

We are excited to welcome you back to the Y after a long, challenging time away. As we develop our reopening plans, we continue to follow the guidelines directed by the CDC, ND Health Department, ND Smart Restart. The guidelines presented may change at any time – we recommend that you check our Facebook and web pages regularly.

OPENING DAY Monday, May 18

HOURS

Monday – Friday	6:00 am – 8:00 pm
Saturday	7:00 am – 3:00 pm
Sunday	Closed

FACILITY USE DURING PHASE 1

- The Y is open to MEMBERS ONLY. We are currently not accepting guests or Nationwide Members (Y-USA has temporarily suspended Nationwide Memberships).
- Age limitations: Youth under the age of 15 must be accompanied and supervised by a parent.
- Members and staff will undergo a short health screening at the Member Services desk. Floor markers will designate appropriate places to stand (at least 6 feet apart) while waiting to scan in.
- Key tags will be required for touchless scan in. If you do not have a key tag we can provide one for you.

AREAS AVAILABLE FOR USE DURING PHASE 1

- Fitness Center Areas & Weight Rooms
- Gymnasiums, Racquetball Courts, Track
- Group Fitness Studio & Yoga Studio
- Restrooms
- Y Educational Center
- Member Services & Administration

AREAS TEMPORARILY UNAVAILABLE

Although these areas are closed at this time, we are expecting to open them in Phase 2 or 3: Pool; locker rooms/steam rooms; lobby; community rooms; cycling studio; Kids Cove.

GROUP FITNESS CLASSES & PERSONAL FITNESS TRAINING

While online class options will continue to be available, we are in the process of developing a schedule of in-house classes. Please check our web site and Facebook page for updates. Personal fitness training is available.

SAFETY PRECAUTIONS

- Each fitness area and the entire building will have a limited capacity based on square footage.
- Extra sanitary stations are posted in areas throughout the building.
- Face masks are recommended for members and staff.
- Cardio equipment will be spaced or blocked off to promote at least 6 feet between machines.
- Members are asked to wipe down equipment with sanitizer before and after use.
- Members & staff are asked to maintain at least a 6 foot distance from others.
- Towel service and drinking fountains are temporarily suspended, and locker rooms are not yet available. Please bring your own workout towel/water and plan to change and shower at home.
- Group activities that promote close contact such as basketball and volleyball games will not be allowed in Phase 1.

MEMBERSHIP

- Bank drafts are scheduled to resume June 1.
- New memberships are being accepted.
- Scholarship assistance is available.

For updated information visit:

www.gfymca.org

<https://www.facebook.com/GFYMCA/>