



## **“Circuit Breaker Closure” YMCA Member Communication**

Hello! Tammy here reaching out on behalf of the team at the Y – hard to believe we’re back here again.

But fear not, your YMCA family is here for you! We have plans in place to quickly pivot to bring the Y home to you, as we stay safe together by staying apart. Come together virtually with us to stay connected and stay healthy!

There is a LOT of information to share with you to ensure you know how the Y is here for you, and below you’ll find answers to:

- How to use the Y virtually, from home & our outdoor programming
- How to donate your membership to keep our doors open (when we can!)
- How do you get a virtual membership (including equipment rentals!)
- What options are available for childcare, and
- The schedule to get you ready for the Virtual YMCA.

During this circuit breaker closure, phones will be staffed Monday to Friday 9 AM – 5 PM, Equipment pickup will be curb-side on-site Saturday morning May 1, and our Membership email ( [pic-front.desk@pcymca.ca](mailto:pic-front.desk@pcymca.ca) ) will be checked on a daily basis.

**All in person courses, programs and lessons are currently on hold during this lockdown.** If you are currently registered in a course, program or swimming lesson your spot will be saved when the YMCA is open again.

**During this mandated closure, all Active YMCA Memberships will be put on hold and no payments will be withdrawn until we reopen.**

During this closure you can help your YMCA and participate in one of two ways or both:

1. **Purchase a Virtual YMCA Membership that starts on May 1, 2021. You can purchase this and participate in outdoor & virtual classes with other local Y members and instructors.** Although you will not be able to enter the YMCA facility, we will be offering virtual & outdoor classes with your favorite instructors during this closure! [Virtual YMCA Membership Online Registration](#)
2. **If you do not want to participate in Virtual Classes, simply make a donation to keep our YMCA accessible to everyone in the community once we return. Click here to donate:** [Support the Y Online Donation](#)

**YMCA Virtual Membership Information** *(please read all 3 pages first before registering)*

**Step 1** – click here to register for virtual membership: [Virtual YMCA Membership Online Registration](#)

**Cost: \$50 + tax/month/person**

**Includes:**

- Access to all virtual classes; book via the My Y App *(see schedule attached on page 3)*
- Ability to purchase fitness equipment rentals (additional fees apply and only those who are virtual Y members can rent equipment); *first come first served while supplies last*
- Access to small group outdoor YMCA parking lot & parks training (book in the My Y App)
- Supporting your local YMCA so we can stay viable into the future.
  - **Note: All YMCA members have been suspended from the My Y App.** We will need to put you back in. After you register for your virtual YMCA membership; email [pic-front.desk@pcymca.ca](mailto:pic-front.desk@pcymca.ca)

“I just joined virtual YMCA” and we will activate you back into the My Y App. Once you hear back from us, wait 1 hour for the software developer to reset then you are back into the My Y App and can start booking yourself into virtual and outdoor classes.

**Fitness Equipment Rentals** (Optional; you can also use your own equipment at home or bike on a Trainer) can be purchased on-line as well. **Step 2** – click here: [Virtual YMCA Equipment Rental](#)

### Fitness Equipment Rentals

- Please note that you must FIRST purchase a YMCA Virtual Membership to be eligible for a rental.
- Fitness Equipment Rentals are only available while supplies
- First come, first serve
- If the equipment that you are hoping for is unavailable, we are hoping you will try some different virtual classes, however we will refund your virtual membership if the equipment is unavailable. *(if this impacts your decision to participate as a virtual member you can click the equipment link above first to see what & how much equipment is still available to rent before purchasing virtual membership).*
- You must be able to pick up the rented equipment Saturday, May 1 (9am-12pm). **Any rental purchases made after that date/time; we will contact you within 48 hours to arrange curbside pickup.**

**Please Note:** If we reopen before 1 month is up for equipment rental purchases, equipment must be returned within 24 hours and your YMCA account will be credited for the remaining days paid within the month.

