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.

Community Counts!

This Wednesday, July 15, 11 a.m. – 1 p.m.
The needs in our communities are still great. YOU can help neighbors in need by donating to our food drives (non-glass, non-perishable food only). Contactless, drive-thru drop-off at the following locations:
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- Chester Family YMCA
- John Rolfe Family YMCA
- Manchester Family YMCA
- Midlothian Family YMCA
- Shady Grove Family YMCA
- Swift Creek Family YMCA
- Tuckahoe Family YMCA

Also at these locations on July 15: Children with the necessities they need to succeed can focus on learning and thriving in a new school year. Good hygiene is critical in this time of the COVID-19 pandemic, especially in vulnerable communities.

Please donate 5 or more items for our Bright Beginnings program:

Place items in clear zipper lock bags:
- Toothbrush and toothpaste (full-size)
- Band Aids (one box)
- Comb or small brush
- Deodorant
- Soap (bar soap)
- Menstrual products (box of tampons or pads)
- Full-size conditioner
- Full-size shampoo
- Hand sanitizer (full-size)

Thank you for helping us strengthen the foundations of our communities!
All Pools are Open for Recreational Swimming!

Remember to reserve your families' space. REMINDER: Masks are required (except while exercising) and please limit your time in branch to 1 hour so that all of our members can have a chance to get in their workout!

Keep Moving this Week!

Whether you take a stroll around the block or a challenging hike in the woods, walking outside is ideal for fitness! Where will you walk or hike today?
KID'S CORNER!

Virginia History with Faithea from the YMCA of Greater Richmond!
Find a Class!

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