



Y MEMBER GUIDE • Phase 3.5 Reopening

October 21, 2020



THANKS FOR STAYING WITH US!

Thank you for staying with us during this challenging time. Due to health and safety concerns, we will remain in Phase 3.5 of our reopening for the time-being.

AVAILABLE SERVICES & PROGRAMS

- Youth sports programs.
- Homeschool PE
- Noon pick-up basketball - max limit of 15 players.
- Noon pick-up volleyball - max limit of 12 players.
- Limited group fitness, water exercise and SilverSneakers classes (see schedules).
- Youth Sports Acceleration and Sports Academies.
- Racquetball courts.
- Steam rooms open - limit 2 people per / max15 minutes (sanitized hourly).
- Nationwide Memberships allowed.
- Fitness center & weight rooms.
- Free fitness orientations.
- 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.
- Auto fill only water fountains.
- Child care services.
- Birthday parties.

UNAVAILABLE SERVICES

- Open lobby & coffee area.
- Towel service.
- Guest passes.
- Kids Cove.
- Playhouse Drop-in Child Care

Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
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. We are currently cleaning and sanitizing regularly throughout the building. Please help us keep our facility healthy and open.

- The Y remains open to members only.
- 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.
- Please wear a face covering while in traveling to and from your destination.
- Face coverings are not mandatory while exercising.
- Please keep a distance of 6 feet or more from others who are not in your group.
- Sanitize equipment before and after use.
- If you are feeling unwell, please do not enter the Y.
- Due to recommendations by public health officials, towel service is not available. We encourage you to bring your own sweat or bath towel.
- Please limit your time at the Y to 1-2 hours.
- Unfortunately our social areas are currently not available. Please do not linger in hallways or program areas.

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.

MEMBERSHIP

- 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 required to discontinue their original Y membership and enroll at the Altru Family YMCA.
- Nationwide Memberships are allowed.
- Guest passes are not yet available for visitors.
- SilverSneakers and Silver & Fit memberships are available.

PHASE 3.5



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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.

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, Group Cycling, Water Exercise classes, SilverSneakers, water exercise.

YOUTH SPORTS

- Itty Bitty Sports
- Mighty Mite Sports
- Sports Academies
- YBL (Youth Basketball League)
- Karate
- Others

SAFETY CLASSES

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

ADULT FITNESS

- Fitness Center cardio and weight areas.
- Adult noon pickup volleyball and basketball.
- Free fitness orientations can be scheduled.
- Volleyball league.

GYMS, TRACK & RACQUETBALL COURTS

- Main and mini gyms are open for general use as well as some programs.
- 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 are open - 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 - 9:00 pm
Saturday	7:00 am - 6:00 pm
Sunday	11:00 am - 4:00 pm

LAP SWIM

Monday through Friday	5:45 - 8:25 am / 11:30 am - 1:30 pm
Mon/Wed/Fri	6:00 - 7:00 pm
Saturday	7:00 - 8:55 am / 12:00 - 1:25 pm
Sunday	12:00 - 1:25 pm

OPEN/FAMILY SWIM

Mon/Wed/Fri	7:00 - 8:30 pm
Saturday & Sunday	2:00 - 3:30 pm

GROUP FITNESS & WATER EXERCISE CLASSES

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