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

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!

Important Reminders!
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!
Meditation Can Help to Tame Your Negative Feelings!

GUIDED MINDFULNESS MEDITATION ON DEALING WITH ANGER
Get started today with one of our Personal Trainers!

Did you know that we are now offering 60-minute group ex classes and team training for FREE?! These new offerings are available at select locations, use the link below to learn more!

KID'S CORNER!

LET'S GET CREATIVE!

What you'll need:

- red stamp pad
- blue stamp pad
- white card stock
- envelope (optional)
- black marker
- wipes for clean up
How to make your Patriotic Fingerprint Flag Card:

- Using the red stamp pad, press your index finger into the stamp pad.
- Place your fingerprint sideways, along the bottom of the card. Repeat along the entire bottom of the card to form a red stripe. (see photo)
- Skip a 1/2 inch, and create another red stripe across the width of the card. Move your finger up another 1/2 inch and create a third red stripe across the card. (see photo above)
- Continue forming red stripes 1/2 inch apart, but indent 1/3 of the page, to leave room for the blue portion of the flag. Create two of these red, shorter stripes.
- Using the wipes, clean red ink off your index finger. Place the top on the red stamp pad so that it does not dry out.
- Once your finger is clean, place your index finger in the blue stamp pad. In the blank white space left, create a box outline with the blue ink on your finger. Then, randomly stamp spots with the blue ink, leaving enough white spaces as stars on the flag. (see photo above)
- Once the blue portion is completed, wipe the blue ink off your finger and return the top to the blue stamp pad.
• Finally, take the black marker, and on the inside of the card, write "Happy Fourth of July!"
• Write a brief note and leave the card in a neighbor's mailbox or mail to a friend!

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