



Dear Valued Members,

We wanted to add a few updates to our openings and closures for the facility.

Important Information:

- The facility will be open to members only
- Must wear a mask upon entering the facility (masks not required in workout areas)
- **5:00am-NOON the facility will be open to 16 and older ONLY on Monday - Friday**

Hours:

Monday - Thursday 5:00am - 10:00pm

Friday - 5:00am - 8:00pm

Saturday 5:00am - 6:00pm

Sunday 1:00pm - 5:00pm

- The pool will be closed Monday-Friday from 12:00pm-1:00pm and an hour before closing for cleaning
- 24 hour access fobs are active

Areas open/closed?

OPEN: Fitness room, weight room, youth center, big gym, small gym, aerobics classes, gymnastics classes, pool, water aerobics classes, locker rooms, hot tubs, showers (limited to family locker room only)

TEMPORARILY SUSPENDED: Child watch, racquetball room, diving boards

SUSPENDED INDEFINITELY: Steam room, sauna, drinking fountains, coffee station, locker room showers, running track, vending machines

Important Questions to Ask Yourself Before You Walk into a YMCA Branch

- Have you been in close contact with a confirmed case of Covid-19?
- Have you been around anyone that is sick at home?
- Are you experiencing a cough, shortness of breath or sore throat?
- Have you had a fever in the last 48 hours?
- Have you had a recent loss of taste or smell?
- Have you had digestive problems in the last 24 hours?

If you answer "yes" to any of these, do not enter the YMCA for the health and safety of other members. Depending on which question you answer yes to (and how long you've had the symptoms), you should rest, quarantine and/or consult a medical professional.

Important Things to Do During a Visit to the YMCA

Please be respectful of each other

- Put mask on before coming inside and when leaving the building
- Upon arrival wash or sanitize your hands
- Shower access will be limited. Come ready for your specific activity and prepared to shower at home
- We recommend bringing workout shoes (street shoes should not be worn in any workout areas)
- Drinking fountains and vending machines will be closed, please remember to bring your own water bottle
- Bring your own equipment, basketballs, volleyballs, etc. will not be available at this time
- Avoid touching your eyes, nose and mouth
- Clean equipment and weights before and after every use
- Politely remind others if they forget to wipe down equipment
- Use only one piece of equipment at a time
- Maintain a distance of 6' or more from other members
- Cover coughs and sneezes with a tissue or inside of your elbow (then immediately wash your hands)
- Respect the areas that are currently or indefinitely closed

Other important updates

- We will not be selling guest passes or allowing visiting members from other YMCA's
- Playing a game of basketball is limited to 3 on 3 only
- Equipment has been moved to allow for 6 feet of distance between each person
- The old weigh room is now our new home for several Nautilus stations
- We will not be keeping any lost and found. Items left at the end of the day will be thrown out

What our staff is doing for our members:

- Cleaning and sanitizing according to CDC guidelines
- Providing signage with specific instructions and guidelines
- Hand sanitizer stations throughout the building