

The safety & well-being of everyone at the Y is our top priority. We've been hard at work getting our facilities ready to reopen safely & responsibly.

Here are a few changes you can expect during our Phase 1 of Reopening:

- ONLY RGS YMCA Members are permitted to utilize our facility at this time. (no guest passes or day passes)
- Members must wear masks when entering our facility, but not during exercise of any kind.
- Staff and members must pass through a health screening to enter the facility.
- Only certain areas of the facility will be open with limited capacity.
 - Warm Pool: Capacity of 9
 - Lap Pool: Capacity of 4
 - Wellness Center: Capacity of 30
 - Circuit Room: Capacity of 4
 - Annex: Capacity of 8
 - Tennis Courts: 6
- Use one piece of equipment at a time, cleaning it before and after use.
- Members will be asked to clean equipment before and after each use.
- Standard operating hours Monday through Saturday but closed on Sundays

The following rooms & services are **unavailable** during Phase 1 of reopening:

- Studio & programs
- Group Exercise Room and programs
- Gymnasium & programs
- Child Watch
- Zero Depth Pool (Kiddie Pool)
- Lockers & Showers
- Multi-Purpose Room
- Annex Tumbling Room & programs
- Vending & Coffee Area
- Water Fountains
- All classes and programs

NATATORIUM POLICIES:

Phase 1

Natatorium Hours:

M-TH 5am – 7:45pm; F 5am – 6:45pm; and Sat 6am – 4:45pm

NATATORIUM

- Enter thru lobby pool door
- Zero depth pool is closed
- Closed between reservations
- No spectators permitted on deck
- Must come in dressed in swimsuit
- Benches will be divided in two for your personal items
- Restroom on deck will be open for use while in the natatorium
- Exit thru locker rooms
- NO re-entry into the natatorium from the locker room
- No entry into the natatorium before the cleaning after every hour is complete

LAP POOL

- Upon entering, sign in with name, lane number and current time
- Lap pool for ages 12 and up and adult exercise only
- One person per lane
- Please stay in the middle of lane to maintain 6 ft distance
- Swim time is limited to 45 minutes
- YMCA Equipment will not be available for use, please bring your own
- Enter/exit the pool in shallow end only

WARM POOL

- Upon entering, sign in with name and current time
- Warm pool for ages 12 and up for adult exercise only
- Please maintain 6 ft distance
- Swim time is limited to 45 minutes
- YMCA Equipment will not be available for use, please bring your own
- Maximum in the Warm Pool is 9

Making Reservations:

We are asking everyone to use the following link to make your reservations for natatorium usage.

<https://rgsymca.org/schedule/>

A few procedures for reservations:

- You must have a reservation for pool usage
- One reservation per person per day
- Please be prompt for your time slot
- If you are late, your spot may be given away

- You must have your swimsuit and clothes on upon entering the building, a bench will be provided for your belongings
- Reservations are for one hour but, you will only be swimming for 45 minutes to allow for sanitation between usages.
- You will not be permitted in the natatorium prior to your reservation time

Wellness Center Policies

Phase 1

Wellness Center Hours

M-F 5am-8pm

Sat 6am-6pm

- 1-Hour Usage Limit
- Every other cardio will be blocked off from use
- 30 Members allowed on the Wellness Deck (upstairs)
- 8 Members allowed in the Annex
- 4 members allowed in the Circuit Room (small room downstairs off the gymnasium)
- No Group Exercise, Coaching Connection, or Nutrition Connection
- Group Exercise room will be closed
- Bring your own water bottle- no access to water fountains
- Tracking system will be available at the following link to see availability in the facility <https://rgsymca.org/schedule/>