



Bulletin

June, 2020

Dear Valued Member,

We miss you! Our buildings and our days are not the same without you...it is far too quiet! To those members who have reached out to support us – through encouraging notes, donating monthly fees, and volunteering – we thank you. You continue to show us how much the Y means to you.

As you know, since our Y shut down, we've been working to keep you informed about what's happening at your YMCA...

Preparing to Welcome You Back

While we won't be opening our doors until it's safe to do so, we continue to work closely with all levels of public health and the government to prepare for our re-open. Until we receive the all-clear, our teams have been thinking through new plans and protocols that will help keep you safe when we do eventually welcome you back. We've been cleaning and moving equipment, painting and fixing, HVAC systems have been cleaned and A/C ready to go, Downie St. parking lot has been repaired, pool draining and cleaning will be happening soon. Ys have opened up in the US and we are watching and learning from them. Ys in New Brunswick were to open last week, but it took one person in the province to not self-isolate and the opening has been delayed for another week. We know you'll expect a new Y experience when you return, complete with extra precautions, and we're prepared to take them. Keep an eye out for more details to come as soon as we have them.

Virtual Y Activities

Have you checked out our [Virtual YMCA](#) yet? This is our way to make meaningful connections with each of you during shut down. We've worked hard to ensure there's something for everyone, and we're always adding new content – including fitness classes, recipes and child/youth outreach. Our staff and volunteers are also finding and creating exciting ways to offer programming and activities for you here on [Facebook](#). We hope you are taking advantage of the free range of resources from other Ys across Canada. These include **YThrive** Home Virtual Workouts (daily fitness classes for people at any level or ability), **YWell** Virtual Health & Wellbeing (meditation, wellness activities, and talks from mental health experts, doctors, and psychologists), **YPlay** Virtual Activities (ideas for games and play-based activities for families and children) and **YGym** (a fitness program instructed by YMCA-certified fitness instructors) featuring content based on YMCA Canada's Health & Fitness programs and Canada's Physical Activity Guidelines for children. Look for **YCamp** this summer!

Supporting Essential Workers with Emergency Child Care

Last month we entered into a partnership with the City of Stratford to offer child care for essential workers in our community. Our Early Learning and Development Centre at our SERC location will provide 20 spaces for children up to 12 years of age. This is another example of how your Y is supporting our community during this time.

Summer Day Camp

We are working towards offering day camp, but again we don't know if we will as it will be up to the government to decide. It too will look a little different as our ratios will be smaller and we will have to figure out how to not have kids "play together", if that is even possible! The health and safety of our staff and children are our first priority so we are working closely with our local health unit to plan for safe operations of our camps. Until we get the final go ahead, our plan to offer camps would start the week of July 6th. No matter what, our goal is for camp to be a fun, safe and great summer experience.

Continuing to Support Your Y

Your gifts equip our team to think outside of the box and offer unique opportunities that support the personal health and well-being of all. What does this look like? Since March, we've found innovative ways to keep showing up for our communities including phone calls to at-risk members, online programming and services for youth and families, providing frontline workers free child care, and helping the Rotary Club to provide masks to community members. None of this would have been possible without your generosity.

What does the future hold? As mentioned above, we're working hard to prepare for our re-open. This is where you come in. **Your donations will provide us with the means to continue being there for our community – not just today, but into the future.**

Please join our efforts by donating – a contribution of any size will go a long way in helping us during this time. All who donate \$20 or more will receive a charitable tax receipt. At this time, we ask that donations be made on-line: www.ymcastrongkids.ca and choose YMCA of Stratford-Perth.

The Y is open to all

Given what we are seeing take place south of the border, we must remember to be extra kind to one another and to continue to make our communities safe, open and where everyone belongs. Our Y is committed to celebrating diversity and belonging. We say the Y is open to all and all means all! Unfortunately, we are seeing heightened systemic racism and discrimination continue. **They have no place in our Y or in our community.** Working together, we must find a peaceful path where our communities are welcoming of all, where everyone is valued and can reach their full potential.

YMCA Unification Decision

Since the summer of 2018, the boards of directors of the YMCA-YWCA of Guelph, the YMCAs of Cambridge and Kitchener-Waterloo and the YMCA of Stratford-Perth have been in discussions as to whether we would better serve our communities by coming together. This past March, the boards of the four Ys made the decision to unify as one regional YMCA as of August 1. Increasing impact, serving more people and reinforcing relevancy are driving this change. The CEO of this new YMCA will be Peter Sweeney, who is currently the CEO of the YMCAs of Cambridge and Kitchener- Waterloo. Steve Cooper and Kelly Schultz, current members of the YMCA of Stratford-Perth board of directors will serve on the board of the new Y.

The YMCA is here for good!

Stay well,

Your YMCA team.