

# FITNESS FACILITIES RE-OPENING PHASES

## *Member Mask Policy: Starting Monday, November 12<sup>th</sup>*

Aberdeen Family YMCA face mask policy allows you to remove face covering while you are:

- Using Cardio Equipment
- Participating in Group Fitness
- Playing Pickleball
- Swimming

## *Phase 2b: Starting Monday, October 5<sup>th</sup>*

### **Added facility and amenities:**

- **Group Fitness Classes held in studios**
- **Guest and Day Passes**
- **Hot Tub**
- **Pickleball (Gyms 1&2)**
- **Swim Lessons (Small Group)**
- **Walking/Running (Gyms 1&2)**
- **Youth Archery**

## *Phase 2a: Starting Tuesday, September 8<sup>th</sup>*

### **Added facility and amenities:**

- **Child Watch**
- **New group fitness schedule with added equipment**

## *Phase 1a: Starting Monday, June 15<sup>th</sup>*

### **Added facility and amenities:**

- **Ages 13 and older may enter the facility**
- **8 lap swimmers at a time**
- **New group fitness schedule with added equipment**

The Aberdeen City Council has lifted the ordinance which has allowed fitness centers in our community to re-open. 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 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:

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

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### 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. 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 13 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 8 swimmers at a time in assigned lanes.
  - All group fitness classes will be held in the gymnasium or in local green spaces 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.
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## **Programming Options**

### **Personal Training (land and water)**

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.

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## **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.