



# HARRISON FAMILY YMCA STAGE 1 RE-OPENING GUIDE

With the Governor’s updated Executive Order on May 20<sup>th</sup>, our Y will be opening our doors to members for the pool and outdoor exercise on Monday, June 1<sup>st</sup>.

Our top priority is to put the health and safety of our members and staff at the forefront. We will all have to adjust to a **new normal** for a while. Our Y must open slowly and in stages to adhere to all guidelines from the CDC, NC Department of Health and Human Services, and local health departments.

**Please read below in detail for our Stage 1 Re-opening and thank you for your decision to #StayWithUs! Welcome Back - We can’t wait to see you soon!**

## WHAT IS OPEN AND WHEN

• Customer Service Hours in the Facility	Mondays - Fridays	8:00 a.m. - 5:00 p.m.
• Lap & Open Swim Reservations	Mondays - Fridays	7:00 a.m. - 1:00 p.m.
*Rec Pool Closed from 9-11a for Y Programming		
• BODYPUMP/Body Sculpt with Haywood	Mondays	8:00 a.m. - 8:45 a.m.
• Yoga with Kathleen	Tuesdays	8:00 a.m. - 8:45 a.m.
	Thursdays	8:00 a.m. - 8:45 a.m.
• Power Sculpt with Haywood	Wednesdays	8:00 a.m. - 8:45 a.m.
• Zumba with Diane	Fridays	8:00 a.m. - 8:45 a.m.
• BODYPUMP with Willie	Mondays	6:00 p.m. - 6:45 p.m.
• Zumba/MixedFit with Diane	Tuesdays	6:00 p.m. - 6:45 p.m.
• BODYPUMP with Marvis	Wednesdays	6:00 p.m. - 6:45 p.m.
• Cardio HIIT with Willie	Thursdays	6:00 p.m. - 6:45 p.m.
• Walking Club (register on our website)	Mon/Wed/Fri	9:30 a.m. - 10:15 a.m.

We will be closed on Saturdays and Sundays during this stage of our re-opening process. These days will be used for deep cleaning.

## FACILITY TIME SLOT RESERVATIONS

**You must be an active member to make a reservation for pool time and group exercise classes.**

All Members must reserve their time for open swim and lap swim in the pool, as well as group exercise classes. Please CAREFULLY review these guidelines to understand the reservation process.

- Please be sure to arrive 20 minutes early to your reservation to allow time for checking in.
- Pool reservations will be 40 minutes long.
- Group Exercise Reservations will be 45 minutes long.

All reservations can be made 48 hrs prior to the reservation time and the reservation closes 1 hr prior.

**VISIT [HARRISONFAMILY.YMCA.ORG/RESERVATIONS](https://www.harrisonfamilyymca.org/reservations) TO RESERVE YOUR TIME SLOT. YOU MAY ALSO GIVE US A CALL AT 252-972-9622 TO MAKE YOUR RESERVATION OR CONFIRM YOUR MEMBERSHIP IS ACTIVE.**

