



**Dear Member,**

We hope you are continuing to stay healthy and well as we move through the fall. We are continuing to do everything we can to make our Y a safe place for you to get well and stay well. Please take a few moments to read through our latest updates below.

### **Still on hold?**

If there's anything we can do to help make you feel more comfortable about returning to the Y, we're here for you. We're happy to set up a personal tour, so that you can see how we're keeping you safe, and we can even offer you a few opportunities to try us for free. Please reply to this email and I will be happy to connect with you.

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### **No YMCA Access for Visitors from Modified Stage 2 Areas**

In our continued efforts to help curb the spread of COVID-19, visitors/members from an [area currently in modified Stage 2](#) will not be allowed access to YMCA of Three Rivers locations in Guelph, Stratford-Perth and Waterloo Region. Anyone who visits our Ys to purchase a day pass or any other service will have to show government-issued ID with proof of residence. This action, in addition to many of the existing safety protocols we have in place, is being taken in an effort to keep our community safe.

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### **Children's Programs**

Even though our program sizes are limited to keep you safe, we still have lots of room in many children's programs at our Y, including swim lessons! Please take a look at our schedule below and give us a call at any time if you have questions about availability in these programs.

[View our Program Schedule](#)

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### **Free Online Wellness Workshops**

Our Health Management team continues to offer an increasingly popular series of free online workshops on topics such as: stretching, fall prevention, balance, mindfulness and more. Get the details of upcoming workshops below.

[Learn More](#)

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You are why we're **here for good**.

Stay well and see you soon,

**Jason Colquhoun**

**Manager - Health, Fitness & Aquatics | Stratford**

**YMCA of Three Rivers**