



## We look forward to welcoming you all back!

Four Seasons YMCA will look and operate a little different as we meet the requirements set by Governor Northam, Centers for Disease Control and Prevention (CDC), Y-USA, and Redwoods Insurance. All precautions are to protect our members and staff.

### What you need to know:

- The SWCC YMCA will **RE-OPEN** July 6<sup>th</sup>, 2020.
- Four Seasons YMCA and SWCC YMCA will be open the following hours:
- Temporary Hours of operation will be as follows:
  - Monday to Thursday: 5:00AM to 8:00PM
  - Friday: 5:00AM to 7:00PM
  - Saturday: 8:00AM to 2:00PM
  - Sunday: 1:00PM to 5:00PM
- Child watch, Both Pools (therapy and lap), locker rooms and gymnasium will be open. See pool and gym schedules for hours of operation. Child watch hours will be as follows:
  - Monday to Thursday: 9:00AM to 12:00PM and 4:00PM to 7:00 PM
  - Friday: 9:00AM to 12:00PM
- Each member is required to sanitize/wash their hands before entering and exiting the facility each visit.
- Each member is required to answer a series of health screening questions and complete a temperature check before accessing the facility each visit. Members will also be required to sign a waiver their first visit.
- We encourage all members to wear a face mask while entering the facility. However, members are not required to wear a mask in the exercise areas of if they have a pre-existing medical condition.
- Members will enter The Y through the front doors and exit through the side patio doors.
- Members are required to maintain social distancing (10 ft) while in the facility.
- All social gathering areas have been removed due to COVID-19 restrictions.
- At this time, our H2O fountains will **NOT** be available for use. Please be prepared and bring your own water or purchase a refreshment from the vending machine on the first floor.
- Our new cleaning schedule consists of sanitizing all surfaces every **TWO** hours. This includes restrooms, hand railings, and door handles.
- Members are required to sanitize equipment before and after each use. No super setting or sharing of equipment is allowed at this time. Spotters **MUST** be from the same household.
- Only **ONE** person is allowed in the elevator at a time, unless members live in the same household.
- **NO GUEST VISITS** (3 free visits) or nationwide memberships will be honored at this time.