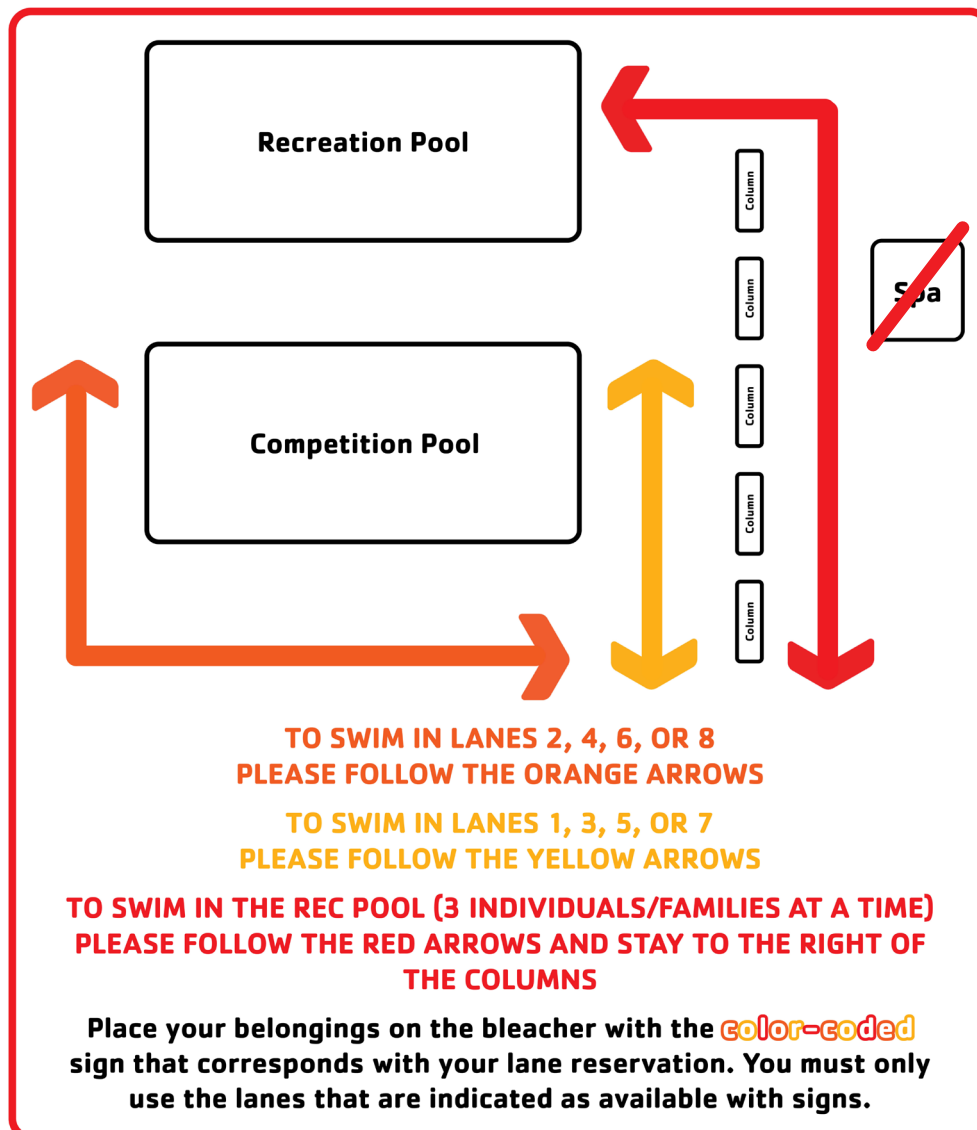
Please note that the reservation portal will open on Saturday, May 30<sup>th</sup>.

## OUTDOOR GROUP EXERCISE DETAILS

- Exercise equipment will be provided for you, with the exception of a mat. You are encouraged to bring one to all classes, as there could be sand spurs in the grass.
- All equipment is sanitized between each use and wipes will also be available.

## POOL DETAILS

- Members will enter the pool deck through the side door in the lobby. They will exit through the Family Locker Room. All other locker rooms will be closed.
- Not all swim lanes will be open to adhere to social distancing guidelines. There will be a sign upon entry onto the pool deck explaining the direction in which you should enter your swim lane.
- For the time being, all Open Swim Reservations will occur in the Recreational Pool and all Lap Swim Reservations will occur in the Competition Pool.
- Lap Swim vs. Open Swim:
  - Lap Swim (Competition Pool) - Organized circle swim with the intent of physical exercise or for competition.
  - Open Swim (Recreational Pool) - Recreational swimming that may be used for water walking, water fitness exercises, and family play.
- The Recreational Pool will be limited to 3 families or individuals at a time.
- Members should be prepared to bring their own equipment (kickboards, pull buoys, fins, water fitness belts, water fitness weights, etc.) as no equipment will be available during this time. We will have Puddle Jumpers and Coast Guard Approved Lifejackets for Open Swim Families (It is preferred to bring your own life jacket, if able to). These items will be used and then placed in a "Yuck Bucket" on deck to be sanitized in between uses.



