



Keeping Our YMCA Healthy & You Informed

Dear Fond du Lac Family YMCA members and community,

With the recent decision by Governor Evers to mandate a statewide closure of all K-12 schools beginning Wednesday, we are asking our community members to work with us during these days and weeks of disruption as we make decisions on the use of our facility. It is our every effort to keep our facility open to members during this crisis, for healthy individuals who would still like to access our building.

By closing schools, our community is being asked to quarantine their children from being in places of mass gatherings. Also, one of the main ways to stay protected is to practice "social distancing." With that in mind, the Fond du Lac Family YMCA would like to stress that sending your children to the Y could potentially be putting them in an area of mass gathering, especially if a large number of school-age kids showed up at our facility, in addition to members and program participants who choose to utilize the facility for their health needs. While this school closing is putting a great deal of stress on parents, it is being done to protect your children and our community. Please follow up the school closing by keeping them isolated from other children or adults who might be carriers of this virus.

If the Fond du Lac Family YMCA increases in daily attendance because of this school closing, we may be forced to close our facility. As an organization, we are not equipped to staff an influx of school-age children, nor do we feel it is in best interest of our community's health. Please keep your children home if they are not enrolled in programming. We look forward to when we can open our doors to all of our members without the fear of contamination.

WILL THE Y BE CLOSING?

The Y remains open to serve our community at this time. Any facility closures will be made in accordance with guidelines from the CDC, Wisconsin State Department of Health, Fond du Lac County Health and recommendations from our national office, YMCA of the USA.

EFFECTIVE WEDNESDAY, MARCH 18TH, DAY/GUEST PASSES WILL NOT BE SOLD UNTIL FURTHER NOTICE. CURRENT MEMBERS OR PROGRAM PARTICIPANTS WILL ONLY BE ALLOWED TO ACCESS THE Y.

WHAT PROGRAMS OR TRAININGS ARE BEING CANCELLED?

Most programs will continue to be held and we will continue to serve members allowing program participants the option to participate. We have made the decision to suspend or cancel some programs and activities that could affect groups of high-risk, vulnerable populations.

EFFECTIVE MONDAY, MARCH 16TH, THE FOLLOWING PROGRAMS OR CLASSES ARE POSTPONED OR CANCELLED UNTIL FURTHER NOTICE:

- Active Older Adult (AOA) classes
- Cardio Circuit classes
- LIVESTRONG at the YMCA program sessions
- Cardiac Rehab 3 program sessions
- Healthy Living Program (HLP) scheduled sessions (Commitment Sessions, Healthy Plate, Empty Calories)
- Low Impact Aerobics (Mon/Wed 7:15 am)
- AHA CPR Training (3/18/20)
- Blood Pressure Cuff education sessions with Dr. Adam Karewicz

ARE ANY YMCA EVENTS CANCELLED?

THE FOLLOWING HAVE BEEN CANCELLED:

- 3/21/20 – Youth Sports Photos
- 3/21/20 – Middle School Night
- 3/26/20 – Multicultural Event

ARE ANY FACILITY CHANGES BEING MADE FOR PROGRAMS OR ACTIVITIES?

There will not be a bounce house set up during Family Sundays, indefinitely.

HOW WILL THE Y COMMUNICATE ANY CHANGES?

You can find the most up-to-date information on our website at fdlymca.org, or download our mobile app “Daxko” to access facility information. We may also send an email to those members who have accurate email addresses on file.

WHAT OPTIONS DO I HAVE TO WORK OUT AT HOME TO STAY ON TOP OF MY FITNESS?

LES MILLS ON DEMAND is an option to work out at home. They have recently extended their free trial to new subscribers. With a **FREE 30-DAY TRIAL**, you get 24/7 access to the same scientifically proven workouts you enjoy with us at the Y. Learn more at [Les Mills On Demand](#).

Free to all members for a limited time, you can take group exercise classes right in your own home on YouTube, courtesy of Y360, created by YMCA's in Wichita, Houston, Charlotte, Twin Cities and Tacoma. In light of the challenges being faced, content is being made available for the duration of this outbreak. With several classes available ranging from eight to thirty minutes, you will have some options to choose from.

Find Videos Here: [Y360](#).

YMCA STAFFING

If due to staff shortages the Y is unable to provide a safe environment for members because of staff absences, the Y may adjust building hours or close certain program areas of the building. Staffing situations may dictate how we run programs (class numbers or structure). We may need to suspend programming at some point; we will keep you updated. Any facility closures will be made in accordance with guidelines and recommendations by the CDC and we will notify you if our plans change.

As conditions change, our organization will adapt our operations to those conditions and remain consistent with recommendations from the Fond du Lac County Health Department and CDC. Please note that any of these initial plans may change at any time. For the latest information please check our website fdlymca.org.

Thank you for your understanding as we make ongoing decisions based on this very fluid situation.