



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Health and Wellness Center FAQ

Are Silver Sneakers programs available at the new YMCA Health and Wellness Center?

- We are excited to offer new, innovative Wellness programs at the YMCA Health & Wellness Center. Due to this focus, we will not be duplicating many of our programs/classes currently offered at our other centers, like Silver Sneakers, as it is offered at 4 of our closest centers.

What happened to the previous health center?

- In December, the Hampton Health and Fitness Center, located at 4001 Coliseum Dr., closed its doors. Since that time, staff and volunteers have been testing the feasibility of reopening this location as a YMCA. On February 14th, our Metropolitan Board of Directors unanimously approved a proposal to open this location as a new center of the Peninsula Metropolitan YMCA! We're excited to continue to help create healthy communities in Hampton.

Why is the YMCA opening another Center?

- In perfect alignment with our strategic plan, this YMCA will become our **"wellness laboratory"** to create, test, and model innovative wellness programs that can be replicated across all centers. Programs will include integrated health partnerships, chronic disease prevention, nutrition programs, weight-loss programs, massage therapy, signature healthy living programs, and specialized personal and group training. The Executive director of the YMCA Health and Wellness Center will also serve as our association Wellness Experience Executive and lead our wellness teams.

Will this Center have traditional YMCA programs?

- This location will complement and partner with our other YMCAs that are located nearby (Hampton, Fort Monroe, Victory, and Hunnicutt). The Center will not duplicate or compete with childcare and youth programs.

Who can use this Center?

- Any active member of our Association can use this Center. This Y, as with all of our locations, **will be accessible and open to all**. Financial assistance will be available for anyone that qualifies, and all association wide members will have access.

When will the Center open?

- We are open beginning March 18th, 2019 for tours and membership sign-ups. This period will be used for potential members to see the space, meet the staff, and sign up to become a Y member. Any member joining between March 18th and April 1st will only pay a \$1 joining fee, a savings of up to \$100, and receive a t-shirt and coffee mug. We will have a soft opening on April 1st for members to begin using the facility. Members can call 757-755-9622.

Will all amenities be available on April 1st, 2019?

- All amenities except for the pool will be available for members to use on the soft opening April 1st. The pool is an investment and to have it effectively serve our members, it is currently being completely resurfaced.

I heard this was going to be an over 55 only YMCA. Is this true?

- This Y, as with all our locations, will be accessible and open to all. Financial assistance will be available for anyone that qualifies, and all association wide members will have access. While we welcome members ages 55 and over, the Center is open to all ages.

I just joined one of your Centers, what does that mean?

- There will be no changes to your membership. The Health and Wellness Center will be another location you can use.

Are the membership or program rates different here?

- No, all of our rates are the same across all of our Centers.

What happens if any members of the previous Center want to come back?

- We hope that all previous members will rejoin the Center! We invite you to stop by to talk to our membership team. They will answer any questions you may have and can sign you up at that time.

I was a previous member but joined another health organization. I would like to rejoin but don't know how to transition my membership?

- We hope that all previous members will rejoin the Center! We invite you to stop by to talk to our membership team. They will answer any questions you may have and can sign you up at that time.

Will there be child watch services?

- We are excited to offer a child watch center at the Health and Wellness Center to best serve our members.

Is this location going to offer youth swim lessons?

- No, we will not be offering youth swim lessons at the Health and Wellness Center. However, we will offer youth swim lessons at the nearby Hampton, and Victory Centers.

Does this location have the same cardio equipment and cycling bikes?

- Presently, it will continue to have the existing equipment until we evaluate and see that a change is needed.

ABOUT THE PENINSULA METROPOLITAN YMCA

The Peninsula Metropolitan YMCA is a cause-driven charity, strengthening communities on the Virginia peninsulas for over 120 years, through youth development, healthy living, and social responsibility. Across the Association, 18 facilities engage 50,000 + men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Peninsula Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. pymymca.org