



IMPACT NEWS

DECEMBER 2024 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITTARD, DEVELOPMENT DIRECTOR

“The greatness of a community is most accurately measured by the compassionate actions of its members.” — Coretta Scott King

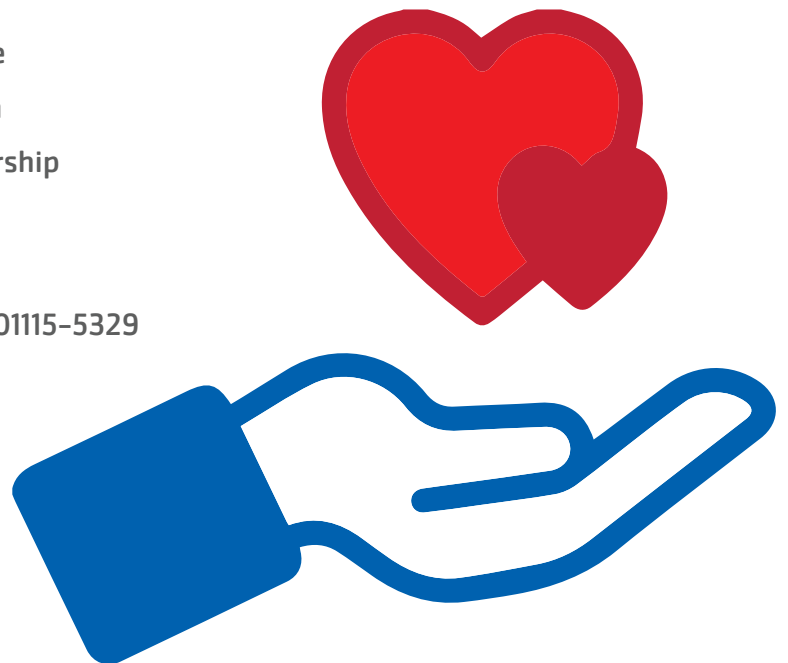
YEAR END GIVING

We would like to thank all those who have begun their year-end giving and for choosing the YMCA of Greater Springfield as your charity of choice. You are helping to make things happen, changing lives, and supporting your community.

For those of you who would also like to help your community by donating to the Y we have options for you, so select the giving method that works best for you.

- Springfieldy.org and donate on-line from our website
- Speak with our membership desk to make a donation
- Become a monthly donor on-line or with our membership staff who can help you
- Mail in a check YMCA of Greater Springfield, Development Office, P.O. Box 15329, Springfield, MA 01115-5329

Thank you for your consideration and wishing you a healthy and happy holiday season.



HOLIDAY HOURS

Please make note of the holiday times at the YMCA of Greater Springfield for the Scantic Valley YMCA and the Downtown Springfield YMCA Health & Wellness Centers.



SCANTIC VALLEY YMCA HOLIDAY SCHEDULE

THANKSGIVING: 11/28/2024 CLOSED

BLACK FRIDAY: 11/29/2024 7:00AM – 8:00PM

CHRISTMAS EVE: 12/24/2024 5:30AM – 2:00PM

CHRISTMAS: 12/25/2024 CLOSED

NEW YEARS EVE: 12/31/2024 5:30AM – 2:00PM

NEW YEARS DAY: 1/1/2025 CLOSED

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

springfieldy.org



DOWNTOWN SPRINGFIELD YMCA HOLIDAY SCHEDULE

THANKSGIVING: 11/28/2024 CLOSED

BLACK FRIDAY: 11/29/2024 7:00AM – 8:00PM

PANCAKES WITH SANTA: 12/21/24 CLOSED

CHRISTMAS EVE: 12/24/2024 CLOSED

CHRISTMAS: 12/25/2024 CLOSED

NEW YEARS EVE: 12/31/2024 CLOSED

NEW YEARS DAY: 1/1/2025 CLOSED

Downtown Springfield YMCA
1500 Main Street, Springfield, MA 01115
P: 413.739.6951

springfieldy.org

THE GIFT OF YOUTH DEVELOPMENT, HEALTHY LIVING, AND SOCIAL RESPONSIBILITY

There is still time to shop at the YMCA of Greater Springfield. Consider getting your friends and family a gift certificate for the YMCA. Talk with our membership desk in Springfield or Wilbraham and they can help you.





EXCITING NEWS

The YMCA of Greater Springfield is thrilled to announce the expansion of our after-school program with the addition of a new site at the Sumner Avenue School in Springfield .

At the Sumner Avenue school, as with all our programs, we are committed to fostering a positive and inclusive community where children can engage in a variety of educational and recreational activities. Our dedicated staff is eager to create a nurturing space for learning, ensuring that every child has the opportunity to grow and thrive.

If your child attends the Sumner Avenue School in Springfield and you would like more information about the program there or any of our other sites, please contact 413-739-6955 or go to our website at springfieldy.org.

If your school is in need of an after school program, have your school principal or superintendent of schools contact the Y to discuss your needs.



