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

Branch Updates!

Mark your calendars for our next blood drive at our Northside Family YMCA Blood Drive on July 28, 10 a.m.-3 p.m. Visit the American Red Cross to register and for more information. Pre-registration is required; no walk-ups allowed.

Sports and Specialty camps will begin on Aug. 3 at select locations! Check out our offering and reserve your spot today while there is still room!
Outdoor Pool Hours have expanded. Our outdoor pools will now close Monday–Friday at 8 p.m. and on Saturday-Sunday at 5 p.m. You may reserve your spot using the Schedules page or with our free mobile app. Our outdoor pools are at the Midlothian Family YMCA, the Goochland Family YMCA, and the Elizabeth Randolph Lewis Powhatan YMCA.

Get Moving this Monday! Let's try Barre with Riley from the YMCA of Greater Richmond!

Mindful Workout: Activate Your Mind and Your Muscles Riding a bike, lifting weights, sweating it out on a treadmill—what do such exercises have in common? For one thing, each can be a
mindfulness practice. Whatever the physical activity—dancing the Tango, taking a swim—instead of simply working out to burn calories, master a skill, or improve condition, you can move and breathe in a way that not only gets your blood pumping and invigorates every cell in your body, but also shifts you from feeling busy and distracted to feeling strong and capable. Ready? The following steps, good for any activity, will help you synchronize body, mind, and nervous system. As you do, you will strengthen your capacity to bring all of your energy to the task at hand. 1. Be clear about your aim. As you tie your laces or pull on your gardening gloves, bring purpose to your activity by consciously envisioning how you want your guide your session. As you climb on your bike you might say, “I am going to breathe deeply and notice the sensation of the breeze and the sun and the passing scenery.”

As you enter the pool, you might say, “I’m going to pay attention to each stroke, and the sound and feel of the water surrounding me.” 2. Warm up (5 minutes). Try any simple moves—jumping jacks, stretching—and concentrate on matching the rhythm of your breath to your movement. By moving rhythmically, your brain activity, heart rate, and nervous system begin to align and stabilize. 3. Settle into a rhythm (10 to 15 minutes). Pick up the intensity, but continue to coordinate your breath and movement. If you have trouble doing this, then simply focus on your breathing for a few minutes. Eventually you’ll find your groove. 4. Challenge yourself (10 to 15 minutes). Try faster speed, more repetitions, or heavier weights, depending on what you are doing. Notice how alert and alive you feel when pushing yourself. 5. Cool down (5 minutes). Steadily slow down your pace until you come to a standstill. Notice the way your body feels. Drink in your surroundings. 6. Rest (5 minutes). Quietly recognize the symphony of sensations flowing in and around you. Practice naming what you feel and sense. Chances are you’ll feel awake and alive from head to toe.

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**KID'S CORNER!**

**STEM: Gears and how they work!**
Find a Class!

Why do you Y?