

Talking Points

Hours

Building Hours

Monday - Friday: 6am-7pm
Saturday: 7am-11am
Sunday: Closed for cleaning

Pool Hours

Monday - Friday: 6am-6pm
Saturday: 7am-11am
Sunday: Closed for cleaning

Outdoor classes

As scheduled

Fitness area

Monday - Friday: 6am-2pm
Monday - Friday: 4pm-7pm
Saturday: 7am-11am
Sunday: Closed for cleaning

Reservation Phone Number

336.249.2177

In light of COVID-19, our team has been preparing around the clock to welcome you back safely. We've made numerous modifications to our facilities, implemented new protocols and procedures, and retrained staff in the latest cleaning and disinfecting procedures.

Below you will find new guidelines all need to follow, as well as detailed information on each area of our facility. We need everyone to work together to ensure a socially responsible environment that aligns with our Y values of caring, honesty, respect and responsibility.

- **COVID Prevention** - Anyone showing signs of COVID-19 will not be permitted to enter for the safety of all members.

- **Masks** - Masks or face shields will be required at all times in our facilities for anyone 5 years and older. This includes all transitional spaces within the facility. Masks or face shields will not be required while in the pool swimming, showering, while strenuously working out or participating in outdoor activities where social distancing can be maintained.
- **Group Exercise** - Limited group indoor exercise classes will be available. More classes are being added regularly. Check our website for the latest schedule. Class sizes are being limited to allow for social distancing.
- **Reservations are required for pool activities and outdoor classes.** Your membership will need to be active.
- **Water Fountains** - Bring your own water bottle as water fountains will not be available.
- **Equipment** - All must wipe down equipment before and after use using the disinfectant solution we provide. NO EXCEPTIONS!
- **Locker Rooms** - Locker rooms are available. Please maintain appropriate social distance.
- **Hand Sanitizing Stations** – Additional stations are available throughout our branches.
- **Guest/Trial Passes** - No guest or trial passes will be accepted at this time. Nationwide reciprocity has been suspended for now for anyone other than members from adjacent YMCA's.
- **Traffic Flow** - Single entry and exit points will be available at the main entrance and we are practicing social distancing. Please follow the directional signage.

- **Contactless Scanning** - Contactless scanning is available. You can scan in using your key card. Plexi-glass shields have been placed at our front desk so you can easily talk with staff and remain safe.

What's Available/Rules

Wellness Centers

Open Now

- Social distancing is being practiced and masks or face shields are required when not strenuously exercising.
- The equipment has been spaced apart to allow for social distancing while exercising.
- All are required to wipe down equipment before and after use.
- There is a 90-minute usage limit.

Group Exercise

- Check the latest schedule.
- Reservations are required. Please call 336.249.2177 Your membership must be active to participate
- Class sizes are limited to ensure social distancing can be practiced. Be sure to select a dot and maintain a distance of six feet from others.
- Masks or face shields are required at all times in our facilities. Face coverings can be removed during **outdoor** group exercise classes

when social distancing can be maintained and indoor classes once class begins.

- Bring a water bottle, as water fountains are not available
- **Bring your own mat, as mats will not be provided at this time.**

Child Watch

- Not open currently

Steam/Sauna/Hot Tub

- Not open currently

Functional Training Space

- Not open currently

Gymnasium

- Reservations are required. Please call 336.249.2177 Your membership must be active to participate
- Only 1 person/family per goal
- No full court play
- Maximum of 1 hour

Racquetball/Pickleball

- Reservations are required. Please call 336.249.2177. Your membership must be active to participate

