

Dear Y Members,

It is a complicated moment for everyone and we appreciate you bearing with us. Just like every crisis before, we come together in the name of our humanity. And just like it's been for the last 90 years, the Y is here for the good of all.

Steve Donovan
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Juan Torres

This is how we are addressing the needs of the community

The health of our members, guests, and staff is our highest priority. Per Governor Evers' order, it is our responsibility to do everything in our power to help prevent the spread and flatten the curve of the COVID-19 virus. With support and by recommendation of the State of Wisconsin Department of Children and Families, Department of Health Services, and the Department of Public Instruction and in consideration that Governor Evers has placed Child Care Centers on his exempt list, our Preschool and School Age programs are working to open on March 30th.

We are also aligning with our community partners to serve parents who are required to work, including health care workers, first responders, and "essential" employees protecting our community. These families need safe and reliable places for their children, and we want to be here for them.

We are hoping to reopen, for all, on March 30, but this can only happen if this action aligns with the latest recommendations from the State of Wisconsin.

Below is a list of some of our work, to date, during shutdown-

- Fitness Equipment and lockers thoroughly cleaned and disinfected
- Gym Floor and Fitness Studios floors refinished
- Men's Sauna near completion
- Many more "to-do's" checked off and many more to complete!

New Workouts Available! Give them a try!

Les Mills Workouts – This service will make 100+ workouts, in eight popular fitness categories, available to our members throughout the COVID-19 shutdown. It offers something for everyone, including high intensity interval training, dance fitness workouts, the martial arts inspired BODYCOMBAT Invincible program, and mindfulness practices such as yoga. Their BORN TO MOVE series offers age-specific workouts for youth ages 4 to 16 years, and can be helpful for keeping your children moving while they are home from school. You may use the following link to explore your class options any time of day, 24/7. You will not be required to provide Les Mills with any data personal data.

Please look for further updates as this situation continues to change each day.

Thank you, again!

Kenosha YMCA

P.S. Mel misses you and we do too!

Check out [Mel's Video](#)

