

# LET'S STAY HEALTHY TOGETHER

August 6, 2020

Dear Y Member,

Seasons always change too fast, but more than most years it's difficult to believe we're already done with Summer Day Camp. Tomorrow is our last day of this 8-week program. A big thank you to Marion City Schools, the Marion Community Foundation, the Buckeye Hope Foundation; and the teachers, counselors, parents and campers who made this summer a success.

We're moving from Camp to Child Care. We're designing Y Child Care to meet the ever changing community needs regarding care. And we need your help. If you have an elementary school child, please answer this brief survey on your child care needs:

## **Survey on Child Care Needs for Elementary School Age Children**

While we're still making plans for school-age child care, registration for our full-day **Preschool Child Care** is open. Basic information is:

- September 1, 2020 May 29, 2021 Monday through Friday
- 6:45 am 5:45 pm for ages 3 through 5.
- For more details click here or
- contact Justis Davis at <a href="mailto:jdavis@marionfamilyymca.org">jdavis@marionfamilyymca.org</a> or 740-725-9622.

**MASKS:** Although no one enjoys wearing a mask, I am enjoying finding new styles and seeing the styles worn by others. My thought is that I might as well enjoy some aspect of this. Thank you to everyone who has been dutifully donning your mask before entering the Y building. Remember, you need to wear a mask at all times except when exercising <u>and</u> 6 feet from others. You can read the Public Health Order & exceptions here.

When you are outside on Y property, you also need to wear a mask if you are unable to consistently maintain at least 6 feet from anyone not from your household. So, if you're walking the track with friends or visiting in the pavilion; you need to wear your mask or maintain at least 6 feet from others.

OhioHealth recently posted this informative blog about masks.

I'm excited about some new services and classes we're offering. You might

see me at some of these!

### **GET INSPIRED. GET TOGETHER.GET RESULTS**

### **SMALL GROUP TRAINING**

Are you looking for a safe workout with a few family members or friends? For more information, <u>click here</u> or contact Heather Wright at <a href="https://hwright@marionfamilyymca.org">hwright@marionfamilyymca.org</a>

### **OUTSIDE GROUP EXERCISE CLASSES IN AUGUST.** Reservations are

required

Vinyasa Yoga in the Pavilion Roxanne Oliver Tuesdays 6:00-6:45pm Begins Tuesday August 11

Outdoor Zumba in the back parking lot area or grass Crystle Siegel Saturdays 9:15-10:00 am Starts Saturday August 8 No class Saturday, August 15.

Group Exercise classes in-person continue to be by <u>reservation</u>. <u>Click here</u> <u>for the August schedule.</u>

**YMCA Weight Loss Program** Tools for healthy living August 19—November 11, Wednesdays 5:15-6:15 pm Limit of 9 For more information, <u>click here</u> or contact Heather Wright at <a href="https://hwright@marionfamilyymca.org">hwright@marionfamilyymca.org</a>.

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 <u>Virtual Private Facebook Group</u>
  <u>Page</u> (available to members only, including members on hold) and
- Group Exercise classes in-person by <u>reservation</u>. <u>Click here for this month's schedule.</u>
- 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 <u>reservations</u>.
- 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.

Thank you for continuing to be part of our Y family.

Theresa Lubke
Executive Director
tlubke@marionfamilyymca.org

# 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 <u>read the screening requirements here</u>.
- 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. <u>Link to YMCA Electronic Signature Page</u>

Read the updated <u>Code of Conduct and Promise to Members here.</u>
Read our FAQs <u>Member Frequently Asked Questions Marion Family YMCA</u>
Read <u>Responsible Restart Ohio Gyms Requirements here</u>
Read <u>Responsible Restart Ohio Pool Requirements here</u>
Read Responsible Restart Ohio for Child Care here