

FALL

NEWSLETTER 2020



Welcome back to your YMCA of
Cape Breton - Unama'ki!



The last six months have been a roller-coaster of emotions for the community as a whole and for the staff and volunteers of the Y. We've celebrated each phase of our reopening, yet we feel new anxiety every time public health announces a positive test for Covid-19.

We've learned new skills for on-line communication, but we've missed human contact. We have a new vocabulary: epidemiology, self-isolation, case cluster, asymptomatic and contact tracing. Thankfully we also have words like social bubble, flattened curve and, soon, vaccine. My favourite words from the last several months are, "we're open."

Our YMCA has been quiet relative to previous summers. The good news is that staff, clients and members are committed to following public health guidance and hygiene procedures. More and more people are returning, be it to our early learning centre, YMCA Nova Scotia Works employment centre or membership programs. And the research is clear: physical activity contributes to general health, enhances your immune system and contributes to positive mental health. Social connections can lighten your mood and make you feel happier, lower your risk of dementia and promote a sense of safety, belonging and security.

This newsletter will give you insights into what's available and where to find more information. You will also see a call to action: the pandemic has stressed us financially, and our major fundraising events could not take place. We are calling on the community to join now, make a donation or participate in Y Lotto.

You can be confident that your YMCA is doing all that it can to protect your health with new ways of delivering programs and services. It's a great time to pursue your fitness goals, get help with your job search, or start your child in a safe, nurturing day care environment.

The YMCA of Cape Breton has been serving the community for 134 years. With your continued participation as a member, client, donor or volunteer, we will be here for another 134.

Sincerely,

Andre Gallant, CEO



Important Health and Safety Facility Protocols

KEEPING OUR YMCA SAFE, THE Y IS:

- Closely monitoring updates and guidance from health agencies
- Adhering to rigorous sanitation practices
- Ensuring our cleaning services remain aligned with latest guidelines
- Educating staff on reducing the spread of infection
- Providing hand sanitizers and disinfecting wipes
- Evolving plans to align with emerging health agency recommendations

TO LEARN MORE VISIT OUR WEBSITE:

[http://capebreton.ymca.ca/
Our-New-Normal](http://capebreton.ymca.ca/Our-New-Normal)



YMCA of Cape Breton
Unama'ki District of Mi'kma'ki
www.capebreton.ymca.ca
Building healthy communities.

Aquatics Center



HEALTH & SAFETY PROTOCOLS

- Masks must be worn on the pool deck. Place your mask in a zipper lock bag with your name clearly printed on the bag while you are in the pool.
- NO shoes permitted on the pool deck
- If possible, please shower at home before and after your pool session
- No sharing towels, water bottles and equipment
- Seating on pool deck is spaced apart for social distancing
- Pool area will be cleared after every session and touch surfaces will be sanitized by lifeguard and pool staff
- All pool sessions have a limited number of participants and are now sign up only. Please use the following link to set up your account today. Space is limited so register early.
<http://ymcaofcapebreton.punchpass.com>

WHAT'S HAPPENING IN THE POOL THIS FALL

- Lane Swims -Aquafit-Adult Open Swim- Aqua Recovery
- Adult and Children Swim Lessons
- Private Swim Lessons
- ONLINE REGISTRATION

*Watch for Aqua Zumba **COMING SOON!**

****Lifeguard and Swim Instructor**

Certifications starting in October

Swim Lessons!

Important Reminder:
All Members **MUST** Pre-register for Swim Lessons, even if you had a time during our Spring Session! **Spaces are limited**, so sign up early by contacting:
julie.mackinnon@cb.ymca.ca

To learn more please contact:
Aquatics Center Manager, Julie MacKinnon;
Julie.mackinnon@cb.ymca.ca

FALL PROGRAM SCHEDULE

For our complete Fall Aquatics Schedule check out our schedule on our website:
<http://capebreton.ymca.ca/Schedules>





Group Fitness



HEALTH AND SAFETY PROTOCOLS

- Participants are responsible to clean their equipment before and after each use
- Members are provided a disinfected spray bottle and cleaning rag during their visit
- Group fitness classes are spaced to ensure each member has more than the 6 feet of space for social distancing
- Members are required to wear a mask until the class starts
- Members are required to sign up on line up to 24 hours of the start of their class at <http://ymcaofcapebreton.punchpass.com>

ONLINE REGISTRATION

NEW Online Registration - You asked and we delivered!

