



Dear Valued YMCA Member,

After months of our facility being closed and months of uncertainty as to when we would be able to reopen our doors, we are happy to announce that on Friday, **June 5, 2020**, our facility will reopen to our members. We have missed you.

We do want to assure everyone that we will be observing advice from Virginia officials, the CDC, and YMCA of the USA staff to practice social distancing and other strategies to help prevent the spread of COVID-19 as we reopen. As such, we will be implementing new policies and guidelines for staff and members to follow while we are open during this time. These policies are detailed below:

- **Facility Hours:** To allow our staff more time to clean and make sure that the facility is as sanitary as possible for members and staff, our hours have temporarily changed. The hours for now will be:
 - **Monday – Friday:** 6:30AM – 8:00PM.
 - **Saturday:** Open 7:00AM – 5:00PM.
 - **Sunday:** 1:00PM – 5:00PM.
- **General Facility Information:** There are a few guidelines we will be enacting throughout the facility, including:
 - **Masks:** We ask members wear masks while in the facility and not exercising.
 - **Locker Rooms:** The Locker Rooms will be open to change in only. The showers, steam and sauna will be closed.
 - **Social Distancing:** We ask members observe 6ft **of social distancing while not exercising and 10ft while exercising.**
 - **Stairs:** The main stairway will be used for going downstairs, the side stairwells will be used to come up.
 - **Common Areas:** At this time, all seating and common social areas have been eliminated. We know we are a place for community however for now we will have to socialize differently.
- **Membership:**
 - **New Check-In Process:** Upon entering members will be asked a few brief questions. ANYONE with a temperature, cough or that has been exposed to someone with COVID 19 and has not tested negative is NOT permitted in the facility.
 - **Membership Statuses:** Any member that remained active through the complete duration of the facility closure will be able to start coming as soon as we open on 6/5. Any members on hold will have their membership reactivated and will draft on their next billing cycle. On hold members may use the facility as soon as they take their membership off hold. Silver Sneakers members will also be able to start coming on 6/5 as well.
 - **Guests:** We will not be allowing guests in during Phase 2.
- **Track:**
 - The track will be open for use. We ask that members observe the 10 ft. social distancing while exercising.
- **Wellness and Workouts:**
 - **Wellness Areas:** Members will need to keep 10 ft from other members while exercising, therefore some equipment will not be available. Members are also encouraged to help our staff by wiping down and cleaning equipment prior to using them and after they have finished using them.
 - **Group Exercise:** Group exercise classes will be limited due to the 10ft social distance rule while exercising. Classes will be done by reservation. See the website or Y app. To reserve your spot. Beginning June 12 some classes may be held in the gym to accommodate more members.
- **Gymnasium:**
 - The floor will be resurfaced from June 5th to June 12th. After June 12th the gym will be open for recreational use, however no group games such as pickleball and basketball are permitted. Members are encouraged to bring their own ball.
- **Aquatics:**
 - **Pool Usage:** Pool use will be for exercise only with no recreational swim. Lap swimmers will be 1 per lane. Those not lap swimming but exercising in the water may do so observing the 10 ft. of social distancing.
 - **Water Aerobics:** Classes will begin June 8 and members will need to maintain 10 ft. distance while exercising. Class size will be limited and on a first come first serve basis.
- **Childcare:**
 - **Child Watch:** At the current time, there will be no Child Watch in the facility.

Should you have any questions or concerns please let us know. We are here for you and the community and our goal is to create a safe environment for all to exercise and stay healthy.