

SAFEGUARDING OUR HEALTH



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Updates as of March 28, 2020

All of us at the YMCA of Greater Williamson County miss you and hope you are doing well! Keep hanging in there! Please remember that while we may not have access to our facilities, the YMCA of Greater Williamson County is still fully committed to serving our members as creatively as we can until we reopen, which we hope is very soon! We have had an enormous response to our virtual classes so we hope you are enjoying all of the online Y@Home options that we are providing in addition to countless workouts that you can participate in with your favorite instructors from the comfort of your own living room! Our AWESOME instructors can't stay away so they continue to send more zoom meetings and new videos for facebook for you to enjoy!

Many events, schools, large gatherings and vacations are being postponed or cancelled, but the YMCA is not. We are here for you and will continue our services, though they may look a little different, the YMCA is not cancelled, so we continue to ask you to "Stay with Us" as we stand by you. Based on the date that we have been given by city officials, we plan to reopen on April 14th and we cannot wait to see you!

Our April 1st draft will run as scheduled and once we have the final number of "dates closed", there will be two options for you:

1. Stay With Us – Like many others, you may prefer to donate the credit back to our Financial Assistance program that allows us to help rebuild our communities especially during such an unprecedented time of struggle, like the one we are currently facing.
2. Credit - We can credit that amount back to you if you prefer.
3. If you have been affected by the this pandemic, please contact us and we will gladly put your account on hold without any cost to you.

Either way, we are here for you, so please let us know!

In the meantime, continue to use these options and let us know if you have any questions!

- **LES MILLS ON DEMAND:** We are so thankful for our partnership with LES MILLS and that they are offering our members at home workouts during this time. This platform offers 95 free workouts across 8 categories. All the workouts are in English, but you should find it easy to follow the visual cues. We promise it won't automatically collect your data and it will remain available as long as the disruption from Coronavirus continues.
- **YMCA 360:** With YMCA 360 you can participate in your favorite YMCA programs anytime that fits your needs. Through a generous partnership with YMCA's around the country, we are able to provide our members with on demand YMCA Group Exercise Wellness Programs, including Y programs focused on Active Older Adults.
- **SILVERSNEAKERS On Demand:** For our members who are eligible for SilversSneakers, they have launched an On Demand platform just for you! While you are welcome to utilize our programs, these are additionally available to you. A login is required by SilverSneakers.
- **SILVERSNEAKERS On YouTube For ALL:** For ANY member interested in low-impact programs, SilverSneakers offers a comprehensive FREE library on YouTube. This is accessible FOR ALL.

[LES MILLS ON DEMAND](#)

[YMCA 360](#)

[SILVERSNEAKERS on Demand](#)

[SILVERSNEAKERS on YouTube](#)

We will continue to post updates on our [Coronavirus page on our website](#), plus share workouts and other information on our social media pages and on our NEW mobile app!

ymcagwc.org

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1812 N Mays St
Round Rock, TX | 78664 United States

This email was sent to .
To continue receiving our emails, add us to your address book.

emma®

[Subscribe](#) to our email list.