

REOPENING GUIDE

BEFORE YOUR UPCOMING VISIT

Reserve a spot in the pool, fitness center and other programs.

For now, in order to maintain social distancing, Lap Swim, Fitness Center and all other programs will require reservations. If you're planning on taking a class or getting in the pool, please make a reservation before you visit the Y. Please Note: Reservations will be available 7 days prior to your visit.

[RESERVE YOUR SPOT>](#)

**RE-OPENING DAY:
Monday, June 29, 2020**

Wave 1 Hours

Monday–Friday 6:00 am to 7:00 pm

Saturday 7:00 am to 12:00 pm

Sunday Closed

WHAT YOU'LL NEED TO DO

1. Make your reservation. No walk-ins. A NEW MotionVibe App is available to make your workout reservation. It will allow you to scan in and reserve your spot for lap swim, the fitness center, group fitness classes (when offered) and NEW Virtual Classes online in progress!

• [Click here for instructions on how to get started on MotionVibe](#)

2. Arrive at the Y in your workout attire ready to begin your workout! Lockers, showers, and changing rooms will not be available. Please shower at home before entering the pool. Bring a towel and pool equipment (you will not be able to use Y's equipment.)
3. Bring your mask – The Y requires that members bring a mask and wear it while in transit to your workout stations (masks are not required when working out or swimming).
4. Bring a water bottle– All drinking fountains are closed. We have installed touchless bottle filling stations.
5. Bring your Y membership card. Members will be asked to self-scan IN.

WHAT MEMBERS CAN EXPECT

- **We ask you to stay home if you're sick:** Members should stay home if they don't feel well. The CDC and state public health officials encourage seniors and members of vulnerable populations, including those with underlying health conditions, to stay at home.
- **Be Ready for Temperature Checks:** All members will have their temperature taken prior to check in. We will also ask you four health screening questions when you enter.
- **Health Check:** If you answer yes to any of these, we hope you understand, but you will not be admitted into the Y.
 - Have you or anyone in your house traveled to another country in the last 14 days?
 - Have you been or anyone in your house been in contact with someone under investigation for, or with a confirmed case of COVID-19 in the last 14 days?
 - Have you or anyone in your household been instructed to self-quarantine (within the last 14 days?)
 - Are you experiencing any of the symptoms of illnesses displayed on our list?
- **Keep Your Distance:** Please exercise on designated equipment only and respect all signage regarding social distancing. Strive to maintain at least six feet between you and others whenever possible when moving about the Y. Maintain 12' distance when exercising without a mask.
- **Follow one-way traffic:** Please follow the marked directional signs to enter, move about the Y and exit. Thank you for your cooperation.
- **Limited Workout time:** In Wave 1 we are limiting each workout reservation to 45 minutes. This ensures social distancing and allows the Y staff to prepare for the next group without any overlap.
- **Expect Reduced Capacity:** To ensure proper social distancing, our wellness areas will have a limited capacity. The MotionVibe app will limit the number of members who may be able to workout.
- **Remember to Wipe Down Equipment:** Please help us reduce the risk of exposure by wiping down all equipment, weights, mats, etc. with the provided cleaning materials.
- **Wash Your Hands:** Wash your hands frequently with soap and water for at least 20 seconds. Members should sanitize hands as you enter the Y, upon exiting, as well as before and after a workout. Ample hand sanitizing stations are located throughout the building.
- **Wear your mask – PLEASE.**

IMPORTANT

WAVE ONE PROGRAMS & SERVICES

Open to only Northwest CT YMCA MEMBERS at this time.

Based on guidelines from government and health officials, the Y will limit facility capacity and class size and reservations are required for activities including Lap Swim and use of the Fitness Center.

Wave 1

The following programs and services ***will be available*** beginning Monday, June 29, 2020. Please reserve your spot before coming to the Y.

Fitness Center
Virtual Live Streaming & Digital Fitness classes
Lap Swimming
Summer Camp
Childcare programs



What's NOT opening in Wave 1?

The following programs and services will ***not*** be available in Wave 1, but will be considered in subsequent Waves based on guidance from health officials.

- Gymnasium (basketball)
- Swim Lessons
- Ninja Warrior classes
- Lockers, changing areas and showers
- Sauna and steam room
- Pickleball
- Water fountains and bottle fillers requiring touch to fill
- Lobby – tables and seating area
- Lost & Found (except of great value; cell phone, wallet, keys)
- Use of cash – credit and debit cards are acceptable

**Thank you for your patience & understanding.
We can't wait to see you!**