

PHASE THREE HOURS

- Begins **TUESDAY, SEPTEMBER 8**
- HOURS: 5 a.m.-10 p.m. Monday-Thursday; 5 a.m.-7 p.m. Fridays; 7 a.m.-7 p.m. Saturdays; 1-5 p.m., Sundays

MASKS

- **Masks must be worn in all common areas, including building entry. Masks may be removed while exercising if social distancing is maintained.**
- **Masks are also required for all youth sports programs, including players, fans, coaches and refs.**

PHASE TWO GUIDELINES

- The Y will be open to any Nebraska YMCA member. **Non-members, guest passes, day passes and nationwide memberships are now accepted.**
- New members are welcome!
- NORMAL AGE GUIDELINES:
Children 6 and younger: Directly supervised by an adult
Ages 7-9: Must have caregiver in building but don't have to be directly supervised
Ages 10 and older: May be in the building without adult
Ages 15 and older: May use wellness center
Ages 10-14: May use wellness center after completing youth weight training
- Interior doors will be propped open where possible so members can avoid touching door handles.
- Maintain 6-foot social distance at all times.
- Members are encouraged to check in using the YMCA app or verbally with staff to avoid touching scanner.
- Stay home if you or any family members are sick.

WELLNESS CENTER

- Members are required to disinfect (wipe down) all workout equipment before and after each use.
- Every other piece of cardio equipment will be shut down to insure proper social distancing.

GROUP EXERCISE

- Limited use of exercise room for personal workouts while maintaining social distancing.
- Indoor classes will continue.

CROSSFIT

- Classes are at 5 a.m., 6 a.m., Noon and 6 p.m. Maintain social distancing.
- Equipment will be sanitized before and after each class.

WALKING TRACK

- Maintain 6 feet distance.

GYMNASIUM

- Normal gym rules apply.
- Pickleball will be Mon., Wed., and Fri., from 9-11 a.m. and Tues. and Thurs. from 6-8 p.m.
- Check gym availability before arriving as the gym will be reserved for the after-school program or youth sports.

GAME ROOM

- **The game room will be open as an extension of the social lobby. Games will be removed as we prepare for a game room renovation.**
- **Social Lobby, including coffee bar, now open!**

LOCKER ROOM

- Showers and lockers are available. We encourage members to avoid congregating and to maintain social distancing.

CHILD WATCH

- **Evening Child Watch opens during phase three.** Hours are 8:30-11:30 a.m. Monday-Friday and 5-7:30 p.m. Monday-Thursday.
- Maximum capacity is 16 children.
- **Leap & Learn Returns!**

POOL

- HOURS: Mon.-Fri, **5:30 a.m.- 8 p.m.**
Saturday, 8 a.m.-3 p.m.
Sunday, 1-5 p.m.

WHAT YMCA STAFF WILL DO

- Staff will wear masks.
- Staff will sanitize fitness equipment and bathrooms every hour along with other additional cleaning duties.

Thank you in advance for your cooperation in creating a safe environment for all!