



# Keeping Our YMCA Healthy & You Informed

## SPRING PROGRAM UPDATE

Dear Valued Y member,

It is our goal during this time to provide continual updates, options and information to our members and program participants regarding the status of our organization. We are all operating in unknown territory right now, and we are working as quickly as we can to keep you updated and answer your questions as we make decisions and plans for the future, which right now is unknown. We deeply appreciate your understanding and patience.

**We have closed all Spring Program registrations and realize that we will not be able to fulfill this program time.** We are receiving questions about current registrations that have been paid for, for Spring.

**IF YOU WERE ENROLLED IN A SPRING PROGRAM, OUR TEAM IS IN THE PROCESS OF ISSUING PROGRAM CREDITS.**

Program credits will remain on your account and can be used for future registrations, or towards any type of fee you would like to use the credits for at the Y, once we re-open our doors.

**If you have any questions about your registration or program credit please email: Jennie Mildebrandt, Director of Program Development, [jmildebrandt@fdlymca.org](mailto:jmildebrandt@fdlymca.org)**

**Your YMCA may not be open for programs, social gathering or group workouts, but we remain strongly invested in the social well-being and health of our community. We are all in this together, STAY WITH US and we will be together again soon.**

### **DONATIONS**

If you are interested in making a one-time charitable contribution to the Fond du Lac Family YMCA, we are accepting [online donations](#). You can also TEXT "GIVEFDLYMCA" TO 44-321 to make a donation via mobile.

### **FREE AT HOME FITNESS RESOURCES:**

Les Mills: [60-day ON-DEMAND free trial](#)

Les Mills: [At Home Workouts](#)

YMCA: [Y360](#)

SilverSneakers GO: [Download the app](#)

SilverSneakers On-Demand videos: [Learn more](#)

**NEW!** [LifeFitness Digital Coach](#)

Join our Facebook Group to stay connected with members: [Engaging Our YMCA Community during COVID-19](#)

Thank you and keep your families safe and healthy.

With gratitude,

JJ Raflik,  
CEO/Executive Director, Fond du Lac Family