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For Immediate Release

Contact:

Bob McWilliams
ALTRU FAMILY YMCA
(701) 775-2586
bmcwilliams@gfymca.org

ALTRU FAMILY YMCA TO REOPEN FACILITIES AFTER 61 DAY CLOSURE DUE TO COVID-19 SAFETY CONCERNS

Phased reopening to begin with access to the fitness center, weight rooms, track, gyms, racquetball courts, group exercise and yoga studios - followed by locker/steam rooms, pool, lobby, and towel service in coming weeks.

GRAND FORKS, ND – MAY 13, 2020 — After closing its facilities on March 18 due to ND Governor Burgum’s executive order along with recommendations from the ND Department of Health and the CDC surrounding the spread of COVID-19, the Altru Family YMCA will reopen on Monday, May 18. The reopening will be conducted under the guidance of state and local health authorities and will take place in phases. The YMCA Educational Center (child care services) has remained open and will continue to provide services.

“The Altru Family YMCA has served the Grand Forks community for more than 130 years, during which we have made it through many challenging times together, none perhaps as impactful for our community and our Y as this COVID crisis,” said Bob McWilliams, President/CEO, Altru Family YMCA, “We are thrilled to begin reopening our facilities, welcoming back our members and the community, and getting back to what we do best – helping everyone reach their full potential.”

In preparation for reopening facilities, Altru Family YMCA has been following guidelines from health experts and local officials to ensure all components of facilities, including fitness equipment and areas, locker rooms, child care, visitor areas and office spaces, are cleaned and sanitized to meet the highest standards for hygiene and safety. The Y has also modified policies and programs to facilitate safe social/physical distancing practices.

“When we closed our facilities in March, we did so to protect the health and well-being of our staff, volunteers, members and participants. As we now reopen our facilities, we do so with that same commitment to keeping everyone who enters our doors safe,” said McWilliams.

According to McWilliams, the first phase of reopening will include: fitness center (including cardio and strength machines); weight rooms; group fitness and yoga studios; racquetball courts; and gymnasiums. Fitness classes will continue to be offered online, while a few in-house

classes will become available upon opening. The heated yoga studio will be open for private practice and small group classes while floors in both studios are marked, indicating a 12' X 12' foot area for each class participant. Class participants will be encouraged to wear masks to and from classes, follow social distancing guidelines, and exercise in the areas marked. All members are welcome to wear a mask while working out if so desired.

Upon entering the facility, members will be directed to stay at least 6 feet apart from each other and undergo a short health check at the Member Services desk. To help avoid delays, members will be required to scan in with their key tag. Along with social distancing, members will be asked to wipe down equipment before and after use, wear masks when possible, bring their own workout towels and plan to dress and shower at home.

Staff will sanitize equipment after each use or class. Gym or racquetball group activities will be limited to members who are already in close interaction such as family members. Activities such as basketball and volleyball games will not be allowed for the time being.

Members and child care participants will enter and exit the building at separate locations.

At this time, youth day camps (Adventure Camp and Wilderness Club) are scheduled to start in June with a reduced number of participants.

Additional phases of reopening will include; youth sports; youth and adult programs; aquatics; additional group fitness offerings; locker rooms and towel service; and more. More information about these phases will be made available on the Y's website: www.gfymca.org.

"We are so excited to reopen our facilities to our community. More importantly, however, our Y has always been more than a building. Our Y is about people – people from all backgrounds and walks of life who come together to improve their lives, nurture their families and strengthen their community," said McWilliams. "We are so incredibly grateful to the people who have stood by us throughout these challenging times. You were here for your community when it needed it most, and we remain here for you."

For more information about reopening, membership renewal and reactivation and program registration, visit www.gfymca.org.

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About the Y

Driven by its founding mission, the Y has served as a leading nonprofit committed to strengthening community for more than 175 years, (with the Grand Forks YMCA founded in 1886). The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationship and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at ymca.net.