



Y NEWS NOW MEMBER NEWSLETTER

HAPPY NEW YEAR

HAPPY NEW YEAR!

Finally, a new year and a fresh start! 2020 is certainly one for the history books. Now, it's time to look ahead, set our intentions for the year, reconnect and see the positives around us. If you stuck with us throughout last year - thank you! If you're new to the Y - welcome, we're so glad you're with us. We can't wait to expand programs again and bring back in-person family events. We will continue to monitor the COVID-19 situation in our community and follow guidelines from our local and state health officials.

815 YMCA ON DEMAND

STAY FIT AT HOME WITH VIRTUAL WORKOUTS

MORE LIVE CLASSES COMING SOON!

We hope you're enjoying our new virtual platform for live and on-demand fitness classes. We will further expand live classes the week of January 11. Click the button below to see the full schedule. Grab your member barcode number on your keytag and click the image above to access 815 YMCA on Demand.

LesMills Live Only:

Due to music copyright issues, we can only do LesMills classes live. At this time, we are not allowed to make them on-demand videos. We apologize for any inconvenience. LesMills is working to expand its licensing so we can offer these classes on-demand. In the meantime, we hope to "see" you during the live classes.

Live Class Schedule

REMOTE LEARNING

SUMMER CAMP

REGISTER TODAY!

REMOTE LEARNING

If Harlem and Rockford Public Schools continue remote learning in January, we will continue to offer full-day care and remote learning support for students. Click the image to learn more and enroll.

Looking ahead to warmer days and hopefully a normal summer. Camp Winnebago summer camp registration is now open! Click the image to secure your child's spot.

APP VIDEO TIP

The YMCA of Rock River Valley app has so many great features to help keep you accountable and on track with workouts. Here is a quick tutorial on how to redeem rewards with the points you've earned. Happy reward shopping!

NEED THE APP?

Just visit the app store on your device and search YMCA of Rock River Valley to download. It's FREE!

FOREVER
GRATEFUL.
For a better us.

WE REACHED OUR GOAL!

Thanks to the generosity of donors in our community, the YMCA of Rock River Valley surpassed its \$1.3 million fundraising goal with \$1.4 million raised in 2020! "We are so grateful to donors, who, despite their own worries in 2020, made gifts to the Y in support of the work we do together in the community," says Michelle Gorham, chief advancement officer at the Y. "Even when we were closed, donor gifts made sure we could do meal delivery for children and families, childcare for essential workers, and remote learning for students who couldn't stay home alone. We are proud to have partnered with donors to make a difference in this challenging year."

Every year, the Y annual campaign raises dollars to support the work of the Y in our region. THANK YOU!



GET SOCIAL WITH US!

www.rockriverymca.org

Share this email:



Manage your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

220 East State Street
Rockford, IL | 61104 US

This email was sent to .
To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.

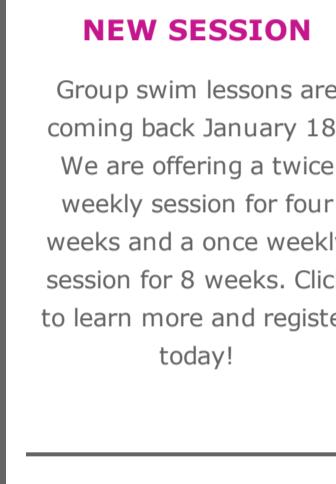
HOURS



HOLIDAY HOURS: All Branches

January 1: 11a to 5p

AQUATICS



PRIVATE PROMO

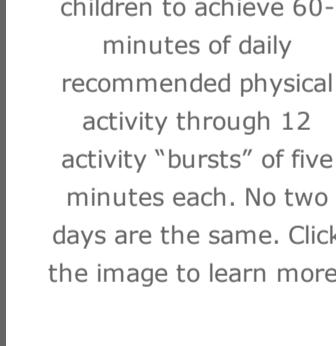
Buy two sets of private swim lessons and get the third FREE! Each set consists of four 30-minute lessons. This promo lasts through March 31. Click to learn more and buy online.



NEW SESSION

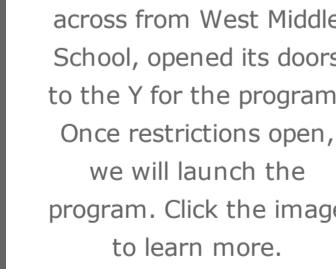
Group swim lessons are coming back January 18! We are offering a twice weekly session for four weeks and a once weekly session for 8 weeks. Click to learn more and register today!

FITNESS



STRONG CHALLENGE 2.0

We're launching the STRONG Challenge 2.0 this February! Same commitment of 20 minutes of activity 5 days a week, but with new weekly themes to help motivate and encourage you in 2021. More to come soon. Let's get STRONG together.



NEW EPISODES

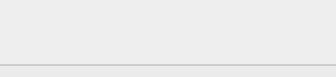
The Y is on Spotify and Apple iTunes with our new podcast Let's Be GR815!

We release a new healthy living podcast episode each Wednesday. Melissa Burns and Gina Karvelis chat about various topics, and bring in guests. Click the image to see all of the episodes.



Keep your family active and having fun with 12Bursts. The 12Bursts program encourages your children to achieve 60-minutes of daily recommended physical activity through 12 activity "bursts" of five minutes each. No two days are the same. Click the image to learn more.

NEWS



NEW PROGRAM

We are excited to announce Y Middle School Achievers will be coming soon to serve youth on the city's west side. Lutheran Church of the Good Shepherd, located across from West Middle School, opened its doors to the Y for the program. Once restrictions open, we will launch the program. Click the image to learn more.

[Learn More](#)

