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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF CALHOUN COUNTY Welcome Back Guidelines

YMCA of Calhoun County will enter Phase II of reopening on June 8, 2020. We will continue adhering to guidelines from the CDC, state, and local officials as the health and safety of our members and staff remain top priority.

### Phase II:

- **Oxford YMCA Program Center** will reopen with new facility hours:
  - Monday-Thursday, 7:00am-1:00pm and 3:30-6:30pm
  - Friday, 7:00am-1:00pm
  - Saturday/Sunday, Closed
- **Downtown Anniston YMCA** will remain open with limited access to fitness room, weight room, walking track, and pool. Facility hours will be limited to the following:
  - **Fitness Room, Weight Room, and Walking Track**
    - Monday-Friday, 5:30am-7:00pm
    - Saturday, 8:00am-2:00pm
    - Sunday, Closed
  - **Pool (for Lap Swim and Family Swim only with limitations)**
    - Monday-Friday, 6:00am-Noon and 4:00pm-6:30pm
    - Saturday, 8:00am-1:30pm
    - Sunday, Closed
- Facility access will be limited to YMCA of Calhoun County members only. Nationwide Membership and guest passes will not be accepted in Phase II.
- All staff and members will have their temperature checked upon entering facility. Members will be asked to complete a wellness questionnaire and sign waiver.
- Staff are wearing face masks and increasing sanitization practices. Members are encouraged to wear face masks, but are not required.
- Signage is increased throughout facilities regarding social distancing, hand-washing, and disinfection.
- Members must maintain minimum of six feet distance from others. (Capacity will be limited to 8 people per 1000 square feet.)
- Members must wash hands with soap and water for at least 20 seconds before and after working out.
- Members must disinfect equipment and machines before and after use.
- Only every other cardio machine will be in operation.
- Member visits to the Y will be limited to one hour. Please limit pool time to 45 minutes.
- Group fitness classes will continue in virtual format through private Facebook group for Y members with a limited number of classes slowly phasing into Y facilities and outdoor areas. Please visit [ymcocalhoun.org/schedules](http://ymcocalhoun.org/schedules) for details.
- Men's and Women's locker rooms remain closed. Boys' and Girls' locker rooms will be open for changing only. Members are required to shower at home before visiting pool. Restrooms remain open.
- Child Watch remains closed.
- Water fountain is not accessible. Members are encouraged to bring their own water bottle.

YMCA of Calhoun County will review these guidelines regularly and communicate any additions or modifications on [facebook.com/ymcaofcalhounco](https://www.facebook.com/ymcaofcalhounco) and [ymcocalhoun.org](http://ymcocalhoun.org).