## MEMBER EXPECTATIONS FOR STAGE 1 RE-OPENING

- Members must first check in by entering through the back entrance of the building near child care.
- Members will be asked for up to date contact information, complete a waiver, temperature check and screening questionnaire describing their current health and possible contact with COVID+ persons. Those answering yes will be deemed to be at-risk will not be allowed to access the facility.
- Members who are considered to be part of a vulnerable population will be discouraged from entering the facility. Please stay home if you do not feel well or have experienced any of the following symptoms: muscle pain, shortness of breath, sore throat, loss of taste or smell, cough, fever, chills, and/or headache.
- Members are encouraged to wear cloth masks while inside facility, although it is not required.
- Members should bring their own water bottles for drinking. All water fountains/bottle re-fill stations will be closed. We will also have bottled water available for purchase.
- All lockers and locker rooms will be closed. Members will be able to use the restrooms in the Family Locker Room and in the lobby areas.
- All must wash or sanitize their hands upon entry. There will be sanitizing stations in the facility at check-in/check-out and near the pool.
- Members will be required to adhere to all posted signage regarding distancing.
- Members must exit through the front entrance of the building.
- Please remember to make other arrangements for your children under 11, as we cannot provide Child Watch. Register for Summer Day Camp! Open 7a-6p: [harrisonfamilyy.org/our-programs/summer-camp](http://harrisonfamilyy.org/our-programs/summer-camp)
- Members will be required to sign up for a specific time slot for outdoor group exercise and/or swimming to ensure entry at designated times.

## OPPORTUNITIES TO STAY HOME AND STAY ACTIVE

We will continue to offer many of our virtual options during this time for those who need to or choose to stay at home during these uncertain times.

Visit our **Virtual Activity Room** for the kids at [harrisonfamilyy.org/coronavirus-information-0/virtual-activity-room](http://harrisonfamilyy.org/coronavirus-information-0/virtual-activity-room).

Visit our **Virtual Wellness Studio** at [harrisonfamilyy.org/coronavirus-information-0/virtual-wellness-studio](http://harrisonfamilyy.org/coronavirus-information-0/virtual-wellness-studio).

## SUMMER DAY CAMP

Summer Day Camp is available for the community at a weekly rate or a 3-day drop-in rate. Camp has it's own set of increased guidelines and procedures during this time.

Camp Hours: May 26<sup>th</sup> - August 21<sup>st</sup>                      Mondays - Fridays                      7:00 a.m. - 6:00 p.m.

Register Online and find more info at [harrisonfamilyy.org/our-programs/summer-camp](http://harrisonfamilyy.org/our-programs/summer-camp)

## MEMBERSHIP QUESTIONS?

We are excited to be able to open these portions of our facility to begin serving members again in spirit, mind, and body. As a reminder, all of these available options are **for active members only. You MUST be active to reserve a time slot.** If you inactivated your membership at any point, please e-mail [customerservice@rmymca.org](mailto:customerservice@rmymca.org) to make your membership active again. If you are interested in looking at our financial assistance option, please reach out to that same e-mail. Thank you for supporting your YMCA. We have always adapted to the needs of our community and need your continued help to stay strong and able to serve in new ways. **#StayWithUs #BetterTogether**

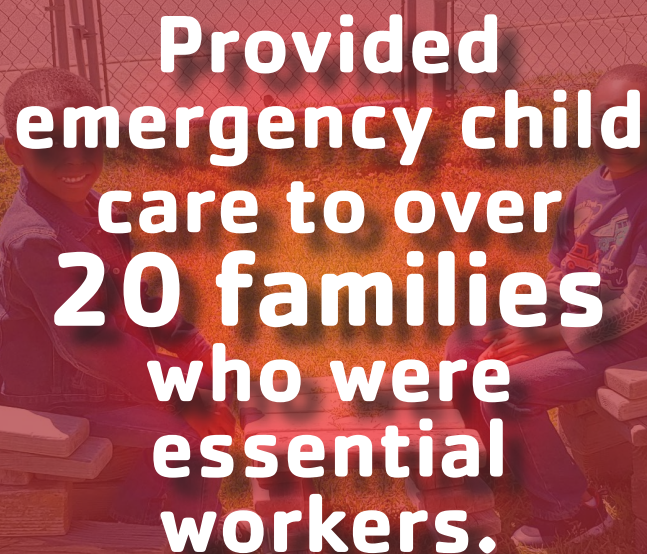
## THANK YOU FOR YOUR DECISION TO **#STAYWITHUS**

