



Hours of Operation

- Monday – Friday - 6:00 a.m. - 1:00 p.m.; 4:00 - 9:00 p.m.
- Saturday - 7:00 a.m. - 12:00 p.m.

Important Notice:

To utilize the facility you must be an active paying member and sign off on our facility waiver.

Entry into the Facility:

All entry will be through the front doors.

Checking In:

Arrive 5-10 minutes before your reserved time slot.

Prior to entering, you will answer health screening questions and your temperature will be checked. If your temperature is 100.4 or greater and/or you answer yes to our health screening questions you will be denied entry.

For efficient access to the building, members are asked to bring their membership card.

Face Coverings:

All members and staff will be **required to wear a cloth face covering** the entire time in the facility, except when in the pool. As a result, it is critically important for members to carefully gauge their time during a strenuous workout while wearing a cloth face covering. If you become dizzy or short of breath, you should stop immediately, rest and seek assistance.

Reservations:

You can reserve your lap swim, or class by clicking [here](#). Lap swim reservations are 40 minutes. Each individual on the membership (ages 12 years and older) must reserve their lap lane. Ex) household members must register individually. **Your reservation will be verified when you arrive.** If you are more than 5 minutes late, you risk losing your reservation

- **Pool:**
Participants will be required to reserve pool time. No locker room use will be available. One shower for **rinsing only** will be available on the pool deck and three changing areas will be available on the perimeter of the pool deck. Members are required to shower prior to entering the pool.
- **Group Exercise:**
Group Exercise will continue to run outdoors and by reservation only.
- **Locker Room and Long-Term Fitness Lockers:**
As per best practices, there will be no locker room, sauna, steam room or shower availability at this time. Long Term lockers will not be available. Please arrive dressed to workout/swim.

What to Bring:

Water bottle, towel, any small workout equipment you may need (yoga mat, small personal equipment, etc.)

Equipment Availability:

The SYNRGY360 and Multifunctional Trainer will not be available for use as they are difficult to sanitize and socially distance.

Wiping down equipment:

Members are expected to wipe down their machines **before and after** use. Floor staff will also be wiping down equipment throughout the day.

Guest Policy:

No guests will be permitted access at this time and the National Membership Reciprocity program is suspended.

Lobby:

In an effort to reinforce social distancing, **gathering in the lobby is not permitted** Coffee and vending machines will not be available during the initial reopening.

Lost and Found:

Will not be available.

Water:

Water fill stations will be available. Please bring a water bottle with you.

Personal Training:

Will be available in the near future.

Towel Service:

This service has been eliminated and members will need to bring their own towels.

Basketball:

This service is suspended until further notice.

Stay and Play (Babysitting):

This service is suspended until further notice.

Point of Emphasis:

As previously indicated, **reservations are required** for all group fitness classes, and lap lanes. In an effort to establish appropriate social distancing, we cannot emphasize enough the importance of **members not appearing at the Y too early for their reserved time**. Therefore, if you arrive too early, you will be asked to wait outside of the facility for your start time.

Please adhere to the CDC and the New Jersey Department of Health Guidelines:

- **No** close contact with a confirmed case of COVID-19
- **No** symptoms
- **No** fever in the last 24 hours
- **Wash** your hands often with soap and water for at least 20 seconds
- **Use** hand sanitizer if soap and water are not readily available
- **Avoid** touching your eyes, nose and mouth
- **Avoid** close contact with people who are sick, even inside your home
- **Stay** 6-feet from other people
- **Cover** your mouth and nose with a face covering
- **Clean** and disinfect frequently touched surfaces daily