



CORTLAND COUNTY FAMILY YMCA PHASE GUIDELINES

The YMCA is committed to the health and well-being of our members and staff. We will only offer amenities that can operate within the guidelines set out by the CDC and state/ local regulations in regard to the COVID-19 pandemic. Please visit our website for the most up-to-date information at CortlandYMCA.org/re-opening-guide

Facility Hours:

(beginning September 8) (capacity limits by room)
M-F: 5:30 AM- 7:00 PM, SAT: 8AM-1PM, CLOSED SUNDAY

WE WILL BE CLOSED FROM 12:30-2:00 PM ON WEEKDAYS FOR A DEEP CLEAN AND SANITIZING.

Health Checks: All members will be asked to complete a health survey and temperature check as they check into the YMCA.

Mask Policy: Members are required to wear acceptable masks anytime they are inside the Cortland YMCA, unless they are actively using the pool. Bandanas, gaiters, and buffs are not acceptable masks, per NYS regulations.

Contact Tracing: All members will be required to update their contact information during their first visit back to the Cortland YMCA.

Group Fitness Classes: We are putting guidelines in place to safely resume fitness classes, and will have more information on what we can offer (and when) soon.

Facility Access Policy:

- **No** Nationwide, guest passes or day passes at this time
- Come ready to workout. Bring towel, no laundry service, lockers, or showers

***Phase1 Programs/Sports:**

- The basketball court is closed.
- Karate, gymnastics, dance, and swim team are available on a limited basis.
- Girls Who Code is now being held virtually.

Governor's Orders: **No** Pools, Sauna/Steam Room/Hot Tub, showers, or drop-in childcare. Facility Capacity Limits and restrictions apply. This Form to be updated as we move forward with our reopening plan.

| What is available during Phases? | PHASE 1 – September 8th | PHASE 2 – TBD | PHASE 3 – TBD | PHASE 4 – TBD | OPEN – TBD |
|--|-------------------------|---------------|---------------|---------------|------------|
| Virtual Group Exercise Classes Y360 | ● | | | | |
| Summer Camp Child Care | ● | | | | |
| Lap Swim | ● | | | | |
| Water Aerobics | CS | | | | |
| Locker Rooms toilets & sinks only | ● | | | | |
| Group Exercise Classes (Outside): see modified Schedule for times & locations | CS | | | | |
| Cardio Equipment: 6 ft social distance | ● | | | | |
| Free Weights: 6 ft social distance | ● | | | | |
| Swim Team | ● | | | | |
| Swim Lessons | TBD | | | | |
| Personal Training (with restrictions) | TBD | | | | |
| *Table Tennis (modifications & restrictions) | TBD | | | | |
| *Basketball (modifications & restrictions) | TBD | | | | |
| Showers and Towel Service | TBD | | | | |
| Cycling Classes | TBD | | | | |
| Youth Sports Programs | CS | | | | |
| Child Watch | TBD | | | | |
| Open Swim | TBD | | | | |
| Nationwide Membership Access | TBD | | | | |
| Day Passes | TBD | | | | |
| STEM Programming | CS | | | | |
| Sauna/Steam Room/Hot Tub Access | TBD | | | | |
| Birthday Parties and Community Events | TBD | | | | |

● = Modified Schedule beginning September 8
 CS = Coming Soon TBD = To be determined