Dear Valued YMCA Member,

We would like to thank all of our members for their overwhelming support and understanding as we initially reopened in our facility’s first phase starting on June 5th, 2020. It’s been great to see all of our members again! After navigating through this first week, we are confident that we will be able to smoothly transition into our Y’s Phase 2 of reopening on **Monday, June 15th, 2020**.

We will still be following a lot of the temporary regulations in place in order to ensure the safety of our members, staff and community. We take these regulations very seriously and are still working with Virginia officials, the CDC, Health Department, and YMCA of the USA to provide the safest environment possible.

As a reminder, **our YMCA will be reopening through a 4 Phase process**. Each phase will be dictated by appropriate social distancing standards and other regulations required by the Governor and Commonwealth of Virginia. Please see below for Phase 2 information:

**Phase 2**

- **Membership:**
  - **Membership Status:**
    - **Membership Freezes** – June 15th
      - Any member that placed their account on hold/freeze will be able to start 6/15.
      - Accounts that were placed on hold/freeze will not draft until July, unless the member notified the Y to extend their hold/freeze.
    - **Silver Sneakers** – June 15th
      - Silver Sneaker members will be able to start using the facility on 6/15.
    - **New Memberships**
      - We are pleased to announce that we will be able to take new memberships in our second phase of reopening starting on 6/15! Stop by our Front Desk to start the Membership sign-up process.
  - **Appointments:**
    - Appointments are no longer required to work out in the upstairs Wellness Center, and members can work out for as long as they want in their desired location.
    - **Appointments are still required** for the pool and Group Exercise Classes. Appointments can still be on our website at ymcadanville.org.
      - You may also call the Y at 792-0621 to schedule an appointment.
    - Appointments must be made no later than 4 hours prior to the desired time.
  - **New Check-In Process:**
    - The check-in process for members will be the same as it was in Phase 1 of our reopening.
  - **Nationwide and Guests:**
    - At the current time, we are still not able to accept check-ins from Nationwide (Reciprocity) members, and members are still not able to bring guests.
  - **Massage Therapy:**
    - Massage Therapy will be returning in Phase 2!
    - Both the client and Massage Therapist will be required to wear a mask during the appointment.
    - Appointments can be made by calling (434) 228-3893.

- **Facility Hours:**
  - Our facility will still be operating on the same hours as in Phase 1. As a reminder, they are:
    - **Monday – Friday:**
      - 6:00AM – 2:00PM » Facility Open
      - 2:00PM – 3:00PM » Facility Closed for Cleaning
      - 3:00PM – 8:00PM » Facility Open
    - **Saturday:**
      - 8:00AM – 12:00PM » Facility Open
      - 12:00PM – 1:00PM » Facility Closed for Cleaning
      - 1:00PM – 6:00PM » Facility Open
    - **Sunday:**
      - 12:00PM – 5:00PM » Facility Open
**General Facility Information:**

- **Masks:**
  - We strongly recommend that all members wear a mask when entering and exiting the building, however masks can be removed while members are working out.
  - All staff will be wearing masks in the facility.

- **Locker Rooms:**
  - Family Locker rooms are open for restroom usage, as well as shower usage. Showers must be cleaned between uses by YMCA staff.
  - Men and Women’s Locker Rooms will remain closed.

- **“Shareable Equipment”:**
  - No “shareable equipment” offered throughout the facility. (Yoga mats, Resistance bands, Pool Equipment, etc).
  - Members are able to bring this equipment from home.
  - The water fountains will still not be in service in Phase 2, however the water bottle filler will be in service. Members are still encouraged to bring their own water.

- **Colored Cones:**
  - Red and green cones will be dispersed throughout the facility to signify areas that need to be cleaned and areas that are clean, respectively.

