

**Welcome Back!** The Plainview YMCA is excited to welcome back our members on May 18. As we reopen our facility, we are keeping our members' and staff's health and safety as our priority. Therefore, we've made adjustments within our facility and to our guidelines for use. While we were mandated to close quickly, we will be reopening slowly and in phases.

### **Initial Opening (Phase 1)**

The information below is subject to change at any time as new information and resources become available.

- \*Social/physical distancing, minimum of 6 feet is required.
- \*All staff, members and visitors to the YMCA will be required to have their temperature taken upon entering the building. (Anyone with temperature of 100.4 or above will be requested to leave).
- \*No guest passes are available during initial reopening of the YMCA. Facility use will only be available for YMCA members.
- \*Youth under 14 years of age are not permitted in the facility during phase 1.
- \*Water fountains are not available. Please bring your own filled water bottles.
- \*Y staff will be wearing face masks/coverings when within 6 feet of members.
- \*Members are highly encouraged to wear face masks/coverings as well when not working out.
- \*Gloves are required.
- \*High touch areas will be disinfected regularly throughout the day. Rooms may be closed for cleaning.
- \*Limited number of members will be allowed in the YMCA and in available rooms to accommodate social/physical distancing. (cardio room – 10; weight room -18; aerobics room-12; bathrooms – 2; gym – 12)
- \*Some equipment will not be available to allow for social/physical distancing and disinfecting procedures.
- \*Members must disinfect equipment before and after use.
- \*Members must wash hands before and after working out.

\*Group Exercise classes will be limited based on size of rooms, to allow for at least six feet between participants. Virtual classes will still be available.

\*Exercise mats will not be provided by the YMCA. (Please bring your own mat if needed).

\*SilverSneakers and ROM+ classes are not available at this time.

\*Basketball gym is limited to two persons per goal for open shoot around only.

\*The following will not be available for use during Phase 1:

Pool

Locker Room and Showers

Racquetball Courts

Childwatch

We will continue to review and update these guidelines regularly to remain in line with federal, state and local guidelines.

**WELCOME BACK!! We are grateful for you!!**

**Phase 1 Hours of Operation:**

**M-F** 5:30 a.m.-1:00 p.m.                      4:00 p.m.-9:00 p.m.

**Sat.** 8:00 a.m.-1:00 p.m.

**Sun.** 1:00 p.m.-5:00 p.m.

## **Phase 1 Classes**

Phase 1 Group Exercise Class size will be limited. Call the day of class to reserve your spot. Spin Classes will take place in the party/meeting room.

**Monday:** 9:00 Spin (Shay)

11:00 Virtual Tabata (Brandi)

6:30 PM Spin (Chelsea)

**Tuesday:** 9:30 Live and Virtual Muscle Pump (Ashley)

10:45 Live and Virtual Yoga (Ashley)

**Wednesday:** 9:00 Spin (Brandi)

**Thursday:** 9:30 Live and Virtual Muscle Pump (Ashley)

10:45 Live and Virtual Yoga (Ashley)

6:30 Spin (Trisha)

**Friday:** 9:00 Spin (Erica)

**Saturday:** 10:00 Virtual Tabata (Brandi)

# **Warning/Disclaimer:** **COVID-19 Pandemic** **is Ongoing**

The novel coronavirus, COVID-19, is an **extremely contagious** virus that spreads easily through person-to-person contact.

Federal and state authorities recommend social distancing as a means to prevent the spread of the virus.

**COVID-19 can lead to severe illness, personal injury, permanent disability, and death.**

**Participating in this organization's programs or accessing our facilities could increase the risk of contracting COVID-19.**

This organization in no way warrants that COVID-19 infection will not occur through participation in our programs or accessing our facilities.