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**The Y Launches Free Online Classes for People Staying at Home**

**WASHINGTON – March 23, 2020 –** The YMCA of Metropolitan Washington, with branches and program centers in Washington, D.C., Maryland and northern Virginia has served the Washington area for over 168 years. The YMCA of Metropolitan Washington goal during is to ensure that its programs and services remain a vital part of the community even while its doors are closed during the COVID-19 crisis.

Virtual Y is a new online community designed to help adults, youth and seniors to stay connected and active, even when they can’t visit the Y. “As the community learns the importance of social distancing, and more and more people are impacted by school and business closures due to the spread of COVID-19, we recognize the need for healthy living and youth development programs that could be accessed from anywhere,” said Angie L. Reese-Hawkins, president and CEO. “Shifting to offer programs online felt like the best way to continue to live out our mission to strengthen communities.”

**Virtual Y Online** is designed to help individual exercisers and families engage with the Y virtually from the comfort of home. Youth will continue to learn in a fun format even while they are away from school. “We’re excited to offer participants the same high-quality experience they expect from the programs they know and love at the Y in a digital format,” said Reese-Hawkins.

**Virtual Y Online** categories includes a Wellness Center, Fit & Well Seniors exercise videos, culinary videos, youth and school-age children programs. Additionally, the Y is offering a virtual tennis program. These classes help support the health and well-being of the community. Classes are FREE and can be accessed at [www.ymcadc.org](http://www.ymcadc.org).

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**About YMCA of Metropolitan Washington**  
The YMCA of Metropolitan Washington is a non-profit charity organization that has been serving the communities and families of Washington, D.C., Maryland and Virginia in the areas of youth development, healthy living and social responsibility, for nearly 168 years. Through opportunities in wellness, aquatics, youth sports, summer camps, childcare and more, the Y engages more than 250,000 individuals and families. Visit [www.ymcadc.org](http://www.ymcadc.org) for more information.