



## **REOPENING EMAIL SERIES**

### **Email 7: Opening at 5am, Zoom Resumes & In-Person Indoor Fitness Classes Returning**

To our valued members,

Thank you for helping make our first week back in our facilities so special! Seeing all of you helped lift our spirits after months apart, and was a great way to refresh as we head into a new season. We're so glad that you can reconnect with your friends and favorite staff members!

We have some exciting announcements in this email, including: expanding our early-morning hours; resuming our Zoom fitness schedule; and restarting in-person group exercise. You do not want to miss the information below!

In case you've missed our other messages, please take a look to learn about all of our procedures and policies as you come back to the Y. All of them are available on our [reopening webpage](#).

#### Reopening Webpage

One more note: We will be calling the YMCA's reopening procedures "Steps" to differentiate from the state's "phases." 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.

### **EXPANDED HOURS**

We have heard your feedback, and are thrilled to be able to respond! **Starting on Monday, July 20, our YMCAs will be opening our buildings at 5am!**

We know how important it is to get an early morning swim or work out, and we have been working hard to find a way to resume our early-morning hours.

Our evening hours will remain shortened for the time being, but we promise to keep working to expand as soon as we can and to communicate any updates we might have. Here are what our hours will be starting July 20:

**Downtown Hartford:** Monday-Friday 5am-7pm, Saturday & Sunday 9am-1pm

**Farmington Valley (Granby):** Monday-Friday 5am-7pm, Saturday & Sunday 7am-4pm



**Hale (Putnam):** Monday-Friday 5am-7pm, Saturday & Sunday 7am-4pm

**Indian Valley (Ellington):** Monday-Friday 5am-7pm, Saturday & Sunday 7am-4pm

**Wheeler (Plainville):** Monday-Friday 5am-7pm, Saturday & Sunday 7am-4pm

**Wilson-Gray (Hartford):** Monday-Friday 5am-7pm, Saturday 8am-2pm, Sunday closed

Find some more exciting news about expanded fitness below, and please take a look at our updated [pool schedules](#)! Those will continue to update as we expand family swim hours, so keep an eye on this page for the most up-to-date schedules from your branch.

### Branch Pool Schedules

## **ZOOM & VIRTUAL GROUP FITNESS CLASSES**

As you know, we had some struggles with our Zoom fitness schedule over the past 10 days. We had an incident during one of our classes, and had to pause and take the time to revamp our training for our instructors, and look at the security measures we had in place.

We are excited to announce that our Zoom classes are OFFICIALLY back in action! To see the schedule, [click here](#).

### Zoom Fitness Schedule

We will continue offering some Facebook Live classes, as well as recorded on-demand classes on our [YouTube Channel](#). See all of our virtual offerings [here](#), and seniors: don't forget to keep [checking in if you do a virtual class](#)!

We also want to announce that our virtual offerings will continue moving forward! While we are of course incredibly excited to get back to in-person fitness classes, we want to find a way to continue offering a virtual option for those who are not yet comfortable to return, as well as for our members to use when on business trips, vacation, or just early in the morning when you aren't able to come to the Y. Stay tuned this summer for updates on what the future of a Virtual YMCA looks like!

Have you responded to our virtual survey? We'd love to know what you like, don't like, and what you'd like to see next!

### Virtual Fitness Survey

## **IN-PERSON INDOOR GROUP FITNESS**



In addition to expanding our virtual fitness options, and our facility hours, we are ready to announce the resumption of in-person group fitness!

Our indoor group fitness offerings will start back up on Monday, July 20. The classes will be limited at first, but will expand as soon as we can. The capacity will also be limited, because we want to offer these classes without the need for masks. Stay tuned for the schedule and for registration procedures to ensure you have a spot in class.

Between now and July 20 our branches will be working hard to offer some outdoor group fitness classes. These classes will also not require a mask. Keep an eye on your branch Facebook page and website for pop-up and scheduled classes!

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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.