



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FAMILY YMCA AT TARRYTOWN MEMBER USAGE & RESERVATION PROCEDURES - EFFECTIVE 11.12.20

The Y Fitness Center and Pool will initially be open during the hours listed below. In order to meet the 33% capacity requirements members must reserve a 45 minute time slot and strictly adhere to their time allotment. Members can reserve the timeslot by **calling 914-631-4807 ext. 100** prior to coming to the Y. It is advised that members call at least 24 hours ahead to reserve a spot. Walk-ins are strongly discouraged; members will not be admitted if all spots are taken.

We are limiting the fitness center to 10 and the pool to our 4 members at a time. Swimmers will each have their own lane. Reservation requests can be made during the following hours 5 am – 10:30 pm Monday-Thursday, 5 am – 10 PM on Friday, and 7 am – 7 pm on Saturday/Sunday. PLEASE DO NOT LEAVE A VOICEMAIL – YOU MUST SPEAK TO ONE OF OUR STAFF TO RESERVE A TIME SLOT.

Members are expected to show up on time for their reserved time slot; late arrivals will not be able to expand their workout time. Members who repeatedly miss their reservation may not be allowed to continue to reserve a time slot. Reservations are on first-come, first-serve basis.

- Members can reserve up to 3 spots per week on different days. Members can reserve 1 slot for the pool and/or fitness center per day.
- Reservations are made for the current week only.
- Members should arrive 15 minutes before the reserved time slot to complete the necessary health screening. Please be patient with the screening process as it necessary for everyone's safety.
- Swimmers should plan to arrive wearing their bathing suits under their clothes, changing into bathing suits will not be permitted.
- One changing room will be available for swimmers to change into dry clothing after their lap swim period, changing room is located in the main lobby and is single use only, members will need to request to have the door opened by the Fitness Center Monitor, and may have to wait to use
- Members will have to complete the health attestation each time they enter the Y
- **Teens 15-18 are allowed in the fitness during the mid-day sessions only 12:30-1:15 1:30-2:15 and T/W/TH 2:30-3:15, Saturday 10 am – 10:45 Teens only times Thursdays 3:30-4:15 and Saturdays 11-11:45 – starts 11.12.20**
- Fitness Center and Pool are for paying members or subsidized programs such as Silver Sneakers, Fitness Advantage. **NO GUESTS /NATIONWIDE Y members not allowed at this time.**
- Members who have not signed the **Member Code of Conduct/Waiver 2020** will not be permitted to use the facility. Members must adhere to the policies and procedures outlined in the **Member Code of Conduct/Waiver 2020. Members who do not comply will be asked to leave the facility AND may have their membership revoked.**
- Members must wipe down/spray sanitize equipment after use.
- Members parking in the Y lot should only park in the front lot.

TIME SLOTS:

**Each timeslot is made up of 2 or more 45 minute blocks
Fitness Center and Pool are sanitized between each block**

FITNESS CENTER (Effective 11.12.20)

5:30 AM – 7:15 AM M-F

10:30-2:15 M/F

2:30-3:15 T/W/TH

7:00 PM - 8:45 PM M-TH

7:00 AM-10:45 AM SATURDAY

15-18 yr olds Thursdays @ 3:30 and Saturday 10

***Hours subject to change without notice. Questions: contact Lesa Dalton, Associate Executive Director
Lesad@ymcatarrytown.org**

POOL (Effective 10.12.20)

5:30 AM – 7:15 AM M/W/F

5:30 AM -8:15 AM (T/TH)

10:30-1:30 M-F

7:00 AM-10:45 AM SATURDAY