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!

The following locations are expanding their hours to close at 8 p.m. Monday-Friday: Chester Family YMCA, Chickahominy Family YMCA. Downtown YMCA, Midlothian Family YMCA, Shady Grove Family YMCA, Swift Creek Family YMCA and Tuckahoe Family YMCA.

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.
D.I.Y. Fitness - check out our new virtual videos to help you get on your way to achieving those Wellness Goals!

Sports and Specialty camps will begin on Aug. 3 at select locations! Rest assured we are taking every precaution and following CDC guidelines to ensure kids are safe while having a great experience!
Bright Beginnings!

School might looks a little differently this fall, but kids need supplies more than ever! Ways to help...Making a donation. Donate new winter “warm-up clothes” through our Amazon Wish List. Donate basic school supplies and new backpacks. Donate a hygiene kit.

Donate Today!

Start your week with a Punch!

Let's Go!

KID'S CORNER!

Bringing KidFit to your Family Room!