



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Frequently Asked Questions:**

### **Is the YMCA childcare program still open?**

*The YMCA is currently operating an **Exempt Emergency Child Care Program** for Essential workers. As such, "Priority must be given to people including but are not limited to health care workers, essential state and human service workers, COVID-19 health workers, grocery store employees, emergency response personnel, law enforcement, transportation and infrastructure workers, sanitation workers, DCF-involved families, and families living in shelters. To slow the spread of the coronavirus, all families should keep children out of group care settings to the greatest extent possible. Emergency Child Care Programs are for when all other non-group-care settings have been exhausted and families have no other options."*

*Our normal Before & After-School childcare program is not currently in operation.*

*The health and safety of the children in our programs, our members and our employees is our top priority. Our childcare program will operate with limited enrollment capacity and we will take extra precautions to help maintain reasonable distances between children and to monitor each staff member and child's health as they enter the program. Handwashing, disinfecting of surfaces and monitoring of health will be a constant focus.*

### **How long will the YMCA be closed?**

*This is an evolving situation and we will keep you updated frequently. Our closure is in compliance with the instructions from the Governor of Massachusetts and the Department of Public Health. Once we are able to safely re-open, we will.*

### **What about my membership?**

*All memberships have been placed on an automatic hold. No further drafts will occur until we re-open and the hold is lifted. You will be credited for the most recent drafts through any portion of the draft period due to our shutdown.*

*To support our members and the community during this difficult period, we have added a variety of on-line resources to help keep you active and engaged. Be sure to check out our Online Community Resource Center! It's free to all during this critical time. Feel free to share with your friends and family.*



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### **What happens to my child's gym/swim/sports program classes?**

*All programs have been placed on an automatic hold. You will be credited for any portion of the program period impacted by the shutdown.*

### **We had reserved for a Birthday Party rental – what happens now?**

*You have the option of receiving a full refund or rescheduling your rental.*

### **I have items in my gym locker - Can I retrieve them?**

*Not at this time. Due to the expanded restrictions announced by the Governor of Massachusetts, our facility is closed.*

### **Can I still register for Day Camp?**

*Yes. Camp Brochures and Registration packets are available on our website: <https://www.theclarkymca.org/programs/camps> Please contact Kyle Scrivines at 978-297-9622 or [k.scrivines@clarkymca.org](mailto:k.scrivines@clarkymca.org) for more information.*

### **What is MEMBERSHIP FOR ALL?**

*Our MEMBERSHIP FOR ALL program is an income-based membership, which is funded by donations from local individuals and organizations to the Y's Annual Campaign. Income-based membership gives kids, families, and adults the opportunity to pay the monthly membership fee that best aligns to their household income. During this Declared National Emergency, many family's incomes are being greatly strained and the Y is here to support them. Please call us to discuss participating in this program if you are experiencing any financial difficulty regardless of whether or not it is related to this outbreak.*

### **How can I help?**

*Great question! This is a unique and challenging situation for everyone, and cooperation and patience go a long way. Check on your neighbors and those who are elderly.*

*If you are in a position to support our MEMBERSHIP FOR ALL program, please consider making a donation to the Clark Memorial YMCA to help others benefit from the YMCA and to support our non-profit organization during these difficult times. <https://www.theclarkymca.org/support-y/donate>*



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## ***Things you can do to support yourself***

*To support our members and the community during this difficult period, we have added a variety of on-line resources to help keep you active and engaged. Be sure to check out our Online Community Resource Center! It's free to all during this critical time. Feel free to share with your friends and family.*

## **Additional CDC resources for support:**

*First, ensure that you and your family follow the precautions and recommendations put forth by the Centers For Disease Control: <https://www.cdc.gov/>.*

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.*
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.*
- Make time to unwind. Try to do some other activities you enjoy.*
- Connect with others. Talk with people you trust about your concerns and how you are feeling.*

***Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.***

## **What's next?**

*We will make every effort to keep you updated as information becomes available and we look forward to re-opening soon. If you still have questions, please email Mike Quinn, Executive Director at [m.quinn@clarkymca.org](mailto:m.quinn@clarkymca.org)*

*Thank you and stay healthy!*

**Wendell P. Clark Memorial YMCA**