



Happy Monday! We hope that you have a safe, active, and healthy week staying at home. Please take a few minutes to read some great highlights, activities, and resources below.



Caring for our Community:

As we prepare to open our doors on May 18th, we are ready to serve the needs of our members and community more than ever before. Your monthly membership dues and program fees pay the operational expenses such as electricity, staffing, maintenance, etc. Donations are completely separate and 100% of every donated dollar received goes to the Annual Campaign, which provides financial assistance and scholarships to families and individuals in need at this time. Thank you for being part of our Y family and for #StayingWithUs to make a difference. **At the Y, when we work together we are stronger, but more importantly, when we stay together our communities are stronger!**

[Give Today](#)

Workout of the Day:



Try out this 15 minute bodyweight workout you can do anywhere!

- 50 Jumping Jacks
- 50 Mountain Climbers
- 50 high Knees
- 1 Minute Wall Sit
- 40 Donkey Kicks
- 40 Jumping Lunges
- 30 Crunches
- 30 Push Ups
- 60 Second Plank

**Repeat!

How to Access Zoom Meetings:

Please go to Zoom (<https://zoom.us/join>) and enter the meeting ID provided at the time of the virtual class you would like to join.

Virtual Y @ Home Fitness this Week:

Monday (5/11): Virtual Zumba class at 9:30am. Zoom Meeting ID 948 827 7578

- **Virtual BodyPump class at 5:00pm.** Zoom Meeting ID: 948 827 7578

Tuesday (5/12): Virtual BodyPump class at 10:00am. Zoom Meeting ID: 948 827 7578

- **Virtual BodyPump class at 4:00pm.** Zoom Meeting ID: 326 502 306

• Tune into your branch Facebook page for **Technique Tuesday** with Fitness Director, Carley!

Wednesday (5/13): Virtual Zumba class at 9:30am. Zoom Meeting ID 948 827 7578

Thursday (5/14): Virtual BodyPump class at 10:00am. Zoom Meeting ID: 948 827 7578

- **Virtual BodyPump class at 4:00pm.** Zoom Meeting ID: 391 598 701

Friday (5/15): Virtual BodyPump class at 10:00am. Zoom Meeting ID: 897 204 802

Sunday (5/17): Virtual BodyPump class at 2:30pm. Zoom Meeting ID: 260 200 922



YMCA Virtual +

Join us for our final week of Virtual + Classes in the parking lot!

A few reminders: Gymnastics classes are limited to 9 participants, and you must sign up in advance of the class. Fitness classes have no participant limits and we use proper social distancing. Please refer to the email and schedule sent out to you on Saturday, May 2, 2020. The facility will remain closed with no access to restrooms, water, childcare, etc. Please come prepared and ready for a great class! **We look forward to seeing you (from a distance) and working out together again!**

Keep the Kids Busy this Week at the Y:

Monday (5/11): Virtual Instructional Soccer Class with Coach David at CHASCO Y! Streaming on Zoom at **11:00am.** Meeting ID: 327 427 311

- **Virtual Story Time!** Streaming on Zoom at **3:00pm.** Meeting ID: 982 6610 4419

Tuesday (5/12): Preschool Gymnastics Class with Twin Lakes Y! Streaming on Zoom at **11:00am.** Meeting ID: 589 458 798

- Tune into [Camp Twin Lakes Facebook](#) for a "Nature is Neat" Facebook live segment at **12:00pm.**

- **Virtual Beginner 1 Gymnastics Class** with the CHASCO Y! Streaming on Zoom at **1:00pm.** Meeting ID: 433 528 972

- **Virtual Intermediate Gymnastics Class** with the Twin Lakes Y! Streaming on Zoom at **2:00pm.** Meeting ID: 557 928 507

- **Virtual Story Time** with the Hutto Y Director, Jessica! Streaming on Zoom at **3:00pm.** Meeting ID: 597 159 410

Wednesday (5/13): Virtual Preschool Gymnastics Class with the CHASCO Y! Streaming on Zoom at **11:00am.** Meeting ID: 201 319 536

- **Virtual Beginner 2 Gymnastics Class** with the CHASCO Y! Streaming on Zoom at **1:00pm.** Meeting ID: 106 254 430

- **Virtual Advanced Gymnastics Class** with Twin Lakes Y! Streaming on Zoom at **2:00pm.** Meeting ID: 203 791 160

- **Virtual Story Time!** Streaming on Zoom at **3:00pm.** Meeting ID: 923 0930 2536

Thursday (5/14): Virtual Basketball Class with Hutto Y Sports Director, Kendra! Streaming on Zoom at **11:00am.** Meeting ID: 997 9288 6165

- **Virtual Intermediate Gymnastics Class** with the CHASCO Y! Streaming on Zoom at **1:00pm.** Meeting ID: 621 489 949

- **Virtual Beginner Gymnastics Class** with the Twin Lakes Y! Streaming on Zoom at **2:00pm.** Meeting ID: 668 449 855

- **Virtual Story Time!** Streaming on Zoom at **3:00pm.** Meeting ID: 989 5013 0788

Friday (5/15): Virtual Scavenger Hunt with the CHASCO Y! Streaming on Zoom at **10:30am.** Meeting ID: 932 049 5061

- **Virtual Advanced Gymnastics Class** with the CHASCO Y! Streaming on Zoom at **1:00pm.** Meeting ID: 710 045 681

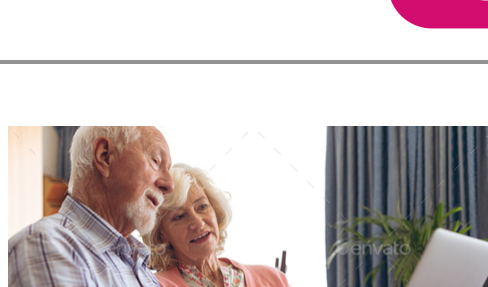
- **Virtual Story Time!** Streaming on Zoom at **3:00pm.** Meeting ID: 929 7148 5674

Have No Fear...Y May Care is Here!

Are you headed back to work and stressed about what to do with the kiddos? Y May Care is here! The YMCA of Greater Williamson County is offering school aged childcare (5 years to 12 years old) for working parents due to extended school closures. **Childcare is offered at the following locations: Camp Twin Lakes, Camp Round Rock & Camp Burnet.**

This amazing opportunity of **May Care is happening now through Friday, May 22nd.** Learn more about YMCA May Child Care by [clicking here.](#) Space is limited, so be sure to reserve your spot today by using the link below!

[Register Here!](#)



Stay Connected: Active Older Adults

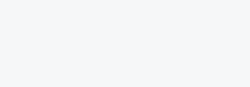
Join us for a **Senior gathering through Zoom at 3:30pm on Mondays!** This segment is called "**Gene and Carl's Excellent Y Adventures!**" We can't wait to virtually see you all, connect, and catch up. Please use **Zoom Meeting ID: 943 188 755** or click below at the time of the meeting to join us!

[Senior Virtual Gathering](#)

Please be aware if you unsubscribe from these emails you will no longer receive any email communication from the YMCA of Greater Williamson County or your respective branch concerning updates, billing, programs, etc.

YMCA of Greater Williamson County

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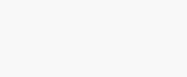
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