LOOKING FOR YOUTH DEVELOPMENT STAFF!!!

The YMCA of Greater Springfield is in search of energetic staff who are looking for rewarding jobs helping create the next generation of leaders! We currently have fun, part-time, opportunities in our After School program, and are looking to find staff for our seasonal Summer Camp jobs.

If you or someone you know would enjoy this type of opportunity, please do have them reach out. These positions are ideal of college age adults with part-time availability in the mornings and afternoons or may be looking to have an active and engaging summer job!

Visit our job board at springfieldy.org/about-us/employment/ OR please contact 413-739-6951.



WHY THE Y

I am a 73-year-old retired internal medicine and geriatric physician. I have been coming to the Y 5 to 6 days a week since I retired 7 years ago. I had been very active as a youth, a surfer, ocean body surfer, soccer, tennis player, biker, and runner. Over 40 years in an office with long hours and eating the wrong foods I had gained about 60 lbs. I developed high blood pressure, high cholesterol, and diabetes which was diagnosed a month after I retired. Right then I started swimming 6-7 days a week and eventually joined the boomer boot camp class at the Scantic Y 3 days a week. Meeting with a nutritionist was essential to improving my diabetes and helped with my gradual weight loss. Over 5 years I lost over 40 pounds, about 10 pounds a year. I'm still able to go cross country skiing in Vermont. I go slower than I used to, but I can go for an hour or a bit more. I was able to stop blood pressure meds, my diabetes is under control and cholesterol is better than ever. I would like to see the scale lower but I know recent medical studies have shown that even if weight is not going down, regular exercise 4 days a week for half an hour improves the functioning of our fat cells so that our fat is not concentrated on our organs. This is called visceral fat. The Y has been so incredibly important to me. The wonderful pool, group exercise classes, and the encouragement from the leaders in the gym. The staff who welcome me when I come in always have a good word. Now people know my name! **Scantic Valley Member**

There's something for everyone at the Y. Seeing my "Y Family" gets my day off to a positive start. — **Mauren**



LEARNING CENTER OPEN HOUSE

Families were invited to the Springfield Learning Center for their Fall Open House. Parents enjoyed a wonderful time meeting with Teachers and exploring their child's classroom. A special guest, Bluey, was there to greet all of the families!



HEALTH & STRENGTH IN 2025

Start 2025 off strong by setting fitness goals that challenge and inspire you. Whether you're looking to build muscle, increase endurance or simply stay active, the YMCA of Greater Springfield has the support and programs you need to help you succeed.

Together, we can make 2025 a year of health and strength!

Visit springfieldy.org for more info.



THANK YOU MGM SPRINGFIELD

MGM Springfield stopped by with a generous donation to the YMCA supporting our Youth Programming – Thank you! They also came with some goodies for a Pre-school classroom. MGM staff read to the children and helped them make their “Turkey puppet with googly eyes and colorful feathers. Then we switched holidays and went straight to the festive cupcakes, candy canes, their new hats, and crazy glasses. It was hard to tell who was more excited, the children or the MGM staff.

Thank you, Jennifer McGrath, and your “Elves” for taking the time out of your busy day to kick off the holiday season at the Y. We always enjoy your visit.



THANK YOU RAYMOUR & FLANIGAN

Huge shoutout to Raymour & Flanigan Furniture and Mattress Outlet for hosting an amazing bingo event! Together, they raised nearly \$2,000 for the YMCA of Greater Springfield! Big thanks to Rick Perez and Ana Mendez for their incredible dedication in bringing this event to life!



FOLLOW US!

Don't forget to follow our social media pages. That will be another way the YMCA of Greater Springfield will be able to communicate with you about weather related delays and closings. We do our best to be OPEN, but Mother Nature does not always cooperate.

YMCA of Greater Springfield

www.facebook.com/YMCAofGreaterSpringfield



Scantic Valley YMCA

www.facebook.com/ScanticValleyYMCA



Downtown Springfield YMCA

www.facebook.com/DowntownSpringfieldYMCA



LIVESTRONG® at the YMCA

www.facebook.com/livestrongspringfieldymca



Summer Programs & Camps

www.facebook.com/ymcaspringfieldsummercamp



YMCA of Greater Springfield Learning Centers

www.facebook.com/YMCALearningCenters



CONTACT INFORMATION

ASSOCIATION OFFICES

Tower Square | 1500 Main Street, Suite 256
Springfield, MA 01115

DOWNTOWN SPRINGFIELD YMCA

Tower Square | 1500 Main Street, Suite 200
Springfield, MA 01115
P: 413.739.6951

SCANTIC VALLEY YMCA

45 Post Office Park, Wilbraham, MA 01095
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FACEBOOK: www.facebook.com/YMCAofGreaterSpringfield

INSTAGRAM: www.instagram.com/ymcaspringfield/

X (TWITTER): twitter.com/YMCASpringfield

Donna Sittard, Development Director
dsittard@springfieldy.org | 413-739-6951 (x3110)