



## **YMCA Facilities to close as of 8 p.m. on 3/16; Early childhood to remain open**

To our YMCA family,

Per an order from Connecticut Gov. Ned Lamont, the YMCA of Greater Hartford facilities will shut down as of 8 p.m. on Monday, March 16. All of our Wellness Centers, pools, programs and classes will be shut down, with the exception of our early childhood program.

Our early childhood sites will remain open.

We have several opportunities for you to continue your wellness journey at home. Please consider using these resources:

1. All members may visit the brand new Y360 YouTube account for several at-home workouts. This is a partnership among YMCAs across the country to provide a needed service at the time. [Click here](#) to access.
2. Members of Downtown, Hale, Indian Valley and Wheeler may sign up for 60 days of free, at-home exercises through MOSSA, a national exercise leader that provides nationally-recognized exercise programs such as Strength Train Together. [Click here](#) to access a unique link for the Y.
3. Members of Farmington Valley and Hale may sign up for free LesMills classes, another nationally-recognized exercise programmer that provides programs like BODYCOMBAT. To view these classes, follow these instructions: [Click here](#) to visit the website. Then filter the workouts by type, click "Click here for more." (No need to hit "subscribe" to access anything.) Once you've found the workout you'd like to take, hover over the image, click it, and the workout will start for free.

We know many of you are wondering about your membership dues during this closure. We are asking you to consider continuing your membership. The YMCA is a community benefit, non-profit organization. We are currently paying staff that are scheduled to work, and we are providing vital child care services to our community, and adding capacity to help serve healthcare workers and first responders. Your membership dues will continue to allow us to do this for as long as possible.

We are assessing how to best handle those of you who started programs in Spring 1. Those programs are currently on pause, and we will provide further information on when we can restart those programs as soon as we can.

We know many of you have questions. We will continue to provide updates and information as it becomes available. If you have an immediate concern, please email [friends@ghymca.org](mailto:friends@ghymca.org).

Thank you for helping us serve our community during this difficult time.

Respectfully,

**Harold Sparrow**

President & CEO of the YMCA of Greater Hartford