



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear YMCA Member,

The OWENSBORO FAMILY YMCA is excited to expand our services. Health and safety remain our top priorities, please see updates below; we highlighted the newest information.

### Operating Hours

Operating hours will be Monday – Friday, 5am-8pm, Saturday, 7am-4pm and Sunday, 1pm-4pm. We are permitted to host 50% of capacity during this time.

24/7-hour access is available for our "key fob" holders. For a \$25 fee, you can have access too. Locker rooms and upstairs access is prohibited after hours, and we ask members to use their scan tags to check in and out.

Guest passes are available for purchase at \$10/day/guest.

There is access to game areas, including ping pong, billiards, and racquetball. The basketball court is available for pickleball Mondays/Wednesdays from 9:00am-10:00am and Wednesdays from 5:30pm-6:30pm. Members must bring their own equipment and sign a self-certification waiver. The gym is open for walking and running. Per the Governor, we are still not permitted to open the sauna or steam room.

Members from the same household, up to 4 people, can reserve 1/2 the basketball court for a one-hour block, 24 hours in advance, for one slot at a time only. Call the front desk for reservations: 270-926-9622.

### Check in Procedures/Health Screening

Each member will be asked 3 health screening questions. Members will use our no-touch scanner to check in and check out. It is imperative to check out; this is how we monitor our government regulated capacity. Members are expected to stay home if they have any of the following signs or symptoms of possible COVID-19 and will be asked to leave if signs are verbally confirmed or visibly seen:

- Cough, Shortness of breath or difficulty breathing
- Chills/repeated shaking with chills, muscle pain, headache
- Sore throat, loss of taste or smell, diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.4 degrees Fahrenheit
- Contact with a person who is lab confirmed to have COVID-19 or if they have symptoms

### Face Masks

It is required that members wear masks that cover the nose and mouth, except when lap swimming or showering. Masks are mandatory for entry.

### Social Distancing/Protocols

YMCA members are expected to maintain and encourage social distancing (6 feet of separation) while working out. We are taking intentional steps during reopening to facilitate social distancing including lowered facility capacities, room/area capacities, spacing equipment and providing reminders throughout the facility. Time limits of 30-minutes per piece of equipment are recommended.

### Locker Rooms

Members who do not rent a locker will need to bring their own locks if they wish to have one; we will not be checking locks out. Locks cannot be left on lockers overnight. Locker rentals are available for \$5/month.



Bringing Items Into the Y/Disinfecting

We encourage you to bring your own water bottle; water fountains will be restricted to "filling only" options. Cleaning and disinfection protocols will be stringent; each member will be asked to use a virus-killing disinfectant bottle (available on bench in wellness area) for the duration of their visit so that we are not cross contaminating. When finished, please deposit in the labeled bins so staff can sanitize the bottle. Paper towels and hand sanitizer will be available throughout the facility.

We apologize for any inconvenience, but towel service has been permanently discontinued.

For your safety, please wipe equipment down before and after use.

Wellness

Reach out to Josh Booker, Director of Wellness, to find out more about our personal training, wellness/weight loss program, and youth strengthening one-on-one. Also, Beginner Zumba is now family friendly-children ages 5 and up are welcome! Check out our updated class schedule:

revised 12/30/2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 5:30am - 6:15am Studio 1		Group Cycling 5:30am - 6:15am Studio 1		Group Cycling 5:30am - 6:15am Studio 1	
		Group Cycling 6am - 6:45am Studio 1		Group Cycling 6am - 6:45am Studio 1		
	SilverSneakers 8:00am - 8:45am 10:15am-11:15am Gym		SilverSneakers 8:00am - 8:45am 10:15am-11:15am Gym		SilverSneakers 10:15am - 11:15am Gym	
	Total Body Strength 9:00am- 10:00am Performance Room		Total Body Strength 9:00am- 10:00am Performance Room		Total Body Strength 9:00am- 10:00am Performance Room	Step Sculpt & Abs 8:30am - 9:45am Gym
	Pickle Ball 9:00 am - 10:00am Gym	Yoga 9:00am- 10:00am Gym	Pickle Ball 9:00 am - 10:00am Gym	Yoga 9:00am- 10:00am Gym	Enhanced Fitness 9:00am - 10:00am Gym	Zumba & Abs 10:00am-11:00am Gym
		Chair Yoga 10:30am -11:30am Gym		Chair Yoga 10:30am -11:30am Gym		Barre 9:00am - 10:00am Studio 2
	Enhanced Fitness 11:15am - 12:15am Gym		Enhanced Fitness 11:15am - 12:15am Gym			
		Family Zumba 4:30 pm- 5:30pm Gym		Family Zumba 4:30pm- 5:30pm Gym		
	Power Pump 5:30pm - 6:25pm Gym	Step Sculpt & Abs 5:30pm - 6:25pm Gym	Pickle Ball 5:00pm -7:00pm Gym	Cardio Drills 5:30pm - 6:25pm Gym		
		Barre 5:30pm - 6:30pm Studio 2		Barre 5:30pm - 6:30pm Studio 2		
	Aquatics 10:00am-11:00am 1:00pm-2:00pm 6:30pm-7:30pm	Aquatics 10:00am-11:00am 1:00pm-2:00pm	Aquatics 10:00am-11:00am 1:00pm-2:00pm 6:30pm-7:30pm	Aquatics 10:00am-11:00am 1:00pm-2:00pm		

Aquatics

Hours of operation are 7am-10 am, 11 am-1 pm and 4-7:30pm M-F, 7am-4pm on Saturdays and 1-4pm on Sundays. 20 patrons will be permitted at a time in the natatorium. Two lap lanes will continue to stay open for lap swimmers only, while the rest of the pool will be used for recreational use and water exercise for members and guests. Children under14 with a parent/guardian are permitted to swim. Patrons will need to use proper social distancing at 6 ft apart any time individuals' heads are above the water's surface and **must** sign a self-certification when entering the pool. The hot tub is available in 15-minute intervals; limit 1 person



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or multiple from the same household only. Showering is MANDATORY before and after use of pool or hot tub. Masks must be worn on deck and in the hot tub. Private swim lessons are available.

#### Youth/Childcare

Our all-day school aged childcare and virtual learning program is open M-F from 7:30 -5. Rates are \$28/day per child for members and \$33/day per child for non-members.

Wee Care has been relocated to the previous downstairs registration area. Hours are by reservation only: Monday-Thursday 8:30-10:30 a.m. and 4:00-7:00 p.m. and Friday 8:30-10:30 a.m.

Birthday parties are back! Please visit [www.owensboroyymca.org](http://www.owensboroyymca.org) for details or pick up a flyer out front.

As always, thank you for being a part of our Y Family! Reach out with any questions: 270-926-9622.  
Sincerely,

YMCA Board & Staff

Updated: January 19, 2021



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