

To Whom this May Concern;

This Letter to written with the hopes that our Leaders of Yarmouth and Argyle will work together with the province to help sustain the YMCA. I have read that sustaining the YMCA is very expensive, however, I propose that we work to keep the YMCA open until the new fitness facility is built on the Mariners Center.

Yarmouth is a very small town, and has little to offer to our Youth. Having a facility like the Y allows children to have a safe, fun space to be active and off the streets. If we consider, the social determinates of health, we can immediately see where the biggest impacts would fall. Children with little to no support at home, can find mentors and learn healthy skills that will allow them to grow and be productive citizens.

As a mother with 2 teenage daughters, I try to keep them active and occupied to allow them to become a productive citizen. There is not much in our small town to offer without this resource. I have watched my oldest daughter flourish into a more confident young lady with our Swim Team program. When she joined, she was unable to talk face to face with many individuals. She had no self-esteem and was struggling in many social situations. Today, she has accomplished many athletic goals, but I see so much more. She is independent, developed leadership skills, team skills, goal setting and achieving and failure successfully. None of this would have been reached without the swim program. Also, she suffers from a genetic connective tissue disorder, that would have her in extreme pain. The only type of exercise she is able to do safely without dislocating joints is swimming. My youngest has not found her niche, but does programing at the YMCA that has benefitted her as well.

As a Nurse, I see Physician's come and go to our area. When you discuss what retains Physicians and their family to remain is small community, great schools, great sports programs for our kids, and a safe area for their children to "hang out". If we want to continue to be successful with Physician recruitment, I see the YMCA being an asset.

I encourage you to all find support and a solution to ensuring our YMCA is a functioning benefit to Yarmouth.

Regards,

*Amanda*