Even though the Y facility was closed, we've had close to **70% of our members continue to be our cause-driven partners and choose to #StayWithUs**, because you understand the Y is more than a gym. Thank you for making a difference by being part of the Y family.

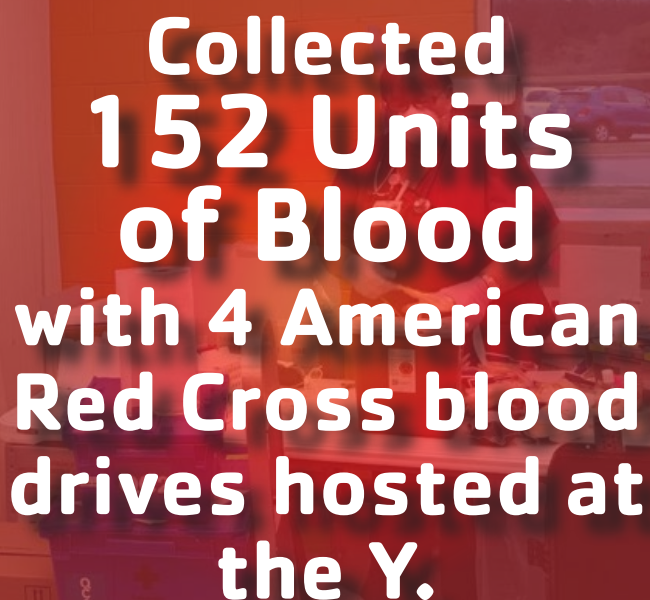
Through your continued support, and the commitment of our staff, your Harrison Family YMCA has been **WIDE OPEN**, busy helping to fill gaps to meet needs in our community.



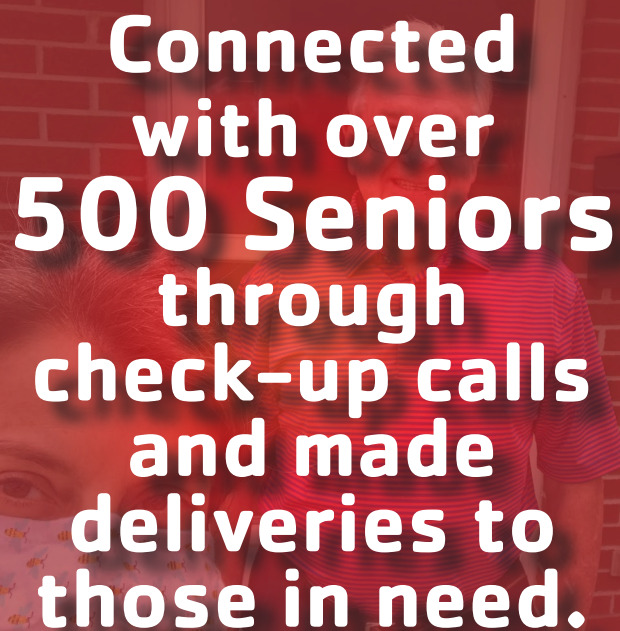
Served close to  
**4,000 Meals**  
to children,  
seniors, and  
families in need.



Provided  
emergency child  
care to over  
**20 families**  
who were  
essential  
workers.



Collected  
**152 Units**  
of Blood  
with 4 American  
Red Cross blood  
drives hosted at  
the Y.



Connected  
with over  
**500 Seniors**  
through  
check-up calls  
and made  
deliveries to  
those in need.