

RICHARD G SNYDER YMCA  
REOPENING PHASE 2:

With the safety & well-being of everyone at the Y as our top priority, we implemented a multi-phase reopening plan. We want to thank all our members for their cooperation during our Reopening Phase 1. We are excited to announce that we will be moving to our Reopening Phase 2 on Monday, July 20<sup>th</sup>. Here is what to expect. . .

Here is what will stay the same from Phase 1:

- Facility open to RGS YMCA Members Only.
- Members must wear masks entering the facility
- 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 (See list below).
- 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.
- Child Watch will remain closed
- Gymnasium will remain closed (except for scheduled group exercise classes)
- Multi-Purpose Room, Studio, and Group Exercise Room will remain closed (except for scheduled group exercise classes)

Here is what will be added as our Phase 2:

- Areas that will be open:
  - Lap Pool
  - Warm Pool
  - Wellness Center
  - Circuit Room
  - Annex (Y-Fit/Wellness side only)
  - Locker Rooms: Lockers and Showers will be available for use
- Added offerings
  - Family Swim (Limited time slots—Must register with the Welcome Center)
  - Private Swim Lessons
  - Group Exercise Classes (Limited classes available inside and outside)
- Hours of Operation
  - Monday – Thursday 5:00am-9:00pm
  - Friday 5:00am-7:00pm
  - Saturday 6:00am-4:00pm
  - Sunday CLOSED

Below is more detailed information from the Aquatic and Wellness Departments.

## NATATORIUM POLICIES: 🏠🏠

### Phase 2 Openings:

**Private swim Lessons:** sign up at the Welcome Center

**H2O Extreme:** Monday/Wednesday 7-8pm

**Family Swim:** Days & times;

Tuesday & Thursday 5-6:30pm and 7 - 8:30pm

Saturday 1-3:30pm

We are happy to announce that we are incorporating “Family Swim” times for our members. **Families must call and sign up with the Welcome Center prior to coming in.** We still must follow all aquatic guidelines for sanitizing and social distancing. Here are our guidelines for the pool area:

- Maximum capacity of the Natatorium is 25 swimmers
  - Lap pool/zero depth pool is 14
    - One lane will still be designated for lap swim
  - Warm pool is 9
    - This will be strictly enforced
- Sign-ups will be made only one week in advance by calling the Welcome Center
- Times are as followed
  - Tuesday or Thursday 5-5:30pm
  - Tuesday or Thursday 7-8:30pm
  - Saturday 1-3:30pm
- All enter/exit guidelines will remain the same:
  - All swimmers must enter thru the lobby door
  - All swimmers must have their swimsuits already on.
  - A bench will be provided for personal belongings
  - The on-deck bathroom will be available for usage during swim times
  - When swim times are over, please exit thru the locker rooms.
    - Locker rooms will be available for use after swim times. No re-entry into the natatorium will be permitted
- The YMCA will not be giving out PFDs for usage during this time. We ask that if your children are non-swimmers, that your ratio is 1:1.
- No community toys or swim equipment will be available for use. Please bring your own.
  - Please keep in mind that no inflatables are permitted, and all other Richard G. Snyder YMCA Pool Safety Rules still apply.
- You will not be permitted in the natatorium prior to your reservation time. Please do not show up any sooner than 5 minutes prior your scheduled time. You will be asked to wait outside.

#### WELLNESS CENTER POLICIES:

During phase 2, we will be adding a modified schedule of indoor and outdoor Group Exercise classes. Every 2 weeks, the schedule will be updated, so it is important to check our website, app, and social media for details. Adjustments will be determined based on participation as well as member and staff safety.

#### What to expect during Phase 2:

- Classes are limited to active YMCA Members Only.
- Classes will be based on a first come, first serve basis with a limit of 30 participants (Cycling being the exception with 10).
- Members are encouraged to wear a mask before and after class.
- Please maintain 6 ft distance from others at all times.
- YMCA staff will limit equipment for member use. Members are encouraged to bring their own equipment such as mats, dumbbells, kettlebells, resistance bands etc. for classes where instructors offer equipment options if possible. (See class descriptions)
  - Classes with multiple forms of equipment (Strength & Sculpt) will be set up and put away for members prior to and after class to limit interaction.
- Outdoor class cancellation is at the discretion of the class instructor based on weather or any other factors that may impact class success and safety.
- Outdoor classes will be cancelled an hour prior to class if there is inclement weather. Please be sure to check our Facebook page for cancellations.