

It's easy to accomplish your wellness goals at the Y! Our Child Watch and Kids Fun Fit programs allow you to work out with peace of mind knowing that your children are close by and cared for by our dedicated staff. You may register for up to 90 minutes per day. There is no fee for family members.

**CHILD WATCH**  
(Ages 2 months to 6 years)  
Tuesday-Thursday 4:30pm-7:30pm

**KIDS FUN FIT**  
(Ages 7 -12 years)  
Monday-Thursday 4:30-7:30pm

Y members now have the added value of visiting Ys across the United States, Hawaii and Puerto Rico! Reach your health and wellness goals wherever you are!

Please explore the guidelines for using Nationwide at [springfieldy.org/family-centers/join/nationwide-membership](http://springfieldy.org/family-centers/join/nationwide-membership)



Forget your membership card? Need to squeeze in a workout while on the other side of town? Looking for open swim or gym time? Our free Mobile app. gives you everything you need in the palm of your hand, including the daily schedule of awesome exercise classes included in your membership!

**DOWNLOAD THE FREE APP**  
**YMCAOFGREATERSPRINGFIELD.**



From childcare services to wellness initiatives, the YMCA meets crucial needs of the community. Each year, the Y raises funds to ensure that none of our 9,000 members or 12,000 program participants are turned away due to an inability to pay in full for programs and services. Discover how to help at [springfieldy.org/get-involved/](http://springfieldy.org/get-involved/)



# NEW MEMBER RESOURCE GUIDE

[springfieldy.org](http://springfieldy.org)

NATIONWIDE

CHILD WATCH & CLUB HOUSE

MOBILE APP & SCHEDULES

GET INVOLVED

MEMBER REFERRAL

PROGRAMS & PROGRAM GUIDE

CONTACT

JOIN/RATES

Refer a friend or family member and get one free month of your membership! As a member, your guest privileges enable you to workout with a buddy, or introduce a family member or friend to all the Y has to offer. So bring a guest and share your Y experience!



Engaging enrichment and sports classes, swim classes and special events for all ages! You can view and download our current programs listings at [springfieldy.org/family-centers/scantic-valley-y-family-center/](http://springfieldy.org/family-centers/scantic-valley-y-family-center/)

When you join the Y, you become part of a community of people dedicated to improving the health and quality of life for themselves, their families and neighbors.

Scholarship/financial assistance makes the Y affordable and accessible to all. Join the Y today. It just may change your life. You can explore membership options at [springfieldy.org/family-centers/join/](http://springfieldy.org/family-centers/join/)

**DOWNTOWN SPRINGFIELD Y**  
1500 Main Street Suite 256  
Springfield, MA 01115  
413.739.6951

**HOURS:**  
**Mon.-Fri. 5:30am-9:00pm**  
**Sat. 7:00am-4:00pm**  
**Sun. 7:00am-4:00pm**

