



# LET'S STAY HEALTHY TOGETHER

July 31, 2020

Dear Y Member,

We excited to add new programs and opportunities at the Y.

**Preschool Full Day Child Care** - September 1, 2020 - May 29, 2021  
6:45am - 5:45 pm for ages 3 through 5. Registration is open. For more details [click here](#) or contact Justis Davis at [jdavis@marionfamilyymca.org](mailto:jdavis@marionfamilyymca.org) or 740-725-9622.

**School Age Child Care Grades K through 5** - Before and After School child care with transportation to & from Benjamin Harrison, George Washington and Pleasant Elementaries 6:45am - 6:00pm. For more details [click here](#) or contact Justis Davis at [jdavis@marionfamilyymca.org](mailto:jdavis@marionfamilyymca.org) or 740-725-9622.

**Small Group Training** - Are you looking for a safe workout with a few family members or friends? For more information, [click here](#) or contact Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org)

#### **More Group Exercise Classes added in August**

*Silver Sneakers Yoga T/TH 8:15-9:00a m (in person and Virtual)*

*Barre Blend 8:15-9:00 am (in person and virtual)*

*Outdoor Bootcamp M/W 6:00-6:45 pm (in person only)*

Group Exercise classes in-person by [reservation](#). [Click here for August schedule](#).

#### **YMCA Weight Loss Program** Tools for healthy living

August 19—November 11, Wednesdays 5:15-6:15 pm Limit of 9

For more information, [click here](#) or contact Heather Wright at [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org).

We continue to offer the following to our members:

- Building Hours: Monday – Friday 5:00 am – 2:15 pm and 3:30 – 8:00 pm; Saturday 8:00 am – 2:00 pm.
- Group Exercise classes through a [Virtual Private Facebook Group Page](#) (available to members only, including members on hold) and
- Group Exercise classes in-person by [reservation](#). [Click here for this month's schedule](#).
- Two Full Size Basketball Courts – No reservations needed, available for Open Gym and Pickleball.

- Marion's only Indoor Aquatic Center with Two Pools, Lap Swim, Family Swim and individual Adult Water exercise by [reservations](#).
- Water exercise classes, martial arts, and swim team.
- Full day Preschool Child Care
- School Age Child Care
- Showers Monday through Friday 5:00am - 2:00pm

By working together and following our health protocols, we hope to continue adding opportunities for our members to be healthy and well through the Y.

#### **Reminder of our Health protocols and policies...**

- Masks are required except while exercising & for children 9 & younger.
- We're continuing to ask all members to perform self-screening before entering the building. You can [read the screening requirements here](#).
- Members are asked to remain 6 feet from others unless you are spotting someone. Thank you for your cooperation.
- We're closed for cleaning Monday through Friday 2:15-3:30 pm.
- **Please remember to scan out when you leave the building.** We have a scanner just prior to the Wellness Center exit and another scanner in the lobby.
- After using equipment for your workout, please spray the provided towel with cleaner & then wipe the equipment. This is better for the equipment & better for sanitizing than spraying the equipment & wiping off the sanitizer.
- Locker rooms are open for use as restrooms & to change clothes.
- Showers are open Monday through Friday from 5:00 am - 2:00 pm.
- No use of lockers.
- We've removed the adult & youth designation of the locker rooms for the summer. People of all ages may use either locker room.
- We are disinfecting locker rooms every 2 hours. While we are disinfecting, the locker room may be closed. If the door is locked or sign posted that it's closed; members will need to use the other locker room.
- We have a deck shower on the 8 Lane Pool deck for swimmers to rinse off before & after swimming.
- We have a new member waiver for all adult members to sign. You can sign it electronically before your first visit to the Y. [Link to YMCA Electronic Signature Page](#)

I hope you and your family continue to be healthy and well. I appreciate everyone's understanding as we work together now so that we're stronger tomorrow.

Carrie Guyton  
 Director of Relationships  
[cguytonmarionfamilyymca.org](mailto:cguytonmarionfamilyymca.org)

Read the updated [Code of Conduct and Promise to Members here](#).

Read our FAQs [Member Frequently Asked Questions Marion Family YMCA](#)

Read [Responsible Restart Ohio Gyms Requirements here](#)

Read [Responsible Restart Ohio Pool Requirements here](#)

Read [Responsible Restart Ohio for Child Care here](#)