

It's easy to accomplish your wellness goals at the Y! Our Child Watch and Club House 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**  
Mon. / Wed. / Fri. / Sat. morning - 8:30am - 11am  
Mon. / Wed. afternoon - 4pm - 7pm

**CLUB HOUSE**  
Mon. / Wed. afternoon - 4pm - 7pm  
Sat. morning - 8:30am-11am

Please call the Welcome Center at 413.596.2749 for holiday and vacation extended hours.

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)



Healthy lifestyles are achieved through nurturing mind, body and spirit with wellness and fitness opportunities at the Scantic Valley Y Branch of the YMCA of Greater Springfield. We have programs to get you started, stay motivated, and those that help provide rehabilitation and manage chronic conditions.



From childcare services to wellness initiatives, the YMCA meets crucial needs of the community. Each year the Y raises funds to ensure that our members and program participants are not 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)

Refer a friend or family member and get a gift certificate for twenty dollars in Scantic Bucks! 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! Family members receive priority registration and generous discounts off youth and adult programs, birthday parties and summer camp.

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/)

**SCANTIC VALLEY YMCA**  
45 Post Office Park  
Wilbraham, MA 01095  
413.596.2749

### HOURS OF OPERATION:

Mon. - Fri. 5:30am - 8:00pm

Sat. 7:00am - 2:00pm

Sun. 8:00am - 2:00pm

The locker rooms and lobby are open one half hour later.