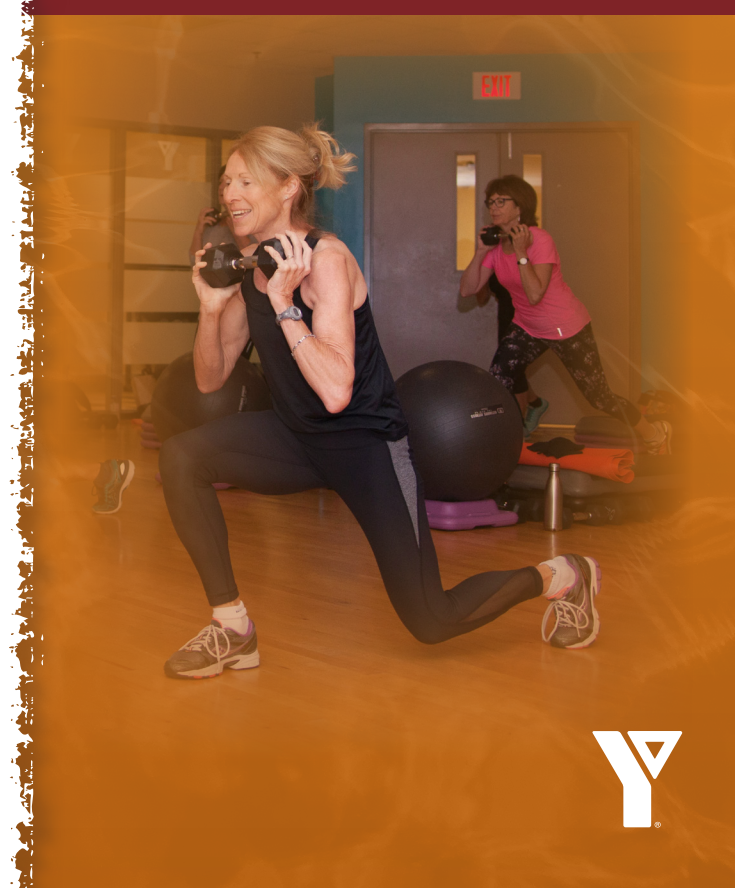
Members now have the ability to manage their own accounts...You can view weekly group fitness schedule and register up to 24hours in advance of your class.

Give it a try today!

<http://ymcaofcapebreton.punchpass.com>



Group Fitness Manager, Tanya Horne:
Tanya.Horne@cb.ymca.ca





Child & Youth Programming



HEALTH AND SAFETY PROTOCOLS

It's the biggest question on everyone's mind these days – what protocols do we have in place to keep your children safe and healthy? At the YMCA health is our number one priority. We have strict cleaning and sanitizing schedules, high touch surfaces are cleaned repeatedly throughout the day, and staff are required to wear masks at all times. Toys and equipment will be disinfected after each use and, where possible, materials will not be shared.

NEW CHILDREN AND YOUTH PROGRAMMING

Our **CREATIVE Y PROGRAM** will have your children expressing themselves in different ways. Each week will have a new focus but you can expect your child to come home sharing their artwork, paintings and crafts to proudly display at home, or perhaps they'll show off their new musical talent, dance skills or the science project they worked on at Creative Y! Our caring and talented staff have lots of their own special skills to share and we expect your budding artists, scientists and entrepreneurs will bring their own ideas to the table as well! We look forward to creating with you.

You've experienced our **ACTIVE Y PROGRAM**, but not like this! It's a new world we're living in and we're getting outside to enjoy it. Our new and improved Active Y program will focus on building the frameworks of physical literacy, with a monthly focus

on different skills and drills. Your child may get to try out tennis, basketball, soccer, road hockey and more! This program will happen offsite and the location will change depending on weather and activity, so make sure to sign up every Tuesday and Thursday so you'll know where to drop off and pick up your youth for this exciting program!

