

January 15, 2021

Dear Athletic Centre members,

With the province issuing a state of emergency, the Kitchener Waterloo Skating Club and the Athletic Centre will remain closed until further notice. Please be assured that your membership with the Athletic Centre will be put on hold during this time.

I know you will all want to keep active.

You may like to try some new trails in Waterloo during this time.

<https://www.waterloo.ca/en/living/trails.aspx#> The City has kept the trails open and in fact expanding them during this shutdown.

As well, Physico Performance continues to be a strong partner with the Athletic Centre. You can find out more about Physico and Peter's personal training programs on his website here <http://www.physico.ca/>

I personally am enjoying some online fitness during this time via YouTube and in particular PopSugar Fitness <https://www.popsugar.com/fitness/>

So, I hope you find some activities to keep you active and healthy until we can get back to the gym.

I will keep you posted on our re-opening plans.

Stay home. Stay safe. Stay healthy.

Debra Brown
Executive Director
Kitchener Waterloo Skating Club

For regular updates, please go to our website (www.kwsc.org) and on Facebook

If you have any questions or concerns, please reach out to us at manager@theathleticcentre.ca

For more information about the 2019 Novel Coronavirus, please consult the following trusted resources:

Region of Waterloo Public Health

- <https://www.regionofwaterloo.ca/en/health-and-wellness/2019-novel-coronavirus.aspx>

Ontario Ministry of Health- <https://www.ontario.ca/page/ministry-health>

Public Health Agency of Canada - <https://www.canada.ca/en/public-health.html>

Skate Ontario - <https://skateontario.org/>

Skate Canada- <https://skatecanada.ca/>