



Hi Alison,

We're committed to keeping you updated with the latest YMCA news, ideas to support you and your family, and how you can continue to be part of our YMCA community.



### Fun Family Activities

Running out of things to do? We've got you covered! Browse dozens of fitness, learning, and resource ideas. Some of our favorites:

- Our [FREE Aquatic Explorers Coloring Book](#) features Gary Google, Ricky Ray and more.
- Our [Youth Soccer Drills](#) provide great, active fun.

**FREE Kids & Family Resources**



### Your Y In The Community:

#### Pandemic Child Care

Do you or someone you know need child care? The Y is proud to offer Emergency Pandemic Child Care for our community's most essential employees. Our sites are located near downtown Columbus and in Pickaway County.

**Register**

**The Y In The News**



### Workout at Home... on your own or together!

Now more than ever, it's important to take care of yourself. As always, the YMCA is here to help you with your health and wellness. We've got a variety of workouts designed to be done anywhere. Grab the kids, and be sure to check out our family-friendly options, too!

**Our Virtual Workout Hub**

**Kids Yoga**

We miss you and can't wait to see you back at the Y soon.



Download our free [mobile app](#).

YMCA OF CENTRAL OHIO

40 W. Long St. | Columbus, OH 43215 | (614) 389-4409

*We'd like to communicate with you in ways that work for you.*