



## YMCA OF THE FOX CITIES PHASED REOPENING GUIDELINES\*

The YMCA is committed to the health and well-being of our members and staff. We will begin to offer amenities that can operate within the guidelines set out by the CDC and state/local regulations in regard to the COVID-19 pandemic. Please visit our website, [ymcafoxcities.org](http://ymcafoxcities.org) for the most up-to-date reopening information.

### Facility Hours:

- M-F: 5:00 AM-9:00 PM
  - ACY ONLY: 5:00 AM-7:00 PM
- SAT: 7:00 AM-3:00 PM
- SUNDAY: 7:00 AM-NOON
  - ACY ONLY: CLOSED

### Member Expectations:

- Due to state mandate, members must wear masks in the Y.
- Social Distance 6 feet as you move throughout the facilities. Use spacing markers on the floor at service counters.
- Sanitize hands when you enter and exit the facility.
- Disinfect all equipment before and after use.

### Facility Access Policy:

- All individuals under age 10 must be accompanied by an adult in the building and must be actively participating in program or activity with adult.
- Individuals ages 10-13 can use the Y after 3:00 PM M-F, and all day on the weekends without an adult.
- We are unable to offer guest passes or day passes at this time.
- Come ready to workout. Bring a shower towel and filled water bottle. Water fountains and laundry service has been suspended.

### \*Phase 1 & 2

- Group Exercise classes require reservations and can be made up to 2 days in advance on our website.
- Pickleball – open times listed on our website, please bring your own paddle and ball.
- Gymnasiums – A portion of the gymnasium can be reserved for a maximum of 4 unrelated players or 1 household. Please bring your own equipment to use.
- Lap Swim, Water Walk/Run, Family Swim is available by reservations on our website up to 2 days in advance.
- Whirlpool reservations are available at the Heart of the Valley YMCA only. 1 person or household may reserve.

### What is available in the phased reopening plan?

	PHASE 1 - June	PHASE 1 - July	PHASE 1 - August	PHASE 2 - September	PHASE 3 - January
Wellness Centers	●				
Group Exercise Classes*	●				
Water Exercise*	●				
Free Weights: 6 feet social distance	●				
Cardio Equipment: 6 feet social distance	●				
Personal Training/Synergy Classes	●				
Basketball*	●				
Racquetball	●				
Pickleball*	●				
Swim Team	●				
Dance/Gymnastic Teams		●			
Lap Swim*	●				
Swim Lessons		●			
Whirlpool*	HVY			TBD	
Sauna/Steam Room				TBD	
Locker Rooms	●				
Adventure Alley/Family Fun Center				●	
Youth Sports Programs		●			
Full-Time Licensed Child Care	●				
Kids Corner				●	
Play and Learn Centers	APY			ACY	
Virtual Group Exercise Classes	●				
Open Swim - no reservations				●	
Laundry Service to Kit Lockers				●	
Mask only workout area	●				
Active YMCA Adults (AOA)				●	

\*Phased reopening plan subject to change without notice.

● = Modified Schedule/Program    TBD = To Be Determined