**Wellness and Workouts:**

- **Wellness Areas:**
  - As stated above, all areas in the Wellness Center will no longer require an appointment. We will continue to operate with the same occupancy limits as in Phase 1. As a reminder, these limits are:
    - 4-person limit in the Training Center (loft) area
    - 4-person limit in the Weight Room.
    - Cardio equipment will be able to be used, but every other machine will be blocked off to ensure the required 10ft safe social distancing standards. (14-person limit)
    - 8-person limit on the Weight Machines
  - There are no set workout times, members are able to work out as long as they wish, in any area that they wish. Please remember to adhere to the capacity limits of each area in the Wellness Center
  - Members are also encouraged to help our staff by wiping down and cleaning equipment prior to using equipment and after they have finished using them.

- **Group Exercise:**
  - Group Exercise classes will continue using the posted schedule.
  - All Group Exercise Classes will still be held in the Gymnasium, with a maximum occupancy of 20 members per class. These classes will also still be by appointment only.

- **Personal Training, Programs, ActivTrax:**
  - Beginning with Phase 2 on 6/15, Personal Training will be available once again in the facility. The sessions will look a bit different, with the Trainer wearing a mask at all times and maintaining a distance of at least 10 feet.
  - There will still be no one-on-one Wellness Coach appointments during Phase 2 of our reopening process.

- **Walking Track**
  - Starting on 6/15, the Walking Track upstairs will be open to members.
  - The track will be open to a maximum of 6 walkers at a time, first come first serve.
  - Members are responsible for maintaining acceptable social distancing between each other while on the track.

- **Basketball Gym**
  - The gymnasium will be open for basketball for individual members or for family members in the same household (up to 2 people). Members must make an appointment to reserve a basket.
  - Members can reserve a basket using the scheduler software on our website at ymcdanville.org.
  - Reservations last 45 minutes. Reservations end after 45 minutes, no matter what time the member showed up.
  - Again, the baskets are only open for individuals (or up to 2 family members in the same household) to shoot basketball. There are no full court or half court games.
  - The Y’s basketballs will not be available as they fall under shareable equipment. As such, members must bring their own ball.

**Aquatics:**

- **Pool Usage:**
  - The pool will remain open in Phase 2 using the same appointment system as in Phase 1.
  - Lap lane swimming and lap lane walking will still be available by appointment scheduling only.
  - Maximum occupancy in the pool during lap times is 6, 1 person per lane at one time.
Lap swim times will be structured just as they were in Phase 1, with appointments needing to be made prior to entering the facility. The appointments begin at the top of the hour and are 45 minutes in duration.

Since the Family Locker Rooms will be open for shower usage during Phase 2, members may use those to shower before and after pool usage. **Please note that these 4 showers will be the only ones in use.** If a member does not wish to use these showers, they must shower at home before coming to swim and enter and leave the building wearing their bathing suits.

Swimmers will enter the pool through the door next to the lobby vending machines, and leave through same door or through the pool patio exit.

- **Water Aerobics, Swim Lessons, and more:**
  - We are happy to announce that Water Aerobics will be returning in Phase 2!
  - Water Aerobics classes will be held Monday-Friday mornings from 9:00AM-9:45AM. Maximum occupancy for the class is 18 members in the pool maintaining appropriate social distancing space.
  - **Members must make an appointment prior to class to reserve a spot in the class.** Spots can be reserved on our website at ymcadanville.org, or by calling 792-0621.
  - During this time, Swim Lessons will still not be available.
  - Our Summer Camp kids will be utilizing the pool from 10:15AM-11:15AM on Monday-Friday. As such, the pool will not be available for appointments or member usage during that time.

- **Childcare:**
  - **Summer Camp:**
    - Summer camp will continue to operate using the same rules and regulations as Phase 1 of our reopening. Please contact cord.cothren@ymcadanville.org for more specific information regarding Summer Camp.

  - **Child Watch:** Child Watch will remain unavailable during Phase 2.

Once again, we want to thank everyone for their support, understanding, and patience as we all got through Phase 1 of our reopening process together! Again, as we move into Phase 2 of our Y’s reopening, we ask that our members remain mindful of the policies and guidelines as they change. Together we can continue to reopen more and more of our Y to our members and ensure that the process is safe and enjoyable for all!

Sincerely,

Sarah Folmar  
Chief Executive Officer

Greg Anderson  
Chief Volunteer Officer