

FITNESS FACILITIES RE-OPENING PHASES

Phase 1: Starting Monday, May 18

The Aberdeen City Council has lifted the ordinance which has allowed fitness centers in our community to re-open. Starting Monday, May 18, all YMCA facilities will begin re-opening. The reopening of our facilities will be done in phases starting with limited facility space, programming and amenities. These limitations will allow us to follow CDC guidelines and City ordinances to minimize the spread of the virus.

The YMCA will shorten hours Monday – Friday to allow additional time for cleaning the facility.

Phase 1 Hours of Operation:

Monday	5:00am – 8:00pm
Tuesday	5:00am – 8:00pm
Wednesday	5:00am – 8:00pm
Thursday	5:00am – 8:00pm
Friday	5:00am – 8:00pm
Saturday	7:00am – 6:00pm
Sunday	12:00pm – 6:00pm

Re-Opening Guidelines

We want to keep our members safe and protected while they use our facilities, so our teams are following guidelines from the CDC and City. We expect our members to follow the same guidelines in an effort to keep others safe. We recommend those who are at higher risk due to health concerns avoid returning to the facility until the disease risk is reduced in our community.

Members Must:

- Be 16 years or older to enter the facility.
- Be screened upon entering the facility, including having their temperature taken.
- Maintain a minimum of six foot distance from others.
- Wipe down equipment before/after each use using the provided sanitation wipes.

Members are strongly encouraged to:

- Wear masks while in the facility, especially upon entering and moving between pieces of equipment.
- Limit time in the facility to one hour.
- Wash hands before and after working out.
- Limit personal belongings brought into the facility.

Additional steps we have taken to help keep everyone safe:

- YMCA staff will wear masks when they are unable to maintain 6 feet of separation.
- We have added additional hand sanitation stations.
- All locker rooms will be closed.
- Drinking fountains will be unavailable, but a water bottle filling station has been added in the lobby.
- There will be no child watch or community room rentals.
- Gyms and racquetball courts will not be available for pickup games (basketball, volleyball, pickleball, etc.), basketball shooting, walking/running, etc.
- We have added signage to increase social distancing and additional safety measures.
- Towel services and day lockers will not be available during this time.
- Staff will be cleaning and sanitizing continuously during operating hours and early closures will allow us to complete a deep sanitization of our active areas.
- We have moved cardio and strength equipment the required six or more feet apart from each other. The equipment will block the walking/running track, so the track cannot be used.
- Only lap swimming will be available in the aquatic center, with a limit of 4 swimmers at a time in assigned lanes.
- All group fitness classes will be held in the gymnasium to ensure appropriate separation. There will be a modified group fitness schedule.
- No guests will be allowed in the facility during this time, including guest/day pass users and YMCA Nationwide Membership visitors.

Programming Options

Personal Training

Personal training options will be available at this time. To schedule an appointment, please call our Personal Training Director, Daniel McCoy at 831.512.7965.

Phase 2 and Beyond

We will continue to release information as more decisions are made about each re-opening phase. Decisions will be made based on guidelines from the CDC and local authorities. We will

communicate these phases on this page, social media, and on signage in the facilities. We thank you for your patience during this time.