Happy Friday! We hope that you have had a safe, healthy, and happy week! Please take a moment to read some great highlights and resources below. We look forward to welcoming you back into our facility on Monday, May 18th!

have no fear...y may care is here!

Have you seen the news lately? We've been working really hard to make sure that our community is taken care of! We are proud to announce that the YMCA of Greater Williamson County is participating in Y May Care! This program is available at certain YMCA of Greater Williamson County locations: Camp Twin Lakes, Camp Round Rock, & Camp Burnet. May childcare is being offered at the following locations: Camp Twin Lakes, Camp Round Rock, & Camp Burnet. May childcare is being offered at the following locations.

We have one week remaining of Y May Care! The YMCA of Greater Williamson County is currently registering for Summer Childcare. All in a safe inclusive, and nurturing environment. You don't want to miss childcare starting May 26th, as we give your kiddos the opportunity to learn and grow in a healthy environment. We have several YMCA locations throughout our community, so be sure to check our online location guide, online or register below!

family fun activity:

Are you getting bored with your 30 minute jog outside or at home workouts? Try mixing it up! It is important to incorporate different types of exercise into your routine to keep the pressure off your body and muscles guessing. If a regular workout routine works for you, why should you change up your fitness style? Here’s why it’s important to mix it up every now and then.

1. You don't want to plateau: doing the same workout every week will help your muscles become adapted to your exercise. This means that you won’t be burning calories, but you’ll need to increase your resistance levels or speed if you want to really maximize results.

2. Your body needs time to repair itself: if you do the same intense workout each day, you won’t give certain muscle groups enough time to heal between each workout, and you increase your chance of being injured. Just make sure you have low-intensity workout days between your intense workouts to prevent your exercises from becoming ineffective. If you run at the same speed on the treadmill every day for 20 minutes, your body will eventually hit a plateau. You will still be burning calories, but you’ll need to increase your resistance levels or speed if you want to really maximize results.

3. Fun! Who says exercise can’t be fun? Adding variety to your workouts will keep your body and muscles guessing. If a regular workout routine works for you, why should you change up your fitness style? Here’s why it’s important to mix it up every now and then.

Virtual Tour:

Workout of the Day:

Try this quick and fun 15 minute full body workout! No equipment needed.

• 30sec Jumping Jacks
• 30sec Leg Lifts
• 30sec Forward Lunges (each side)
• 30sec Alternating Punches
• 10 Pushups
• 20 Squats
• 20 Forward Lunges (each side)
• 20 Jumping Jacks

Try this quick and fun 15 minute full body workout! No equipment needed.

Stay Connected: Active Older Adults

The effects of social distancing (stay at home) feels, well, a little air thin! As we come many months, how do we keep our seniors active and engaged? Explore three virtual tours to keep busy while sheltering in place today by using the link below.

Get a bird’s eye view of the camp you’re interested in! Click below to check out locations, more details and register below!

Virtual Tours

Caring for the Community

As we prepare to go back to work and school, let's never forget the needs of our members and community more than ever before. Your monthly membership dues and any membership fees you paid will cover your membership during the extended school closures. But more importantly, when we stay together our communities are stronger, but more importantly, when we stay together our communities are

Stay Healthy at Home

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