



# Keeping Our YMCA Healthy & You Informed

Dear Fond du Lac Family YMCA members and community,

As you know, we take the health and well-being of all we serve very seriously. Our leadership team has been monitoring the ever-changing dynamics of the COVID-19 virus. In the interest of promoting safe public health practices and with the recommendations from the CDC, our local Health Departments, and Kevin Washington, President and CEO of our National Organization, YMCA of the USA, the Fond du Lac Family YMCA is taking action to prevent the spread of COVID-19 and help maintain a healthy community.

We know that the Y is a community hub where youth, active older adults and families gather. But the nature of this virus, and how it spreads, presents significant challenges to how we deliver our mission and strengthen community. **With this in mind, we feel it necessary to align with similar decisions being made in our community and our region, and temporarily close our facility.**

We are aligning our resources to best support the most pressing needs in our community, and will continue to serve parents who must continue to work. The Wisconsin Department of Health Services has recommended that Child Care Centers remain open. Our Child Care families need safe and reliable places for their children, and our **Child Care Center will remain open at this time.**

The operational decisions we are making are in alignment with the idea of “flattening the curve” of the virus spread so that our hospital systems can be responsive to those who are sick in a timely and reasonable manner. We have a duty to help slow the spread of the virus while serving the community in a healthy way.

We are committed to providing as many resources to help you keep up with your fitness. LES MILLS has further expanded their partnership and are now offering a [free at home platform](#) to use, in addition to their [30-day ON-DEMAND free trial](#). The free platform has 95 workout options across 9 categories that are ready to play right now. The workouts will remain open and available as long as the Coronavirus situation continues to cause disruption. You do not have to subscribe in order to access this extra content. They offer something for everyone, including children’s workouts to get everyone in the family moving.

In addition to the Les Mills offers, you can take free 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](#).

We will continue to search for unique ways to keep our members motivated and engaged.

As you can see through these various offerings we are able to make available, your Y is committed to be there for those who need us most and **we ask that you join us in the effort.** We ask that you continue to invest in your membership so that we can maintain vital life-changing and life-saving programs at the Y, while being able to continue to support our staff. If you prefer to put your membership on hold, please contact us and we will do that for you, but we invite you to **join us in service to others needing our help.**

We know your membership is meaningful to you and that meaning lies in the relationships you have built at the Y. Those relationships are based upon how much you care about our community and want everyone to have the opportunity to thrive – no matter what our world is facing. Thank you for joining us.

## IMMEDIATE CHANGES TAKING PLACE

- The Fond du Lac Family YMCA will be closed beginning Tuesday, March 17<sup>th</sup> until at least Sunday, March 29<sup>th</sup>. We do not have a re-open date at this time. We are monitoring this situation daily and will be providing any updated communications for our members, program participants and staff through email, website and our social media platforms.
- The programs for our current Winter II session are postponed due to the facility closure. We ask for your patience at this time, and we will keep you updated on future decisions regarding programs.

We are closely working with community leaders and will continue to communicate with you on when we will reopen our facility to serve everyone.

In the meantime, we hope that you will join us in our efforts to serve those in our community who need us most. **Thank you for your support as we work diligently to ensure the health and safety of our community.**

In service,

JJ Raflik  
CEO/Executive Director  
Fond du Lac Family YMCA