

YMCA OF GREATER WESTFIELD UPDATED POLICIES

GROUP CLASSES



YMCA of Greater Westfield
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REGISTRATION AND RESERVATION POLICIES & PROCEDURES

1. Registration is required for all group exercise classes for contact tracing purposes. This does not reserve your spot in the class
2. For TRX & Pool fitness class – there is a reservation system. Reservations can only be made 24 hours in advance
3. Registration and reservations can be done over the phone or in person at the welcome center

Should we run into capacity concerns, the YMCA will implement a reservation system on a class by class basis

TRX CLASS POLICIES & PROCEDURES

1. Max capacity for TRX room is 4
2. TRX classes must register on a Daily Basis. Members will be able to sign up for a space 24 hours in advance. This reserves your spot. Sign up can be done over the phone or in person at the YMCA
3. Masks are required to be worn at all times while working out
4. Wash your hands or use hand sanitizer prior to working out
5. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use
6. Physical Distancing is to be followed at all times within the facility – A minimum of 6 feet

GROUP EXERCISE / CYCLING POLICIES & PROCEDURES

1. Masks are required to be worn until you reach your spot in the class. Masks must be put back on at the completion of the workout.
2. Wash your hands or use hand sanitizer prior to working out
3. Registration is required for all fitness classes. This does not reserve your spot in class. It is for contact tracing.
4. Bring in your own water bottle. Water fountain only to be used to refill bottle.
5. Bring your own equipment if possible and disinfect before use in the facility
6. Keep your personal belongings by your workout station
7. Set up equipment on the designated floor decal
8. Designated foot decals are 14 feet apart allowing you to work out without a mask

9. Use disinfectant wipes or provided cleaning supplies to disinfect equipment before & after use
 10. Return used equipment to the "Return Station" to be disinfected by staff
 11. Exit safely through the gym's backdoor. Lobby exit can be used if needed.
 12. Physical distancing is to be followed at all times within the facility – a minimum of 6 feet
 13. Exit spaces safely by wearing your mask
- *Should we run into capacity concerns, the YMCA will implement a reservation system on a class by class basis*

AQUATIC FITNESS CLASSES POLICIES AND PROCEDURES

1. Please arrive to the pool area no sooner than five minutes before your class
2. Upon entering the pool area sanitize your hands at the hand sanitizer station located on the wall at the deep end of each pool
3. Pool Fitness classes must register on a Daily Basis. Members will be able to sign up for a space 24 hours in advance. This reserves your spot. Sign up can be done over the phone or in person at the YMCA
4. Locker rooms will be open at this time for rinsing showers and storage purposes only. If you would like to keep your belongings in the pool area, there are six foot stations on the bleachers that are marked with blue tape
5. Please remember to bring your own towel as towel service has been discontinued
6. Take equipment that you are going to use during the class from clean equipment space. *Do not take from the "used equipment" bin*
7. Return used equipment to "*used equipment*" station to be disinfected by staff
8. Please be sure to keep at least six feet apart from others in the class. There will be cones set up on the outside of the pool to mark off areas that are six feet apart
9. Exit spaces safely by wearing a mask