



BRAND NEW VIRTUAL RESOURCES FOR ALL

To our Y community,

We hope you are all safe, healthy, and hanging in there. We know this is a trying time for all.

For 168 years the YMCA of Greater Hartford has built strong, connected communities, and it is vitally important to us that we continue to do so even when our doors are closed.

We are currently offering child care for essential workers in East Hartford and Plainville, and we have scheduled several blood drives. We will also be collecting non-perishable food items on these days at the following branches to help our local food banks. Please register ahead of time if you'd like to donate blood by [clicking here](#). Here is the schedule:

- 4/13 9am-2pm: East Hartford YMCA (770 Main Street, East Hartford)
- 4/23 8:30am-1:30pm: Wheeler Regional Family YMCA (149 Farmington Avenue, Plainville)
- 4/24 10am-3:30pm: Hale YMCA Youth & Family Center (9 Technology Park Drive, Putnam)
- 4/29 11am-4pm: Farmington Valley YMCA (97 Salmon Brook Street, Granby)

In addition, we have spent the last few weeks developing engaging content and gathering external resources for all ages to keep you active in spirit, mind and body.

Our new landing page of our website, ghymca.org/yathome, gathers all of the different options we have available, with links to all of our offerings. It's broken into two sections: local content from your favorite YMCA of Greater Hartford instructors and staff, and external content from our partners across the country. Here's an overview of what we have now, and stay tuned for more in the coming weeks!

- Check out our brand new [YouTube Channel](#) and please subscribe to keep up with new content! We have several playlists, including [youth activities & workouts](#), [senior exercises](#), [group exercise classes and structured workouts](#), [recipes and cooking tips](#), [learn to swim on land](#), and more!
- Not interested in videos? Try our text-only [at-home workout](#)! And if you're unsure how to do one of the exercises, we do include links to video demonstrations.
- We have partnered up with several organizations to provide you even more content. Several YMCA associations across the country came together to create [YMCA360](#), which has video workouts for youth, adults and seniors. YMCA of the USA teamed up with CycleHealth to create daily challenges for families, with [12 bursts of daily activity](#). And several of our workout partners have free and exclusive content, including [SilverSneakers](#), [MOSSA](#) and [LesMills](#).
- Join our first ever [VIRTUAL ROAD RACE](#)! On May 2, the Farmington Valley YMCA was hoping to have its 49th Annual Granby Road Race. That event has been moved to



September 19, 2020, but we didn't want to let the weekend pass without the opportunity for all of us to get out for a run. So please join us for a Virtual Run: register for a 5K or 10K, and run it where and how you want. After running your race virtually you can submit your results on the event's [ACTIVE Results page!](#)

We're working on new content every day, and want to hear from you! Reply to this email if there's something you'd like to see us work on next!

Stay healthy, stay safe, and stay tuned: Each week we'll send you an update on what's new on [Y at Home!](#)

Sincerely,

Your YMCA Team