



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A PLACE FOR EVERYONE!

September 2020 Y-News

Healthy Living



Have you checked out our NEW Cardio Corridor yet? Take a trip down the hallway to check out our new equipment and historic signage. We have ellipticals, 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.

Over 175 years ago the YMCA began across the sea, as a place for community and connection. That connection still rings true in the values and services the Y provides to our community today. In effort to continue the connection of our members to the Y and one another, we will be launching the Virtual Y soon!!! You'll have access to daily nutrition, personal training, on-demand videos, and so much more!

Keep watch on our social media, your emails, and throughout the facility to see when you'll have access to the Virtual Y.



Youth Development



The Y's After School Program began on August 17th. We have enjoyed having our students back in our facility after the 2019-2020 year was cut short. We have put new safety measures into place from extra cleaning, to social distancing, and mask wearing for all students and staff. We have also had to put a capacity cap of students per day in our program to help with social distancing. In ASP, all of our students receive a Super Snack! This healthy, 5-component meal that is served FREE of charge each

day to our ASP students AND anyone 18 & younger who would like a meal. Stop by the front desk from 3:30-4:15pm, M-F to grab your meal or a meal for a child in your family.

Social Responsibility

Healthy Families Day & 5K

Join the YMCA Staff & Volunteers on Saturday, September 12th for our 5K, Kids Fun Run & Family Event!

Our 5K route follows part of the community walking trail & weaves into Wendy Heights before coming back to the YMCA. This route is designed for walkers & runners, and is stroller friendly. Sign-up by September 2nd to get early bird pricing & guarantee yourself an awesome shirt! Our Kids Fun Run is FREE but pre-registration is required and will be about 1 mile long.

As the 5K wraps up, community resources, activities and family games will be available at the Y. Healthy food choices, giveaways and games are available for all. Group Exercise class demonstrations will be later in the morning before the day wraps up with Fall Soccer Meet-and-Greet.

Stop by the front desk or visit our website to sign up for our 5K and Kids Fun Run. Mark your calendars to spend the morning full of fun, games, healthy choices & community resource.



SEPT. 12TH SCHEDULE OF EVENTS

- 7:30am 5K REGISTRATION OPENS
- 8:30am 5K BEGINS
- 9:00am RESOURCE BOOTHS OPEN IN PARKING LOT
NERF WAR BEGINS ON THE SOCCER FIELD
**only 1 gun per participant, bullets provided*
- 9:30am FUN RUN (10 & under) **FREE**, must pre-register
- 9:40am GROUP EXERCISE DEMONSTRATIONS
- 10:00am RESOURCE BOOTHS CONTINUE
- 11:00am SOCCER BEGINS, BOOTHS CLOSE

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

Facility Update



As an organization that is focused on the health and wellbeing of all, we continue to monitor what is best for our staff, members, and participants during this time. All guidelines and mandates follow the government and health department guidelines and requirements. 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.

What Will Stay The Same: Masks are still mandated when inside the facility. They can be removed in the Group Exercise room and the Wellness Center. 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. We ask that all members continue to monitor their own health situation and stay home if not feeling well.



Kindness Tees For Sale

We will have some extra kindness tees for sale by the front desk.

Pick yours up for only \$18

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.

September Calendar of Events

September 1- New Fitness Calendar begins

September 7-CLOSED for Labor Day* 24/7 available

September 12- Healthy Families Day & 5K

September 12- Fall Soccer begins

The Virtual Y is COMING SOON!

FACILITY HOURS

REGULAR HOURS

Monday - Thursday 5AM - 9PM

Friday 5AM - 7PM

Saturday 7AM - 5PM

Sunday 1PM - 5PM

Closed September 7th for Labor Day*. See Y for closings.
*24/7 is available

KIDS CLUB HOURS*

Monday - Thursday 4PM - 7:30PM

Friday 4PM - 7PM

Saturday 9AM - 12PM

*Children must be checked in an hour before facility closes

LEADERSHIP TEAM

CHIEF EXECUTIVE OFFICER

KRISTY PURLEE - kristy@wcfymca.org

ADMINISTRATIVE MANAGER

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