



## Y MEMBER GUIDE • Phase 3.5 Reopening

July 6, 2020



### THANKS FOR STAYING WITH US!

Thank you for staying with us during this challenging time. We are happy to announce that additional services will be available starting July 6!

### SERVICES IN PHASE 3.5 - STARTING MONDAY, JULY 6

- The Y will open Sundays, 11:00 am - 4:00 pm starting July 12.
- Youth sports programs will start.
- Noon pick-up basketball will be played with a max limit of 15 players.
- Noon pick-up volleyball will be played with a max limit of 12 players.
- Some Senior and Parkinson Wellness Programming (see schedules) will begin.
- Youth Sports Acceleration and Sports Academies (see schedules) will begin.
- Open/family swim will be offered (1:15 - 2:30 pm every day).
- Outdoor water exercise classes start at Elks Pool (M-F, 11:00-11:50 am).
- Racquetball singles and doubles games may be played.
- Steam rooms open - limit 2 people per / max 15 minutes (sanitized hourly).

### SERVICES & PROGRAMS THAT ARE AVAILABLE NOW

- Fitness center & weight rooms.
- Group fitness studios & adult fitness classes.
- Gymnasiums, racquetball courts, track.
- Restrooms, family locker rooms, adult and boys & girls locker rooms.
- Swimming pool: lap swim, swim lessons, and water exercise classes.
- Outdoor group cycling classes.
- Auto fill only water fountains.

### FUTURE SERVICES & PROGRAMS AVAILABLE IN PHASE 4

- Open lobby & coffee area.
- Towel service.
- Nationwide memberships and guest passes.
- Kids Cove.
- Key service.
- Boxing.
- Indoor group cycling.
- Additional group fitness classes.

Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
[www.gfymca.org](http://www.gfymca.org)  
(701) 775-2586



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## GENERAL OPERATIONS

While you are at the Y, we ask that you continue to follow the safety and sanitary guidelines that we've put into place.

- The Y remains open to members only.
- Nationwide Memberships and guest passes are temporarily unavailable.
- Members and child care will continue to use separate entrances and exits.
- Have your key card ready to scan to avoid delays at the desk.
- Members will undergo a short health screening upon checking in.
- Maintain a 6 foot distance from others being assisted at the desk.
- Sanitize your hands upon entering and as-needed during your time at the Y.
- A face mask is recommended but not required.
- Please keep a distance of 6 feet or more from others who are not in your group.
- Sanitize equipment before and after use.
- Youth under the age of 15 must be accompanied by a parent or legal guardian.
- Due to recommendations by public health officials, towel service is not available. We encourage you to bring your own sweat or bath towel.

**DO YOU FEEL SICK?** Please do not enter the Y if you have: been sick during the last 24 hours; have had any symptoms such as fever, coughing or shortness of breath; had any known contact with someone who has tested positive for COVID-19; received a lab-positive test result for COVID-19.

**Please notify us if you have traveled out of the country or to another state in the past 14 days.**

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## MEMBERSHIP

Memberships were put on hold on March 18, 2020 when the Y suspended operations due to the COVID-19 pandemic. Members on auto-withdrawal were issued a credit to their membership balance for the remainder of March which applied to the second half of May. Pre-paid memberships were extended to reflect the amount of time the Y was closed. Bank drafts were reactivated on June 1, 2020.

- The Altru Family YMCA is accepting new memberships.
- New members must reside in the Grand Forks area for 14 or more days.
- Membership financial scholarship assistance is available.
- Nationwide members who have moved to the Grand Forks area from another city or state are encouraged to discontinue their original Y membership and enroll at the Altru Family YMCA.
- Guest passes are not yet available for visitors.
- SilverSneakers and Silver & Fit programs are available.

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## DEPARTMENTAL UPDATES

### AQUATICS

The Altru Family YMCA swimming pool is open.

- Lap swim.
- Group and parent & me swim lessons.
- Water exercise classes.
- Open/family swim starts July 6 (1:15 - 2:30 pm every day).
- Outdoor water exercise classes start (M-F, 11:00-11:50 am).

### GROUP FITNESS

For details see the group fitness schedule (find it online or at the Y).

- Yoga, BOOM, NuBody, Pilates, Bootcamp, YogaFlex, Total Body Fusion, Group Strength Training, Outdoor Group Cycling, Water Exercise classes - available now.
- Some Senior and Parkinson Wellness Programming (see schedules) will begin after July 6.
- Yoga on the Greenway is back (see group fitness schedule for details).

### YOUTH SPORTS

Several youth programs will start soon, including but not limited to:

- Itty Bitty T-Ball starts July 8 at Riverside Park.
- Itty Bitty Basketball and Mighty Mite Basketball will be starting TBA.
- Youth Sports Acceleration and Sports Academies (see schedules) will begin soon, including YMCA Football, Volleyball and Basketball Academies; Speed Training for Young Athletes; and Movement Progression and Conditioning.

### SAFETY CLASSES

CPR, FIRST AID, AED, LIFEGUARD and WSI classes are open for enrollment.

### ADULT FITNESS

- The Fitness Center cardio and weight areas are open.
- Adult noon pickup volleyball and basketball will be available after July 6.
- Free fitness orientations can be scheduled.

### GYMS, TRACK & RACQUETBALL COURTS

- The main gym is open during building hours.
- The mini gym is open 6:00-8:00 pm during the week and all day Saturday.
- Racquetball courts are open for singles and doubles games - reservations encouraged.
- The walking/running track is open during building hours.

### LOCKER ROOMS

- Adult, youth and family locker rooms are open.
- Steam rooms will open July 6 (2 people/15 min) - steam rooms will be sanitized every hour.
- Towel service is not available. Please bring your own towel.
- Please sanitize your area after use.

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## SCHEDULES

### BUILDING HOURS

Mon/Wed/Fri	5:30 am – 8:00 pm
Saturday	7:00 am – 3:00 pm
Sunday	11:00 am – 4:00 pm (after July 6)

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### LAP SWIM

Monday through Friday	6:00 – 8:30 am / 11:30 am – 1:30 pm
Mon/Wed/Fri	6:00 – 7:00 pm
Saturday	7:00 – 9:00 am / 11:00 am – 1:00 pm
Sunday	11:00 am – 1:00 pm (after July 6)

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### OPEN/FAMILY SWIM

Every Day	1:15 – 2:30 pm
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### WATER EXERCISE

Mon/Wed/Fri	WATER FIT	8:30-9:30 am
Tues/Thurs	BOOT CAMP H <sub>2</sub> O	8:30-9:30 am
Tues/Thurs	SHALLOW WATER POWER	6:00-6:45 pm
Saturday:	SHALLOW WATER POWER	9:00-10:00 am

Outdoor Classes at Elks Pool: Monday – Friday 11:00-11:50 am (after July 6)

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### GROUP FITNESS

Please see Group Fitness Schedule – online or at the Y.