



Dear Y Members and Supporters,

Happy New Year! Despite the rocky start to 2021, I do hope that you were able to enjoy the holiday season with friends and family - even if distanced.

For many of us, the new year brings a look to the future, full of promise and resolutions. This time of year our fitness facilities are normally buzzing with energy and excitement. The contrast now, with our doors closed and buildings quiet, is a little disheartening. We know you're feeling it too, and we can't wait to be able to welcome you back to your Y just as soon as it is safe to do so!

The Province of Ontario has been in a temporary lockdown period since December 26, 2020, and after declaring a provincial emergency on January 12, 2021, stay-at-home orders are also now in place. We support the need to take this necessary step to reduce the spread of COVID-19. Our essential services like Housing and Child Care are still operating as normal, and our Employment and Newcomer programs have shifted to virtual service only. Unfortunately, our fitness centres will remain closed throughout the duration of the provincial emergency. You can [learn more here](#) about the provincial guidelines.

We're disappointed that we won't be able to be together in person for the next while, but please see below to learn about the free virtual Y programs available to you and your family. We will share more details about reopening again as soon as they are available. In the meantime, you can always contact us at 343-804-0720 or via [memberships@ymcaywca.ca](mailto:memberships@ymcaywca.ca).

See you soon!

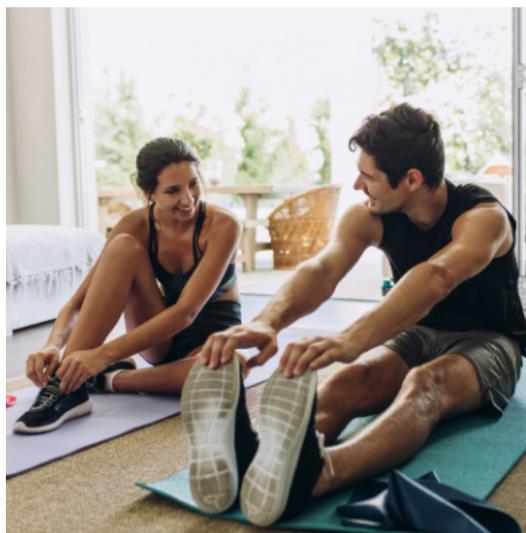
Mike Tait  
Vice President, Health, Fitness, Aquatics and Camping

### Your Y Membership

Active Y memberships have been placed on hold, and **no membership fees** will be charged while we remain closed.

There is no action is needed on your part. Those memberships currently active at the Taggart Family Y will resume upon our re-opening, and we will give notice to members when that date is known.

[Visit our website](#) for the most current information.



### Virtual Y Programs

Looking for ideas to keep yourself and your kids healthy and engaged? We've got you covered!

[Y at Home](#) provides a variety of online fitness classes, wellness programs, kids gym class, activities, and more!

[The Bright Spot](#) is a place for seniors looking to connect online! Join exercise classes, trivia nights, bingo games, and discussions.



YFitness

For fitness at home.

Stay active with workouts for everyone.



YWell

For wellness at home.

Keep your mind healthy and strong.



YHealth

For health at home.

Learn to manage and enhance your health.



YGym



YCamp



YPlay



[ymcaywca.ca](http://ymcaywca.ca)

YMCA-YWCA of the National Capital Region | 180 Argyle Ave, Ottawa, K2P 1B7 Canada

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