



REOPENING EMAIL SERIES

Email 2: Wellness Center, Gymnasium, Zoom & More!

To our YMCA members, friends and community,

We're getting closer and closer to our grand reopening on June 22! Each day our excitement mounts as we prepare our policies and procedures, and as we adjust our facilities.

As we mentioned in [the first email in this series](#), we will be sending a series of emails to inform you of the changes. We promise to communicate with you as soon as possible about pools and other areas of our building. And as previously mentioned, we will not be having in-person group exercise classes. So we want to hear from you about how our virtual classes are going, and what you'd like to see in the future!

Virtual Fitness Survey

We are still working hard on our enhanced cleaning & safety protocols, as well as the training we have implemented for our staff. We continue to take input and guidance from our partners, such as Trinity Health of New England; the state; the CDC; and YMCAs across the country who have reopened before us. We are also still waiting to hear from the State of Connecticut on the rules and regulations surrounding Phase 2 in Connecticut, such as capacity in buildings, mask requirements and more. We will keep sending emails updating you as we learn more.

One more note: We will be calling the YMCA's reopening procedures "steps" to differentiate from the state's "phases." As many of you might have heard, Connecticut will enter Phase 2 on June 17, a few days sooner than planned. The YMCA of Greater Hartford's branches will enter our Step 1 on Monday, June 22. We will communicate with you on when Steps 2 and 3 will start, and what those will look like.

If you have any questions, please reply to this email, call our branches, or stop on by after June 22. See you soon!

WELLNESS CENTER REOPENING STEP 1

We are thrilled to announce that one of the first things to reopen in our YMCA will be our Wellness Centers! We will have your favorite treadmills, ellipticals, weights and more set up and ready for you to use on June 22.

But there will be changes. We will have a large variety of equipment, but a limited quantity of machines and equipment to ensure social distancing. We have walked through a branch with Trinity Health of New England experts to get guidance on what is the best way to handle a facility like ours, and have used that as a basis to make necessary and safe decisions.

When you enter the Wellness Center, here is just some of what you can expect:

- Some equipment will have signs indicating they are not in operation. Equipment will be rotated every few weeks to ensure equal wear and tear over time.



- Some of our Wellness Centers may have arrows on the floor, indicating you should enter from one set of doors and exit from another.
- We will also be cleaning regularly, but also enforcing rules that members wipe down equipment after (and before) use.

We will keep communicating with you and send out final guidelines and changes as we get closer!

VIRTUAL FITNESS CLASS OFFERINGS EXPANDING

Virtual Fitness Survey

We are excited to continue developing our virtual YMCA at Home offerings! In addition to our live Facebook classes and our [YouTube on demand videos](#), we are adding daily live [Zoom classes](#), which officially start on Monday, June 8!

Zoom will allow our instructors to interact with you, our members, on a more personal level during your fitness classes. It will also give you the chance to see your friends who you normally see in class!

Our [Zoom schedule](#) will be in addition to our Facebook live offerings and our daily on demand [YouTube videos](#). We want to make sure that if you can't make a class, there is ALWAYS something available for you, on your schedule!

If you have questions or suggestions, reply to this email!

Zoom Schedule

YouTube On Demand Classes

Find your branch Facebook page in the footer of this email and request to join the Y at Home group!

GYMNASIUM & SPORTS

We are sad to announce that our open gymnasium time, rock walls and sports will not be open or resuming in Step 1 for the YMCA. This was a very hard, but necessary, decision to make. There may be some usage of the gymnasiums during this time, such as for summer day camp on rainy days, but it will not be open for general recreation.

That means that at this time we do not intend to have the following offerings:

- Open court time for basketball



- Pickleball
- Badminton
- Volleyball
- Rock wall time

This extends to our summer sports classes, which will not be held when we initially reopen. We promise to let you know when all of these options will come back into play, and we are actively looking at outdoor options at any branches that have those facilities. Stay tuned!

Thank you again for your patience as we work on reopening. We appreciate you sticking with us, and will keep communicating as new information becomes finalized.