

HENDERSON FAMILY YMCA

RE-OPENING—SEPTEMBER 8TH



the

## Keeping members and staff safe

We can't wait to **welcome our members back** and reopen with access to indoor fitness beginning **Tuesday, September 8th!** Following all state and local safety guidelines, we will operate at a reduced capacity of 30% with modified services and amenities, enhanced cleaning protocols and new guidelines for members and staff. We will close daily Monday through Friday from 1:30 pm to 3:00 pm to clean the fitness areas. We have added additional hand sanitizing stations and are requiring all members to clean equipment before and after use.

## What is available:

- **Wellness Center** (treadmills, bikes, Arc trainers)
- **Wellness Two** - To ensure safe distancing, ellipticals and steppers have been temporarily moved into the big gym.
- **Pool** activities will continue by reservation only.
- **Group Exercise** will continue outdoors by reservation.
- **Free Weight Room**
- Lockers are open for use to renters—no day use. See staff to reserve a locker.

## What is not available:

- Nursery or KidsZone
- Coffee bar, social gathering spaces
- Water fountains
- Camp area during camp hours (7:30 am—6:00 pm)
- Racquetball and squash courts
- Contact sports (basketball)
- Steamroom and sauna

## Before you leave the house:

- Stay home if you are not feeling well or if you or anyone in your household show symptoms of: fever, cough, shortness of breath. Also, stay home if you have been contacted by the Department of Health to notify you of exposure to COVID-19. CDC and state guidelines encourage seniors and other vulnerable populations to stay home.
- Bring a face covering and filled water bottle. Water fountains are temporarily unavailable.
- Online reservations are needed for pool usage and group exercise. Visit our website: [www.hendersonymca.org](http://www.hendersonymca.org)., or use our app.

## What to expect when visiting:

- Enter through the main entrance
- Health screening with temperature check
- **Waiver** to be completed by all members (parent/guardian to complete for minors).
- Social distancing required at all times in the facility (wait 6 feet apart).
- Face covering mandatory for ages 5 and up unless strenuously exercising or swimming
- Posted reduced area occupancy to be followed
- Modified Hours of Operation:
  - Monday-Friday 6 am—7 pm (**Closed 1:30-3:00 pm daily for cleaning**)
  - Saturday 8 am—2 pm
  - Sunday—Closed

Thank you for supporting your YMCA. We need your continued help to stay strong, rebuild connections and be able to serve in new ways. #StayWithUS #BetterTogether  
Henderson Family YMCA  
[www.hendersonymca.org](http://www.hendersonymca.org) | 252.438.2144