CHILDMINDING NEW HOURS!

You've asked and we answered! We've heard your feedback and are thrilled to offer DAYTIME childminding hours! We will still be offering evening childminding on Mondays, Tuesdays and Thursdays, but have ADDED daytime hours Mondays, Tuesdays, Thursdays, Fridays and Saturdays! You can feel comfortable knowing that our caring and professional staff will be reading books, singing songs and playing with your littlest ones in a clean and sanitized environment while you enjoy your workout completely stress free!

OUR POPULAR PROGRAMS INCLUDING:

Hip Hop, Ballet, Playtime, Playpals are back!

Visit our website for a complete list of our Fall Schedule Programs: Fall Children and Youth Schedule <http://capebreton.ymca.ca/Schedules>

To learn more please contact:
Program Manager, Janice Curnew
Janice.Curnew@cb.ymca.ca



Wellness Center



HEALTH AND SAFETY PROTOCOLS

UPDATED YMCA OF CAPE BRETON MEMBER ETIQUETTE RULES:

- Members and guests must wear a face mask in common Y areas including locker rooms and lobby. Masks are required while moving throughout the Y, but are not required while engaging in physical activities, including squash, basketball, group fitness classes, cardio equipment, and weight lifting
- Bring your Y Card. If you don't have a card, you will be required to purchase a new card for \$5
- Please come dressed to workout. If you need to bring a kitbag please use the cubby lockers or general locker room. No kitbags are permitted in the gym, wellness center, squash courts or fitness studios
- Membership staff are not permitted to store your personal belongings (wallets, keys, etc.) Please use the cubby
- Locker rooms and showers are available. There is limited space and social distance rules apply. Face mask must be worn in the common locker room areas

- One way traffic only- follow the arrows- (exit back past the squash courts and stairs across from spin studio)
- Bring your water bottles as water fountains will be available for filling only
- Spray bottles and cleaning rags will be provided to each member entering the wellness center
- Deposit cleaning rags in the hamper provided
- Members are required to clean their equipment before and after use
- Follow all social distance guidelines of 6 feet apart
- Please use hand the sanitizer provided before you enter or wash your hands with soap and water

WALKING TRACK UPDATE

Although our track is temporarily closed to allow for social distancing we can offer the gymnasium in its place.

***Gym Walking** schedule available at our Membership Services Team.

NEW - FUNCTIONAL FITNESS COURT

Need a little more space to feel comfortable during your workout? Check out our functional court that gives you all the equipment you need in a great location.

NEW Our Membertou branch has set up the fitness studio for you to use that gives our members extra space and privacy!



Program Manager, Janice Curnew:
Janice.Curnew@cb.ymca.ca



All Inclusive Membership Packages

INCLUDED MEMBERSHIP BENEFITS	CHILDREN (under 14 years)	STUDENTS (Ages 14-24)	ADULTS (Ages 25 and Up)	FAMILIES (2 Adults + children in home)
AQUATICS CENTRE	X	X	X	X
ACCESS TO TWO FACILITIES		X	X	X
WELLNESS CENTRE		X	X	X
GROUP FITNESS CLASSES		X	X	X
ACCESS TO COURTS		X	X	X
FREE YTHRIVE PROGRAM	X	X	X	X
YMCA AT HOME	X	X	X	X
ACCESS TO Y'S ACROSS CANADA	X	X	X	X
CHILDRENS PROGRAMS	X			X
FAMILY OPEN GYM TIME	X			X
DETAILS:	\$20/biweekly*	\$22/biweekly* +hst Mature student Pricing available ages 24-34years	\$26/biweekly* +hst Adult Plus memberships available.	\$59/biweekly* +hst Family Plus membership available. Couple discount pricing available.

*based on an ongoing membership plan
**yearly membership options available

Corporate rates available-ask for details!



