



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

eliminating racism
empowering women
ywca

To our valued Dubuque Y Members,

There is no doubt that this time in our lives has brought many challenges. COVID-19 has impacted our lives in ways that many of us would have never thought three or four months ago. Last week, Governor Reynolds extended the closure of many things, including gyms, until Tuesday, April 7 to continue slowing the spread of the Coronavirus. During this time, our team at the Dubuque Y stands united and ready to continue serving our members in any way possible.

Our team has worked hard to provide resources for all ages to stay active at home through our social media pages, website, and have sent some cards with some printed workouts to some of our oldest members who may not be able to access the online resources. In the coming weeks you will see more and more variety of things being posted on social media such as workout challenges, recipes for new healthy ideas to cook while you are home, activities for kids, and so much more.

YOUR MEMBERSHIP MATTERS

We know that this unprecedented time is effecting every person and family differently, but if you are able, we invite you to stay with us and continue paying your membership dues. Without you we would not be able to continue providing childcare to essential and emergency personnel, sprucing up our facility while you are away, or provide top of the line programs to youth in our community when we reopen. We truly miss each and every one of our members and right now, we need you, and your membership matters.

Your membership dues during this time can also be counted as a donation and would therefore be tax-deductible on next years taxes. When we reopen, we will provide to information and get you the proper information if you would like to count this as a deduction.

We did also want to let our members know that we will be performing our usual bank draft tomorrow, April 1, 2020. If you decide that you would like to put your membership on HOLD for 30 or 60 days after April 1 please fill out this [google form](#) by April 15th in order to not be drafted on May 1. This would mean the hold would start effective May 1.

ONLINE RESOURCES

We incite you to stay updated through our Facebook page (<https://www.facebook.com/DubuqueYMYW/>), Instagram (@dubuqueymca_ywca), and Website (<https://dubuquey.org/staying-healthy-at-the-dubuque-y/>). On Facebook we will continue hosting Facebook Live workouts with some of our very own instructors, events will indicate when you can participate live and if you miss the live video it will be there for you at a time that is more convenient.

Other resources include:

[YMCA 360](#) - This is a resource put together by one of the other Y's from across the US. YMCA 360 has a variety of workouts ranging from Barr Fit, to Bootcamp, and even active older adult classes.

[Les Mills](#) - If you are interested in longer workouts that are put together by our vendor Les Mills such as Body Pump, Body Combat, or CX Works.

[MOSSA](#) - Last but not least, MOSSA is also offering online workouts, these are similar to Les Mills, but you will need to create an account to access the workouts.

#DCYFitfromhome

We miss you all and would love to see how you are staying active from home. If you are able post a picture of you/your family working out on social media and use the #DCYFitFromHome

Thank you again to all of our members for your continued support. We hope you are enjoying the virtual workouts and look forward to greeting you back at the Y very soon!

Stay healthy!

Tony Calabrese
President and CEO
Dubuque Community YMCA/YWCA