

Dear Warden Danny Muise, Councillors Roderick (Junior) Murphy, Lucien LeBlanc, Guy Surette, Nicole Albright, Richard Donaldson, Kathy Bourque, Glenn Diggdon and Calvin d'Entremont:

I have been a member of the YMCA for over 30 years and a volunteer instructor for over 25 years. As a volunteer, I have taught countless fitness classes over the years and met so many wonderful and amazing people. The news of the closure of the YMCA is devastating, not only for myself, but also for the members. Being a volunteer has been rewarding in so many ways but most of all, it is because of the class participants. I have heard so many wonderful stories over the years. One member told me they have reduced their medication since working out there, another has said they had stopped taking medication altogether because of their healthier lifestyle, another has said how much exercise is helping with their mental health, another member has said they quit smoking after joining the Y as they were inspired to live a healthier lifestyle, another member said their mood is so much better after a workout session at the Y, another member said that they love the class environment and social aspect of being around people with like-minded goals. I have seen shy people join the Y and watched both their confidence and physical strength grow.

I could go on and on about these true stories from members who have all benefitted from the YMCA facility, about how they have felt better about themselves both physically and mentally and about how sad and lost they are feeling since the news of the closure.


My daughters have taken swimming lessons year after year since being toddlers and then they both ended up on the YYW Swim team. I have volunteered with the swim team over the years and the thought that the team will no longer have a pool to practice in is unbelievable. Every child in this area should have the opportunity to take swimming lessons, especially since we are surrounded by water. One of my daughters (and some other Whitecaps) had the opportunity to go the Maine with Swim Nova Scotia Tour Team twice. This never would have been possible if not for learning how to swim at the Y.

That sums up just a small amount of my personal experience at the Y. Besides being a place to exercise or swim, the YMCA of Yarmouth has also been a place for kids to feel safe, to have somewhere to go and to learn and grow and has also helped many seniors along the way. Programs such as Parents & Tots, Cardiac Rehab, senior's programs, Friday Fun Night, etc. are programs that all make this town, surrounding municipalities and community a much better place.

The staff and members alike have been a big, happy family and a safe place for many and it's terrible how they all have lost their jobs.

Please do all that you can to help to keep this facility open. We cannot wait until a new one is built, it is too important to our citizens, for both their physical and mental health. I am aware of the Trust Fund set up by the Town of Yarmouth and think it's a step in the right direction.

Sincerely,

A handwritten signature in cursive script that reads "Amanda Maillet". The signature is written in black ink and is positioned above the typed name and contact information.

Amanda Maillet  
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