



## Which Services Are Unavailable?

### Guest Passes

Towel service or Workout towel service

Active Living Center and Lobby activities

Pool and Whirlpool (Scheduled to open the week of June 22nd)

Saunas

Racquetball Courts

Kids Zone

Coffee or Vending

## What Will Be Available Phase 2?

We are actively planning to have the pool and in-person exercise classes available in Phase 2. We need a little time to make sure we have a successful Phase 1 before moving to Phase 2.

## Keep Yourself and Others Safe

- Keep your distance. Stay at least six feet away from others whenever possible
- Use hand sanitizer upon entering the facility
- Wear your masks. Masks are strongly encouraged
- Expect reduced capacity.
- Wipe down equipment before and after each use
- Stay home if you are sick
- Keep the kids at home. Space inside the facility is extremely limited.

### YMCA Hours:

Monday-Friday, 5:00am-7:00pm

Saturday, 9:00am-3:00pm

Sunday, Closed



## What Should I Bring?

- Please bring a mask, workout towel, and a water bottle. Water fountains will be available for bottle refills only.
- Masks are strongly encouraged at all times while inside the Y.
- We will have a very limited amount of lockers available. Please try to keep your items you bring into the Y to a minimum. Please shower at home if possible.

## Self Screening

The east entrance will be utilized for all members. Please complete the following Self-Assessment questions before you visit the YMCA:

- Have you been in close contact with someone under investigation for, or with a confirmed current case of coronavirus in the last week without personal protective equipment?
- Have you traveled outside of the continent during the last 14 days?
- Have you or a family member been instructed to self-quarantine in the last week?
- Are you currently experiencing any symptoms of illness? If yes, are any of the symptoms shortness of breath, cough, fever, chills, sore throat, headache, loss of smell or taste?
- Do you have a temperature of 100.4 degrees or higher? A thermometer is available here if you haven't checked your temperature at home.

**Please do not visit the YMCA if you answer "YES" to any of the Self-Assessment questions and contact your health care provider.**

**Please consider postponing your visit if you are of "high risk".**

See: [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/%20people-at-higher-risk.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/%20people-at-higher-risk.html)

## Disclaimer

Our YMCA facilities have extra precautions, both cleaning procedures and increased spacing, in place to protect the health of our members.

State authorities recommend social distancing as a means to prevent the spread of COVID-19, an extremely contagious virus that spreads through person-to-person contact.

Please be aware that accessing our YMCA facilities could increase your risk of contracting COVID-19.

