



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY, BE STRONG, BELONG

Membership

Here at the WCFYMCA, YOU are the center of our organization. Without our wonderful members, we would be just another gym. The Y is SO MUCH MORE. Youth development, healthy living and social responsibility are our daily motivators to bring the best offerings to the members, the community, and the underserved.



Soon, we will offer a new option for even greater mobile and online accessibility for our members. Watch in coming weeks for our **BIG ANNOUNCEMENT!**

•FREE Meals for Growing Kids•

As the school year takes off for the 2020-2021 school year, the Y is here to provide a meal after school beginning August 10th. Through CACFP, The Y Feeds Kids is able to serve anyone 18 years old and younger a FREE Super Snack between 3:30-4:15pm, every day that Salem Schools is in session. This school year is going to look different than any other & our food program will look different than in years past. Due to COVID restrictions, meals this year are able to be Grab and Go style. A guardian or parent may stop and pick up the needed amount of meals for the children that they have, without the children being present and you may take them off site to consume. The YMCA will post a weekly meal form for participants to fill out. This form helps us reserve the correct amount of meals each day, but you filling out that form isn't required to pick up a meal. This program is completely FREE to all participants thanks to a partnership with USDA.



If you have questions, please reach out to Hailey Jackson at Hailey@wcfymca.org

This institution is an equal opportunity provider.

Health & Wellness

Health and Wellness at the Y doesn't only happen in our Wellness Center, it's also in our Personal Training sessions, Fitness Classes, and Virtual classes. The virtual class group on Facebook is FREE to all Y members. If you would like to gain access, just stop by or call the front desk.



Starting in August, Lisa Lemmons will be Spinning on Saturday mornings again at 700 to 745AM.

Alex, our early morning Membership Representative and Personal Trainer will offer a new Group Exercise class! Drills & Skills will be offered on Fridays from 1130AM to 1230PM.

Also in August, Silver Sneakers Yoga with Karen will return for a LIVE CLASS at the Y, Wednesdays from 930-1030AM. Karen will continue her ZOOM Silver Sneakers Yoga on Monday and Friday mornings at 9:30AM. If you would like to join the ZOOM class, please contact the Front Desk for connectivity information.

At the suggestion of one of our ingenious members, we have created a mini cardio space in the back hallway for use during staffed hours. We have an elliptical, spin bikes, a recumbent bike and an Arc Trainer for member use.



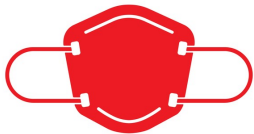
Whether the Wellness Center is a little full, or you simply prefer a quieter space, we offer this secure, new option for our members. AND, coming soon, you will see historic YMCA signage in the back hallway for a glimpse into days gone by!

Please continue to pre-register for Group Exercise classes! Our capacity has increased, but we are sticking with the pre-registration.

Our Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."

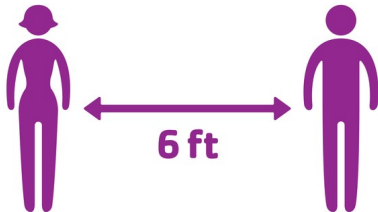
•Facility Update•

As of July 27th, Governor Holcomb mandated masks and facial coverings in Indiana. The Washington County Family YMCA now requires masks or facial coverings when members and visitors enter our facility, in all common areas, and also in the locker rooms and restrooms. Masks and facial coverings are not required in the Wellness Center nor the Group Exercise classes. Members who prefer to wear masks or facial coverings



while exercising, of course, continue to have that personal option. Social distancing is still required throughout the facility.

We understand the changes in recent months have been many, and, at times, frustrating. Please know that the Y desires a sense of normalcy, and we are attempting to keep our members safe by abiding by Governor Holcomb's mandate.



What Will Stay The Same: We continue to have sanitizer bottles for pick-up as you check in to clean equipment, enhanced cleaning by Y staff and members will still be required, Y staff will continue to wear masks throughout the facility, hand sanitizing stations will be available, and social distancing will still be required.

•Upcoming Dates in August•

- August 1-** New Fitness Calendar begins
- August 10-**After School & CACFP Food Program begins
- August 17 & 18-**Preschool begins
- August 24 & 26-**Adult Martial Arts Session 4 begins
- August 27 & 29-**Youth Martial Arts Session 4 begins
- August 31-**Last day to register for Fall Soccer



FACILITY HOURS

REGULAR HOURS

Monday - Thursday	5AM - 9PM
Friday	5AM - 7PM
Saturday	7AM - 5PM
Sunday	1PM - 5PM

24/7 is OPEN!

Closed some holidays. See Y for closings.

KIDS CLUB HOURS*

Monday - Thursday	4PM - 7:30PM
Friday	4PM - 7PM
Saturday	9AM - 12PM

*Children must be checked in an hour before facility closes

*Kids Club is a FREE service offered to Y Members

*Guests may use the service for \$5/visit

LEADERSHIP TEAM

CHIEF EXECUTIVE OFFICER

KRISTY PURLEE - kristy@wcfymca.org

ADMINISTRATIVE MANAGER

DEBBIE RUTHERFORD - debbie@wcfymca.org

YOUTH FIRST DIRECTOR

CHELSEY MILLER - chelsey@wcfymca.org

OPERATIONS DIRECTOR

KRISTA MARTIN - krista@wcfymca.org

FITNESS & WELLNESS COORDINATOR

KIM BEARD - kim@wcfymca.org

PRESCHOOL DIRECTOR

ROBIN DEATON - robin@wcfymca.org

PROGRAM SITE DIRECTOR

HAILEY JACKSON - hailey@wcfymca.org

YOU MAKE MORE POSSIBLE

The Y never turns someone away due to their inability to pay for memberships or programming. Through donations from individuals, business, Y staff & volunteers, our Financial Assistance fund makes the Y possible for anyone in our community who needs us. Stop by the Front Desk or go online to see how your donation makes the Y possible.