Healthy At the Y

July 6, 2020

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

Community Counts!

When: Wednesday, July 15, 11 a.m. – 1 p.m.
What: Like you, we are thrilled to be entering Phase 3 and hoping we can return to the “new normal.” But 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:
• Chester 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!

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Early Mornings are Back!
Please visit our facilities page for the new hours at your branch! ALL pools are now open by reservation only (with the exception of Patrick Henry, due to repairs). More updates coming soon with Phase 3 beginning Wednesday, July 1!

Let's kick our week off Dancing with Vicki!
KID'S CORNER!

Let's Get Moving!

10 push ups, 25 mountain climbers, 25 squats, 30 alternating leg lunges, 50 jumping jacks. Now grab a family member to join you and Repeat!

Find a Class!