



Springfield YMCA – 194 W. Sproul Road – Springfield, PA 19064

610-557-YMCA (9622) ext. 3

Sept 1, 2020

Fall is a season of change – and that includes changes at the Springfield YMCA.

Renovation UPDATE

The Fitness Center will reopen Tuesday September 8th.

When you come to the Y, you will see:

- NEW rubber flooring throughout the Fitness Center
- NEW cardio equipment all wired for internet and cable tv.
- NEW paint and wallpaper throughout the Fitness Center
- NEW free weight equipment in a NEW dedicated Strength & Condition space (Court 3) in the Tennis/Track facility.

Unfortunately, some of the new equipment has been delayed due to COVID-19. At this time, we know the selectorized weight equipment will not arrive until late September. We have relocated the old selectorized equipment to the KidZone court until the new equipment arrives.

A NEW **TURF FIELD** (Court 1) will be installed in late September. This will enable us to expand all aspects of our programming for families, youth, adult and add some new sports specific training programs. The existing KIDZONE programming & equipment will be relocated to other areas in the facility.

The existing **Wellness Center** has been relocated to the Fitness Center. It is still in a private room (the former Small Group/Spin Studio). This will enable us to provide better assistance to those using the Wellness Center.

Child Watch/Babysitting room has been relocated to the first floor at the end of the gymnasium (the former Wellness Center). We anticipate Child Watch/Babysitting will restart by late September. Stay tuned for more information.

The **Jacuzzi, Cold Plunge, Steam & Sauna Rooms** continue to remain closed due to COVID-19. The **Family Locker Room** will reopen on September 8.

Membership

Membership fees will remain at their current levels for the month of September. **We will return to full membership fees on October 1, 2020.**

A NEW **CYEDC Branch Reciprocity** benefit program will begin on October 1. This member benefit will allow you to visit any CYEDC Branch (Lansdowne, Ridley, Springfield). Each month, at least 51% of your Y-visits must be made to your home YMCA.

Due to COVID-19, YUSA has suspended the Nationwide Y Membership program indefinitely.

Expanded Fall Hours

Effective **September 8** we will be expanding our operating hours. Our new hours will be:

Monday – Friday	5:00am – 9:00pm
Saturday	6:00am – 6:00pm
Sunday	9:00am – 3:00pm

Updated Group Ex, Swim Lesson, Aqua Fitness, Youth Programs and Pool Hours will be available on our website prior to September 8.

School Age Child Care Options

To help families address the upcoming school year unknowns, we will be utilizing the Yoga, Barre, racquetball and squash courts for **School Age Child Care Programs**. This Fall, we will be adding two bathrooms, a virtual learning center for distance learning and the necessary support systems to help ensure kids continue to learn when they can't attend a traditional school day. Yoga & Barre classes will be relocated to other areas of the facility. We are unsure how many racquetball and squash courts will be used to **address this emerging community need**. We have every intention of making sure that courts will be available for members' use.

We want to thank the Hospital system for their support in our efforts to convert the existing Pilates Studio to a **Virtual Learning Center**. We will be upgrading the wifi in this area and providing net-book stations where members and families can access the internet to complete school & homework assignments.

The Y is MORE THAN just a gym, pool or group ex classes



This pandemic has hit everyone hard. Our community is struggling and needs our help. In addition to keeping your membership, you can make a charitable donation to the Y and help us ensure that we make a positive difference in the lives of people and our community. The Y is your partner, standing with you to strengthen our community.

Click here to find out how you can **[HELP US BUILD the FUTURE.](#)**
We can't do it alone.

COVID-19 Updates

Spray Bottles – Thank you for your efforts and use of the disinfectant spray bottles. We would ask that you return the spray bottle when you are done. **To date, over 50 spray bottles have gone missing.**

Mask/Face Coverings While Inside the YMCA - PA continues to update the requirements we must follow in order to keep our doors open. As a reminder:

- You are required to wear a mask to enter the Y and travel through the common areas (like hallways, locker rooms and the pool deck).
- Masks may be removed when exercising on a piece of equipment, but only if the member can do so while socially distant.
 - For example: If one member is "spotting" another member while weightlifting, both members must be wearing masks.

Your workout routine may now look like this:

- Enter the Y, wearing a mask
 - Take a Y-provided spray-cleaning bottle
 - Clean piece of equipment before use, using your individual spray bottle
 - Remove mask (if socially distant)
 - Complete exercise
 - Place mask back on
 - Clean piece of equipment after use
 - Move to next piece of equipment, while wearing mask
- You are now required to wear a mask to & from the locker rooms while on the pool deck. Masks may be removed prior to entering the water.
 - We strongly encourage members to continue to arrive and leave the pool in their bathing suits.



The COVID-19 virus will be with us for the foreseeable future, and we are imploring you to follow the Governor's mask-wearing requirement to wear a mask anytime you leave home. Let's all work hard together and [MASK UP DELCO](#).

Attention Business Owners

Our Goal is to make mask wearing as normal as brushing your teeth.

By now we all know the data. We all know that wearing a mask or face covering can help reduce the spread of the COVID-19 virus.

The CDC recommends that children over the age of 2 wear cloth face coverings when around people outside of their household, especially when other social/physical distancing measures are difficult to maintain. At the Y, we are developing a creative curriculum that will help children, especially our youngest, get comfortable wearing a mask. Your company's gift will help us sustain this program and enable us to provide an essential cloth mask for every child in our program.



For each \$1,000 donation, your company logo will be printed on 100 masks. [DONATE NOW](#)

2020 U.S. Census



Don't forget to fill out the 2020 Census.

2020 Census results will help in directing billions of dollars in federal funds to communities for schools, roads, and other public services. Results from the 2020 Census will also help to determine the number of seats that each state has in Congress.

Learn more about [why your answers matter by clicking here](#).

Don't forget to continue to check our [Facebook page](#) and [Website](#) for updates! See you at the Y!