### Pricing:

▪ YMCA 1 Month “Virtual Y” Membership Package = \$50 + Tax (sold per individual and 1 price for all who wish to participate)
▪ Cyclefit Bike Rental Package = \$50 + Tax/ Cyclefit Bike
▪ Group Power Kit = \$25 + Tax/ Kit
▪ Dumbbell Weights = \$5.00/set for 2's, 3's, 4's, 5's and \$8.00/set for 8's, 10's and 12's. (plus tax)
▪ Balance Kit = \$5 + tax / Kit

**Need help with Online Registration?** or help accessing a virtual class; click here for Virtual YMCA Support Instructions: [How to Use YMCA Online Registration and Virtual Y Classes](#)

- Any questions or concerns about your membership, classes, or equipment rentals? Please reach out to us via email at [pic-front.desk@pcymca.ca](mailto:pic-front.desk@pcymca.ca) or by phone at (902) 752-0202.
- More information can be found on our website at [Daily Schedule – Pictou County YMCA \(pcymca.ca\)](#)
- The YMCA also offers FREE Virtual at Home programming for all ages : [YMCA at Home \(ymcahome.ca\)](#)

### **Did you know about YMCA Licensed Child Care Services?**

The YMCA of Pictou County operates 2 fully licensed child care locations in New Glasgow and will continue to serve our Community during this Circuit Breaker Closure. Please contact Tara Gallant at [tara.gallant@pcymca.ca](mailto:tara.gallant@pcymca.ca) Child Care Manager. In addition to serving our existing families, both Centre’s have spaces available for essential service workers that require emergency care, please phone 1-877-223-9555 or email [ECDServices@novascotia.ca](mailto:ECDServices@novascotia.ca). This is an amazing service and we encourage you to take advantage of it if you need it or share with others who you know could benefit.

- High Street Child Care Location – open and fully operational
- Pictou County Wellness Centre Child Care Location – open and fully operational

Virtual Schedule (outdoor Y parking lot classes and Zoom classes); book in the My Y App



YMCA of Picou County— Virtual and Outdoors

YMCA of Picou County | Closure Period Schedule

2756 Westville Rd. New Glasgow www.pcmca.ca 902-752-0202

Day	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Location	Virtual	*Outside YMCA	Virtual	Virtual	*Outside YMCA	Virtual	Virtual
8:00							
8:30						Cyclefit 8-8:50	Cyclefit 8-8:50
9:00	HIIT Class 9-9:50	*Kettlebell Class 9-9:45	Vinyasa Yoga 9-9:50	Group Power 9-9:50	*Outdoor Weight Room 9-10	Barre 9-9:50	Group Power 9-9:50
9:30							
10:00	Fit for Life 10-10:50	*Kettlebell Class 10-10:45	Chair Yoga 10-10:50	Fit for Life 10-10:50	*Outdoor Weight Room 10-11	Balance 10-10:50	Vinyasa Yoga 10-10:50
10:30							
11:00	Balance 11-11:50		Tai Chi 11-11:50			Tai Chi 11-11:50	
11:30							
12:00							
12:30							
1:00	Δ	Δ	Δ	Δ	Δ	Δ	Δ
1:30							
2:00	Δ	Δ	Δ	Δ	Δ	Δ	Δ
2:30							
3:00							
3:30							
4:00	Δ		Δ	Δ	Δ	Δ	Δ
4:30		*Outdoor Weight Room 4-5					
5:00		*Outdoor Weight Room 5-6					
5:30	Cyclefit Express 5:30-6:00	*Outdoor Weight Room 6-7					
6:00							
6:30	Group Power 6:30-7:30		Barre 6:30-7:20	HIIT 6:30-7:20	*Outdoor HIIT 6:30-7:15	Vinyasa Yoga 6:30-7:30	
7:00							
7:30							
8:00							

Key:

*Outdoor High Intensity	At home Low Intensity	At home Medium Intensity	At home High Intensity	At home Cyclefit
*Weather Permitting Δ Personal Training/small group training—Virtual or outdoors—contact Marla.sim@pcmca.ca				

Member Information:

All YMCA memberships have been put on hold effective April 28th.  
To opt into our outdoor and virtual fitness classes, please visit [www.pcmca.ca](http://www.pcmca.ca) and register for our virtual YMCA membership. Equipment packages are also available for fitness classes.  
Step 1. enter the email address associated with your YMCA account. \*forget password\* to re-set your password.  
Step 2. Search YMCA Virtual membership. Add to cart.  
Step 3. Add any desired equipment packages  
Step 3. Proceed to checkout.