Frank Rudderham Family YMCA
Hours of Operation:
Mon-Fri. 5:00am-9:00pm
Sat & Sun 8:00am-4:00pm

Membertou Wellness Center
Hours of Operation:
Mon-Fri. 6:00am-8:00pm
Sat & Sun 8:00am- 1:00pm

FINANCIAL ASSISTANCE - WE CAN HELP!

The Y is for everyone. If you need financial support for YMCA membership, childcare, programs or day camp, we can help. Through the generosity of our donors and the YMCA Financial Assistance Program, we provide financial help for those who qualify.

Financial Assistance Online Form:

<http://capebreton.ymca.ca/Join-the-YMCA/Frank-Rudderham/>

Membership Services:

Membership Services Manager, Tanya Horne
Tanya.Horne@cb.ymca.ca
Team Lead, Melissa Campbell
Melissa.Campbell@cb.ymca.ca

Fundraising

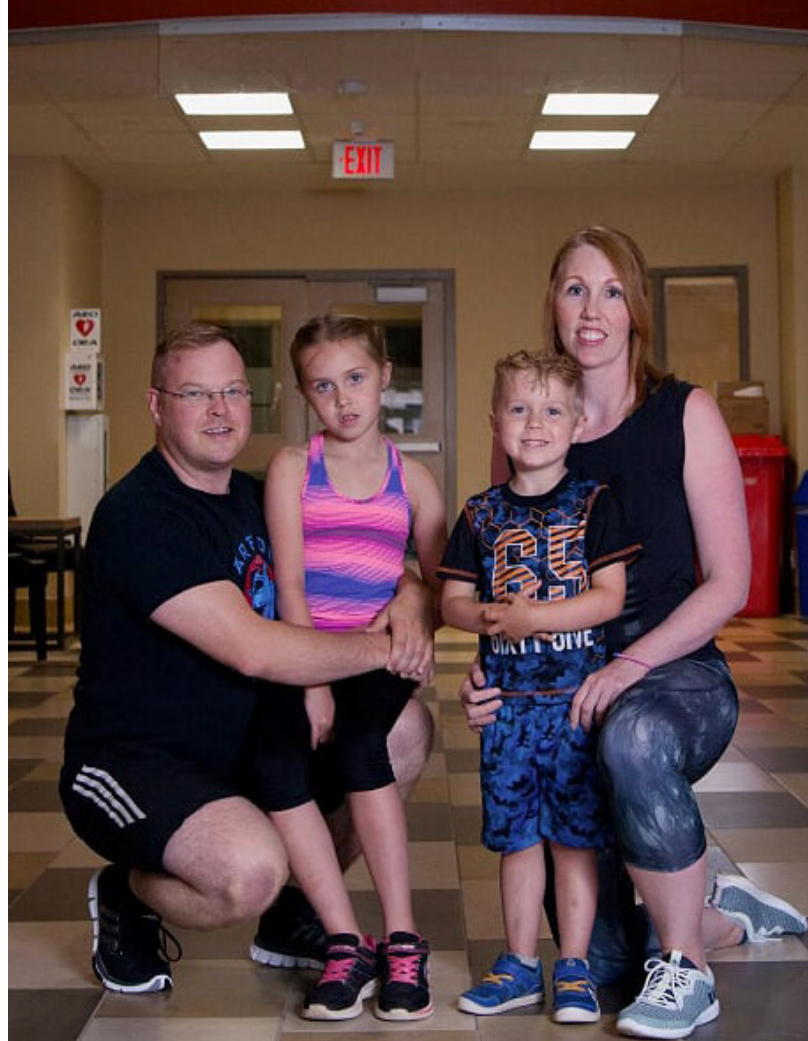
Fundraising Updates

WE NEED YOU MORE THAN EVER

Like many local businesses, the impact of COVID-19 on the YMCA has been significant. Aside from closing our doors for a few months, we also had to cancel and postpone our annual signature fundraising events, including **Monte Carlo**, **Spring into Motion** and the **YLotto Toonie Draw**. A loss of \$300,000 in net fundraising revenue. This is revenue we cannot lose. We need your help.

