



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **Frequently Asked Questions:**

### **If the schools are closed to keep children distanced from one another, why is the YMCA childcare program still open?**

**A:** *In light of the uncertainty created by the closure of schools and the increased threat of the Coronavirus, we have, elected to close our fitness centers and pools, and utilize our facilities to care for the children in our childcare program. We will encourage families to keep their children at home; however, it goes without saying that some parents must work, and some parents are first responders and "essential" employees who must work to protect us. These families need safe and reliable places for their children.*

*For some children, their daily nutritional needs are met through the schools and the YMCA. We are working hard to ensure that children have a safe, healthy, nurturing place to attend and to be nourished during these unprecedented times.*

*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?**

*Unfortunately, we cannot put a timetable on this. This is an evolving situation and we will keep you updated frequently. For now, we plan on a two-week closure pending additional instructions from the Governor 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.*

### **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.*



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## **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?**

*Yes. Our Membership Desk will be staffed Monday – Friday, 9:00AM – 5:00PM to assist you with any business-related transactions or for you to retrieve items from your locker.*

*\*\*If you are unwell or experiencing any cold/flu like symptoms, we ask that you do not enter the building until 14 days after your symptoms pass.\*\**

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

*Yes. Camp registrations may still be processed by mail or at our membership desk, Monday – Friday, 9:00AM – 5:00PM. Camp Brochures and Registration packets are available on our website: <https://www.theclarkymca.org/programs/camps>*

## **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. <https://www.theclarkymca.org/support-y/donate>*



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### ***Things you can do to support yourself -(CDC.GOV)***

*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. Thank you and stay healthy!*