



**YMCA of  
Saskatoon**  
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[www.ymcasaskatoon.org](http://www.ymcasaskatoon.org)

March 16, 2020

## **YMCA of Saskatoon Closure Update**

Dear Valued YMCA Member,

We are in unprecedented times and, because the well-being of members, staff, volunteers, and our community is our priority, we are adjusting as advised by public officials and in response to a growing need. Because of the evolving rules governing the coronavirus pandemic, the announcement of school closures and possible child development centre closures, we are providing the following update.

Effective, March 16, 2020 until needed, YMCA of Saskatoon will temporarily suspend all fitness and aquatics programming. All fitness classes, racquet sports, adult & children programming, swim lessons and rentals are temporarily suspended until further notice. At the time of this writing – Martensville Child Development centre will be closed along with Before & After School programs hosted at the other nine locations throughout the city effective March 20<sup>th</sup>, 2020 as per announcement by Saskatchewan Health Authority.

We are being proactive and placing all accounts on hold until we are back active in the community. This includes BASC, Memberships and if needed Child Care payments. Should you have a Strong Kids donation that happens on a bi-weekly or monthly basis, please reach out to [serena.dallas@ymcasaskatoon.org](mailto:serena.dallas@ymcasaskatoon.org) to let her know you would like this to continue.

Swimming progress cards will be posted online at [ymcasaskatoon.org](http://ymcasaskatoon.org). They will become available on the respective swimming lesson date that your child was initially supposed to end (March 16, 20, 21, or 22nd). Registration for the Spring session has been postponed and more updates to follow as soon as we know. Schools Out Day Camp for April 13-17, 2020 have been canceled.

We want to echo the message from our school board partners in reminding people that we all play a significant role in helping those around us feel safe during times of rapid change and uncertainty. It is important to focus on what can be done to support social and emotional wellness. Below are some suggestions:

- Take care of yourself – Continue to engage in healthy, positive activities that you enjoy.
- If you have children, model calm and be reassuring to your children – Let your children talk about their feelings, fears, and questions. Responding calmly will positively influence your child's emotional responses.
- Maintain normal routines to the extent possible – Maintaining routines provides a sense of comfort and reassurance. Seek out and maintain fun activities. A few examples include crafting, baking, board games, reading, movie nights, and enjoying outdoor activities.
- Monitor and limit media/social media exposure – Excessive exposure is linked to an increase in anxiety and worry. Limit your own exposure to reliable sources.
- Share factual and age-appropriate information with your children – Consider both the age and individual characteristics of your child when determining how much to share. Emphasize actions that you can do to limit risk, such as following recommended hygiene practices.

Thank you for your understanding while we work through this unprecedented situation.

The YMCA is so much more than a gym: we are a community and we value our relationship with you.

A handwritten signature in black ink that reads "Dodge".

Dean Dodge  
CEO  
YMCA of Saskatoon

*Building healthy  
communities*