#) to find a Synergy, YElite or Women on Weights at a branch near you!
- **Summer Sports Update!** Cross Country, Tae Kwon Do, Cheerleading, Gymnastics and Ninja Warrior will begin the week of June 8 at various locations. If you have previously registered, you will be contacted directly with information about specific start dates.
- **Soccer will begin on June 13 under new guidelines.**
Give Back, Get Back with upcoming opportunities to help your community!

**Blood Drives:** Located at the Manchester Family YMCA on June 15, 10 a.m.-4 p.m. and the Downtown YMCA June 11, 10 a.m.-4 p.m. Advance registration required. Learn more and sign up [HERE](#).

**Food and toiletries drive:** On June 17, 11 a.m.-1 p.m. at Chester Family YMCA, Manchester Family YMCA, Midlothian Family YMCA and Swift Creek Family YMCA. Unopened toiletries and non-perishable food in non-glass containers only, please.

Thank you for helping to make our community stronger during this time!

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Join Goldie from the YMCA of Greater Richmond for today's enriching Vinyasa Yoga Class!
Talking to children about Racism

Many people wonder when, how or even if they should talk to their children about race; they may fear that talking to children about this sensitive topic will introduce the concept and perhaps they shouldn’t talk about it at all. Instead, many parents just choose to instill kindness in their children while ignoring the topic of racial diversity. Kindness is necessary. But if we don’t talk with children about race and racism, they tend to pick up on unconscious biases of those around them. Watch the video below to learn more.
Online Classes!

Why do you Y?