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## YMCA Releases YTHRIVE for Members

**Saskatoon, SK:** On Thursday, March 19<sup>th</sup> at the YMCA of has announced to members a **FREE** online service to members called **YTHRIVE HOME**.

In an effort to continue delivering our YMCA mission and serving our community, **YTHRIVE HOME** has launched for our members! This includes exercises you can do with kids (Grow). Everyone can stay healthy both physically and mentally (exercise will be even more important as we stay home). *Please follow us on our website [www.ymcasaskatoon.org](http://www.ymcasaskatoon.org), social media or subscribe to push notifications on our app for updates to stay engaged and to learn about how we are staying connected with our community.*

**Here are some highlights: Focusing on the following five types of videos:**

**Grow:** Low impact workouts for children and youth.

**Begin:** A beginner's workout centered around functional movements.

**Balance:** A full body workout for those with some exercise experience.

**Boost:** An intermediate level endurance workout for those looking for something more challenging.

**Gold:** Low impact workouts for people with reduced mobility.

- All workouts are 15-20 minutes in length.
- New videos will be added regularly. Be sure to visit the channel often to find new videos
- Playlists have been created for each video type (Grow, Begin, Balance, Boost, Gold)
- In the description of each video, a link to a PDF with a Health Disclaimer/Safety Warning has been included. Please makes sure you are aware of this as YOUR SAFETY is still the highest priority.

Last week, the YMCA of Saskatoon initiated a pandemic preparedness protocol, which resulted on Monday March 16<sup>th</sup> at 12 noon the YMCA closing the Health Fitness & Aquatic programs. During this ever evolving situation, the YMCA has focused on making the best possible decisions based on available information to help ensure the health, safety and well-being of staff, and the members, participants, families and children of the YMCA community.

All memberships have automatically been placed on hold for the duration of the closure, Credits and refunds details will vary by program and will be communicated by individual business areas. We are following local, provincial and federal requirements and as we know information we are passing this information on to staff, members and those who utilize our various services.

We do not take lightly that this decision will cause unintended challenges and concerns for families. Please know that we are doing everything we can within our resources and abilities as a charitable organization to treat this situation with the utmost thoughtfulness and care for all involved.

We are confident that as a unified community with a strong and clear focus on caring for each other we will endure, and when we re-open, the YMCA will be more important than ever. The YMCA will be ready to help build our strong communities, connect people when they need it most, and offer programs and service to enable our communities to live healthy, active lives.

The YMCA is grateful for the patience and support of the YMCA community during this complex and rapidly evolving situation.

*Building healthy communities*

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