



YMCA HOURS

**YMCA at GOTHENBURG HEALTH
BEGINNING THURSDAY, OCTOBER 1**

BUILDING HOURS

Monday-Thursday — 5 a.m.-9 p.m.
Friday — 5 a.m.-7 p.m.
Saturday — 7 a.m.-5 p.m.
Sunday — 1-5 p.m.

INDOOR POOL HOURS

Monday-Thursday — 5 a.m.-6:30 p.m.
Friday — 5 a.m.-5 p.m.
Saturday — 9 a.m.-2 p.m.
Sunday — Closed
Family Swim Time — Monday-Friday, 10-11 a.m. and 4-6 p.m.

CHILDWATCH HOURS

Monday-Friday — 8:15-11:15 a.m.
Monday-Thursday — 4-7 p.m. (starting Oct. 5)

For a better us.



PHASE THREE REOPENING

YMCA at GOTHENBURG HEALTH

PHASE THREE HOURS

- Begins **TUESDAY, SEPTEMBER 8**
- HOURS: 5 a.m.-7 p.m. Monday-Friday; 9 a.m.-3 p.m. Saturdays; Closed Sundays

PHASE THREE GUIDELINES

- The Y will be open to Nebraska YMCA members. **Non-members, guest passes, day passes, and nationwide memberships are welcome.**
- New members are welcome!
- AGE RESTRICTIONS: Standard YMCA age restrictions.
- Anyone 16 and younger must be accompanied by an adult age 19 or older to enter the cafe.
- All members will be screened for fevers before entering the Y and must wear a mask when entering the cafe or hospital. A mask is not required during your workout.
- Maintain 6-foot social distance at all times (One member per 144 square feet)

FITNESS AREA

- Every other piece of cardiac equipment will be shut down to insure proper social distancing.
- Members must disinfect all equipment before and after use including all of the free weights.

GROUP EXERCISE ROOM

- Regular classes with social distancing.

WALKING TRACK

- Any members younger than 16 must be with a parent/guardian over 19. **NO UNACCOMPANIED CHILDREN UNDER 16.**

GYMNASIUM

- Pickleball will be Monday, Wednesday and Friday from 8:30-11 a.m. only.

POOL

- **Phase three pool schedule:**
Monday-Thursday — 5 a.m.-6:30 p.m.
Friday — 5 a.m.-5 p.m.
Saturday — 9 a.m.-3 p.m.
Sunday — Closed

CHILD WATCH

- **Child Watch is now open:**
Monday-Friday — 8:15-11:15 a.m.

WHAT YMCA STAFF WILL DO

- Staff will wear masks

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