



## Y MEMBER GUIDE • Phase 3.5 Reopening

December 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
- Limited group fitness, water exercise and SilverSneakers classes (see schedules).
- 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.
- No competitive games in the gymnasiums.
- Noon pick-up basketball.
- Noon pick-up volleyball.
- Playhouse Drop-in Child Care

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. 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 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.



## FACE COVERINGS ARE REQUIRED

Please wear a face covering while you are in the facility. Exceptions include: while in the shower, steam room or pool or when physically stationed on a cardio machine, a weight station, or a designated spot in a group exercise class. Members are asked to wear their masks when moving about the facility, including while traveling from one station to another or passing by others to retrieve or put away equipment. People using the gymnasiums must wear a mask at all times. Activity in the gyms is restricted to shooting baskets. No competitive games are allowed at this time.

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## 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 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.
- Free fitness orientations can be scheduled.
- Volleyball league is ongoing.

### 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 open - limit 2 people per / max15 minutes (sanitized hourly).
- 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

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### 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

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### OPEN/FAMILY SWIM

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

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### GROUP FITNESS & WATER EXERCISE CLASSES

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