



FOND DU LAC FAMILY YMCA PHASED REOPENING GUIDELINES*

The YMCA is committed to the health and well-being of our members and staff. We will begin to offer amenities that can operate within the guidelines set out by the CDC and state/local regulations in regards to the COVID-19 pandemic. Please visit our website at fdlymca.org for the most up-to-date reopening information.

FACILITY HOURS:

- M-F: 5:00 AM-8:00 PM
- SAT: 6:00 AM-2:00 PM
- SUNDAY: CLOSED

MEMBER EXPECTATIONS:

- Members are strongly encouraged to wear masks to and from activities in the Y.
- Physical distance 6 feet as you move throughout the facility. Use space markers on the floor in studios when participating in group exercise classes.
- Sanitize/wash hands when you enter and exit the facility.
- Disinfect all equipment before and after use.

FACILITY ACCESS POLICY EFFECTIVE JULY 1ST:

- Open to members age 13 and up (unsupervised) and must be registered and/or participating in an age-appropriate activity.
- Youth under age 13 may use the facility if accompanied by an adult (age 16 and older) & must be registered and/or participating in an age-appropriate activity.
- Child Watch is available by reservation for members age 6 weeks to 10 years.
- We are unable to offer day passes/buddy program at this time.

*PHASE 2

- Water Exercise classes require a reservation.
- Lap Swim, Water Walking & Family Open Swim requires a reservation.
- Basketball requires a reservation. Members are asked to bring their own basketball. Only 3 people allowed at each hoop at one time.
- Racquetball requires a reservation. Members are asked to bring their own equipment. Only 4 people allowed in one court at a time.

CHILD WATCH RESERVATIONS SHOULD BE MADE ONLINE OR AT WELCOME CENTER DESK. ALL OTHER RESERVATIONS: PLEASE CALL THE Y OR STOP BY THE WELCOME CENTER DESK UP TO 3 DAYS IN ADVANCE.

WHAT IS AVAILABLE IN THE PHASED REOPENING PLAN?

	PHASE 1 - June	PHASE 1.5 - June	PHASE 2 - July
Wellness Center	●	●	●
Family Gym (Senior Fitness/Pickleball)	●	●	●
Community Gym			●
Locker Rooms/Showers	●	●	●
Personal Training	●	●	●
Group Exercise Classes		●	●
Virtual Group Exercise Classes		●	●
Water Exercise Classes*		●	●
Lap Swim & Water Walking*	●	●	●
Family Open Swim*			●
Swim Lessons			
Whirlpool			
Steam Room			
Basketball*			●
Racquetball	●	●	●
Pickleball	●	●	●
Gymnastics Team/Pre-Team		●	●
Gymnastic Progressive Classes			
Youth Sports and Activities			●
Community Training			
Child Care	●	●	●
Child Watch*			●
Wellness Programs (HLP, LIVESTRONG at the YMCA, Parkinson's, etc)			
Active Older Adults (AOA) Classes			

* Reservations can be made up to 3 days in advance.

*Phased reopening plan subject to change without notice.