As a loyal Y and Community member to the YMCA, we know you understand our value. You may not realize it, but every time you walk through our doors, you're witnessing the impact of donor support...from the child who gets to go to swimming lessons, to the youth who plays basketball in our gym, to the many adults and seniors who use our Well Centres, take fitness classes, or simply find comfort in the routine and friendship found here. Donors make the YMCA accessible to everyone no matter of the financial hardships they're facing. Now, we're facing our own financial challenges, and need the community more than ever... because more than ever, the community needs us.

PLEASE DONATE TODAY!



Each year, we support hundreds of members, of all ages. Members who rely on our assistance programs for access to the Y. We are depending on donors to continue these important programs and also to provide a critical source of revenue during our time of need.

There are many ways to support the YMCA, including participating in our **YLotto Toonie Draw** and making a donation. But we are asking you to consider giving in an extra special way – by becoming a **monthly donor**.

To learn more, please contact Anita at 902-562-9130 or Anita.O'Rourke@cb.ymca.ca.

PLEASE DONATE TODAY!



Weekly YToonie Draw
ytoonie.com
902-270-PLAY



Early Learning Center

The YMCA Early Learning Centre is a full time child care centre. We follow the YMCA Playing to Learn Curriculum, which is a child led approach to learning. We are adjusting to our new normal and following all the Covid regulations to ensure the children are all safe, healthy, happy and, most of all - having lots of fun! We have been very resourceful with our childcare centre by providing a separate entrance for our families to enter and exit. We are also thinking outside the box to provide the children with fun experiences every day.

Our children are very fortunate to be able to use spaces in the YMCA such as the gym and the dance studio, following all Covid protocols. Prior to Covid, our children have been able to explore our downtown areas. They have watched pizza getting made, visited the fire station and have even gone on bus rides. They also spend a great deal of time outdoors, going on walks and in the outside yards. We look forward to getting back to a version of the new normal!

SPOTS AVAILABLE – REGISTER TODAY!

The Early Learning Centre runs full time, Monday – Friday. We care for children ages 6 months- 5 years old. Each age group has their own classroom, and yard spaces, ensuring that we are following all of the Covid guidelines to maintain our classroom bubbles.

****We currently have limited spaces available for children ages 3-5.**



To learn more please contact:
Kim MacPhee, Early Learning Center
Director Kim.Macphee@cb.ymca.ca



YMCA of Cape Breton
Unama'ki District of Mi'kma'ki
www.capebreton.ymca.ca

Building healthy communities.



NOVA SCOTIA WORKS

Are you looking for work? Sometimes finding a job is a two-person job.

Before taking the first step towards a new job, you need to know the right direction. Our centres have experts on hand to help you create a path to success.

The YMCA of Cape Breton has been offering employment services for over 30 years most recently under the common brand of Nova Scotia Works.

We have a dedicated team of certified career practitioners to help you create a path to find and keep meaningful employment, available virtually or in-person, through any of our three locations: Sydney, Glace Bay and New Waterford.

ASSISTED SERVICES

If you are job ready, with some computer experience, please visit our resource area. The resource area offers Wi-Fi and job postings, as well as access to printers, phone, computers and fax, for job search purposes. The resource area is staffed with Information and Resource Specialists who can provide labour market information and assistance with resume and cover letter writing, as well as online job searching and job applications. You may also benefit from one of our weekly workshops available to anyone, book online now: <http://capebreton.ymca.ca/Nova-Scotia-Works/Services>

EMPLOYER SERVICES

Employer Engagement Specialists (EES) work intensively with employers to assess their needs and connect them to job-ready workers, this can be done through: information, training, job development, workforce planning, job matching, human resources assistance, space and support for hosting job fairs and conducting interviews and referrals to funding programs – all at no cost. Connect with an EES right now: Bethany.Eyking@cb.ymca.ca or Karen.Furey@cb.ymca.ca

Getting started! Call, email or drop in to any of our locations TODAY! Services available Monday through Friday 8:30 am to 4:30 pm.

Follow us @YMCANSWCB

To learn more please contact:
Terri Lynn Keats, Operations Manager
Terrilynn.Keats@cb.ymca.ca
Blair Cameron, Operations Manager
Blair.Cameron@cb.ymca.ca