



HARRISON FAMILY YMCA STAGE 1 RE-OPENING GUIDE

With the Governor’s updated Executive Order on May 20th, our Y opened our doors to members for the pool and outdoor exercise on Monday, June 1st.

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

Available Membership Services

• Customer Service Hours in the Facility	Mondays - Fridays	8:00 a.m. - 5:00 p.m.
• Lap & Open Swim Reservations	Mondays - Fridays	Various Times
• Water Fitness Class	Mondays & Wednesdays	3:15 p.m. - 4:00 p.m.
• Water Fitness Class	Tuesdays	11:00 a.m. - 11:45 a.m.
• Water Fitness Class	Thursdays	11:00 a.m. - 11:45 a.m.
• Aqua Zumba	Mondays & Thursdays	7:00 a.m. - 7:45 p.m.
• Outdoor Group Exercise	Mondays & Tuesdays	7:00 a.m. - 7:45 a.m.
• Outdoor Group Exercise	Mondays - Fridays	8:00 a.m. - 8:45 a.m.
• Outdoor Group Exercise	Mondays - 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.

Available Modified Programs (registration required)

• Outdoor Personal Training	Schedule with Trainer	
• Swim Lessons	Mondays - Thursdays	Various Times
• Summer Day Camp	Mondays - Fridays	7:00 a.m. - 6:00 p.m.
• Tots Tee Ball	Tuesdays OR Thursdays	5:30 p.m. - 6:30 p.m.

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.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.

FACE COVERINGS REQUIRED

As part of the Governor’s updated Executive Order on June 24th, all members age 11 and up will be required to wear masks when not exercising, inside and outside.

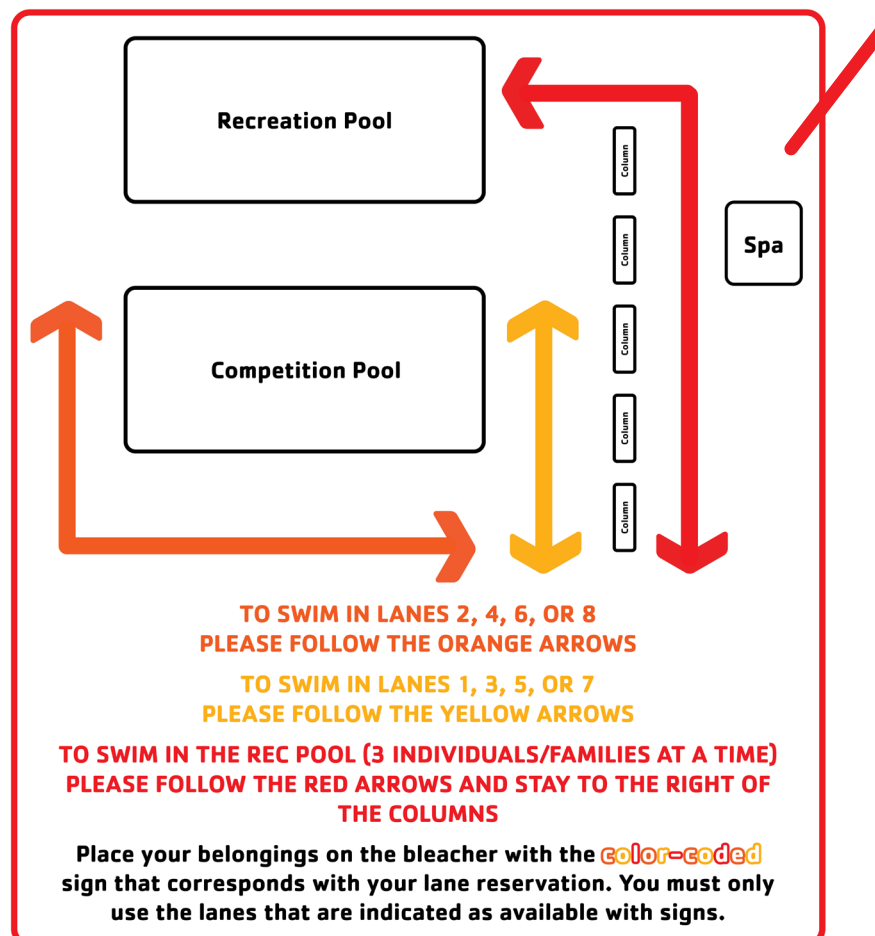
We appreciate your support in helping us stop the spread of COVID-19 so we can fully open our doors.

