



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

## **FAMILY YMCA AT TARRYTOWN MEMBER USAGE & RESERVATION PROCEDURES**

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.
- Members will have to complete the health attestation each time they enter the Y. **Youth under the age of 18 are not permitted in the fitness center/pool at this time.**
- 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 9.14.20)**

5:30 AM – 7:15 AM M-F

10:30-2:15 M-F

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

7:00 AM-10:45 AM SATURDAY

#### **POOL (Effective 9.21.20)**

5:30 AM – 7:15 AM M-F

10:30-1:30 M-F

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

7:00 AM-10:45 AM SATURDAY

**\*Hours subject to change without notice. Questions: contact Lesa Dalton, Associate Executive Director @ [esad@ymcatarrytown.org](mailto:esad@ymcatarrytown.org)**