



May 4, 2020

Hello! First, thank you for staying with us during these uncertain times. Your cause-driven membership has fueled a remarkable effort to help our most vulnerable friends. This would not have been possible without your commitment to making a difference at a time where self-preservation is the right thing to do. Yet, you did not forget the work of the YMCA. Amid the crisis, you and many others have made a choice to help, support.

As we prepare to re-open our building, I wanted to brief you on how we're getting ready to welcome you back. First, your safety is our top priority. We have thoroughly cleaned and disinfected our facility. We plan on opening in phases (not all of our building at once) as we reinstate and train our team. We will continue a rigorous cleaning schedule every day, and we added Sanitation Stations throughout the building.

We expect restrictions as to the number of members allowed in the building at a given time, so we will provide guidance once we get details. We will have social distancing measures throughout the facility, like ensuring a six-foot spacing around equipment and workout stations. Until we are in the COVID-19 clear, we will require all staff in our buildings to wear face masks, and will undergo a health screening. The member scanning process will be "touch-free."

Initially, we will ask that everyone shower at home as locker rooms will not be open right away. We will open pools for lap swimming and walking workouts only, but steam rooms and the hot tub will not open. Social distancing will also prevent activities like basketball and soccer, for now. Until we are authorized to hold your favorite work out classes, please enjoy our online virtual workouts on our website. Your favorite instructors are featured in virtual classes—to get details, go to www.sheridanymca.org. The site also includes links to virtual arts offerings. Attached are details on Phase 1 opening. However, things are changing daily so **visit our Website and Facebook pages for the latest reopening news.**

We look forward to seeing you again very soon. We miss you. We will get through this together, and we will be stronger. The Y is so much more than a swim and gym. We are a movement of cause-driven members that respond when others need help. Well Done!

Sincerely,

Elisabeth Cassidy

Since Our Closure

You Made This Possible

FOOD DISTRIBUTION

29 elementary lunches delivered daily

ACADEMIC SUPPORT

12,384 Views to Sheridan Virtual Arts

SENIOR OUTREACH

250 Meals delivered

500 Check-in Calls and Correspondence

MY Y VIRTUAL

943 Views on Demand Fitness



Phase 1 Plans for Reopening

Limited areas will be open to a limited number of members depending on guidance from local officials and government ordinances.

- **Lap Pool** - one person per lane, 9th grade and older
- **Scott Pool** - maximum 7 people for walk lengths only, 9th grade and older
- **Vortex** - open for 2 persons for lap walking
- **Gyms** - no organized sports such as noon ball, pickle ball or volleyball, individual training only
- **Racquetball Courts** – open for 2 players at a time
- **Free Weight Area & Downstairs Strength Circuit** - limited 15 members combined for the two areas
- **Cardio Room and Activity and Support Center** areas: 9 each room
- **Aerobic gym with Cardio Equipment** 9 members at a time
- **Upstairs Strength Circuit** 7 members at a time
- **Lobby** - no coffee service 12 members at a time in lobby

Limited Hours: M-F 5-7, Weekend Hours stay the same
School Year Youth Policy will remain in place

During this 1st Phase the following amenities & services will NOT be available:

- Day use of rental and provided equipment: basketballs, yoga mats, nets, volleyballs, etc.
- New Memberships/ Daily Fees/ or YUSA memberships until after May 15th
- Towel Service
- Hot Tub and Open swim
- Locker Rooms