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

- 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 required to wear a face covering while at our facility, inside and outside. You may remove the mask or face covering while exercising.
- 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.
- Locker Rooms are open after pool use only. Members will be able to use the restrooms 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
- 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.

Visit our **Virtual Wellness Studio** at 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 26th - August 21st Mondays - Fridays 7:00 a.m. - 6:00 p.m.

Register Online and find more info at 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 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**

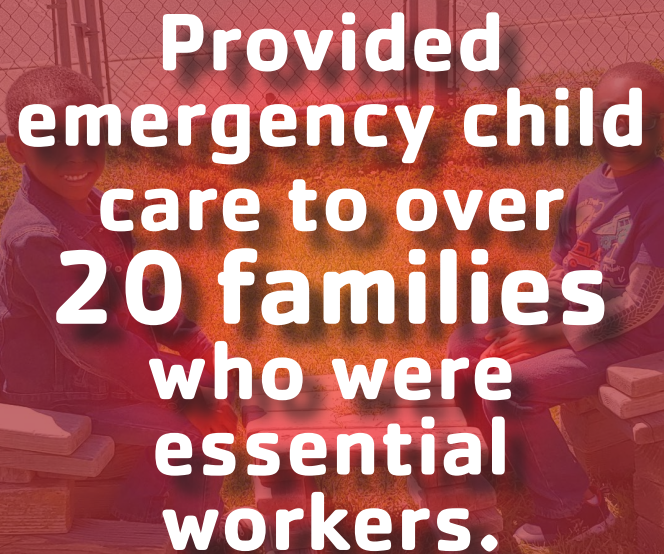
THANK YOU FOR YOUR DECISION TO **#STAYWITHUS**

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.

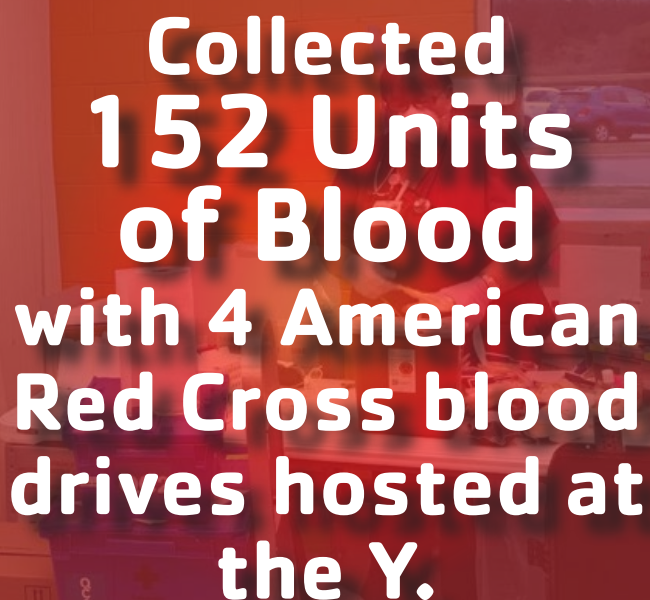
Through your continued support, and the commitment of our staff, your Harrison Family YMCA has been **WIDE OPEN**, busy helping to fill gaps to meet needs in our community.



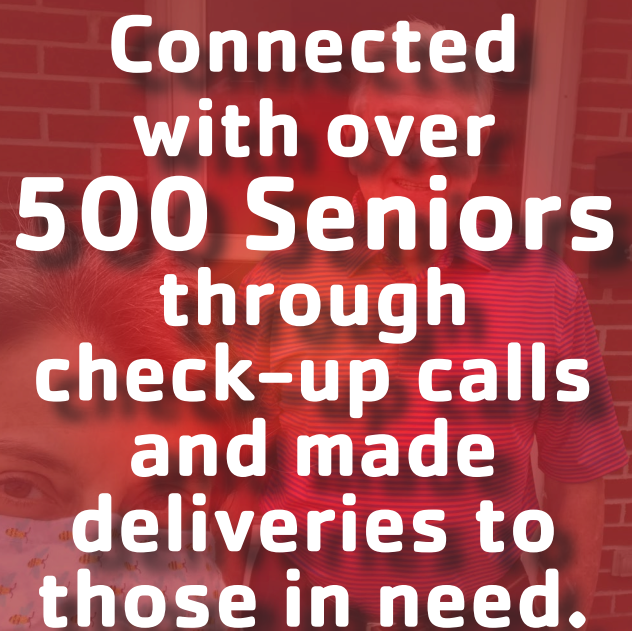
Served close to
4,000 Meals
to children,
seniors, and
families in need.



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.