



## Frequently Asked Questions:

### **Is the YMCA open?**

Yes! The YMCA is now open. Our business hours are:

Monday-Thursday 5:00a-8:00p

Friday 5:00a-7:00p

Saturday-Sunday 8:00a-2:00p

### **Do I need a reservation to visit the Y?**

Reservations are strongly encouraged. Walk ins will be based on availability. Reservations can be made up to 48 hours in advance for lap swim, group exercise classes, cardio equipment, weight room and circuit training.

### **What is the Y doing to keep members and staff safe?**

- ⇒ The YMCA has implemented health screening when entering the facility including: Symptom Questions, Travel Questions and a Temperature Check.
- ⇒ The YMCA has always had a built-in capability for contact tracing since we know which members are in the Y at any point in time.
- ⇒ We have enhanced our cleaning procedures! Each piece of equipment is cleaned between each use.
- ⇒ All of our equipment has been appropriately spaced for social distancing and does not require a mask while working out.
- ⇒ A reservation system has been put in place to make sure equipment is ready and available for our members upon their arrival.
- ⇒ Fitness classes are now being held in the basketball gym. This allows for 14ft of social distance between each participant!

### **We will continue to put member and staff safety first!**

### **Does the YMCA have Senior Hours?**

Yes, Monday-Friday 10:30a-12:30p are reserved for seniors age 62+.

### **Are lockers and showers available?**

Starting on Monday, October 5, 2020, some showers will be available for use in men's, women's, and family locker rooms. There will also be a limited number of day use lockers available in each locker rooms.



## **Is the YMCA offering Child Care?**

The Clark Memorial YMCA is now offering Full Day School Age Child Care for students in grades K-6. Our child care program, licensed by Massachusetts Department of Early Education and Care, is a structured program with highly trained, supportive staff. Activities include academic support, games, and arts and crafts. Internet access provided for remote learning throughout the day. Students will need to bring their own lunch, drink, and snack each day. This program runs from 6:30a-6:00p daily. The fee is \$150 per week.

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.

## **What happened to my child's program classes from the spring?**

All programs have been credited for any portion of the program period impacted by the shutdown.

## **When will youth programming be offered again?**

The YMCA is now offering youth programming. Check our social media or call the front desk for offerings.

## **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.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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>

## **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. Please check our website and social media for updates and additional program offerings. If you still have questions, please call our front desk at (978)297-9622.

**Thank you and stay healthy!**

**Wendell P. Clark Memorial YMCA**