



REOPENING EMAIL SERIES

Email 8: July 20 means lots of changes! Group exercise, swim lessons, extended hours and more!

To our valued members,

It's been nearly a month since we reopened our doors, and each day has brought us new exciting experiences, as well as challenges. We truly appreciate all of you coming in and making our days bright while helping us to adhere to all safety guidelines in place.

We have some exciting announcements in this email, including: expanding our early-morning hours; restarting in-person group and water exercise classes; bringing back swim lessons; and more. 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 by!

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 Monday-Friday!**



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

IN-PERSON GROUP FITNESS CLASSES

We are so excited to have you back for our branch group exercise program! **Fitness classes in person, indoors will return on July 20**, with additional outdoor classes and virtual programs continuing to be offered. Please see the schedule for each branch below.

[Branch Group Exercise Class Schedules](#)

While we're thrilled to be able to bring back one of our most popular programs, there will be some changes. **Here are some important things to know:**

- Space in our classes is limited due to social distancing requirements. Arrive early to get a spot in class, and please adhere to the distance markers on the floor!
- Masks will not be required for indoor classes that have 12-foot spacing or classes that are low-intensity with 6-foot spacing. We have ensured that all indoor classes



meet these requirements, so please wear a mask to and from class when in the building, but you may remove it during class.

- Inclement weather -- rain or extreme heat -- may impact availability of both indoor and outdoor classes depending on each branch's available space in the building for summer camp and other programs. If the weather is not good, please call or check our Facebook pages before class to see if class is running.
- Please bring your own fitness and yoga mats, sweat towels, and other personal items to class, as we are not able to provide them at this time.
- Please bring a water bottle, as only water fountains with bottle fillers are open at this time.
- Child Watch and Amazing Kids remain closed due to the governor's guidelines for Phase 2.
- Showers remain closed at this time due to the governor's guidelines for Phase 2.

We are excited to also continue our [virtual offerings](#), including [Zoom classes](#), 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!

SWIM LESSONS ARE BACK!

The Aquatics staff of YMCA of Greater Hartford would like to welcome you to our programs. Thank you in joining with us to provide the opportunity to introduce and develop necessary skills to help make your child(ren) safe around water.

Swim lessons at our pools return on July 20! But they will look a bit different. As our world is changing, we have some new swim lesson modifications to adhere to our state and local policies and guidelines, which you can read below before registering. You



can also find a link below to register for classes. Thank you for helping us keep everyone safe in and around our pools.

[Register for Swim Lessons](#)

Some general rules for all:

- We will adhere to the 6-foot social distancing guideline in and around the pool deck at all times.
- All swimmers must wear a mask until going into the pool, and must put it back on after leaving the pool.
- All non-swimming spectators must wear a mask at all times on the pool deck and within the building, unless they are in the pool.
- We ask that only one parent/guardian accompany each child to swim lessons. We ask that all swimmers arrive in their swim suit for their swim lesson.
- Please have your child shower before arriving at the YMCA, since showers are not currently open.
- Please note, we will be not using pool equipment or toys at this time. If your child wears goggles or would like to wear a Coast Guard-approved lifejacket, we ask that they bring their own.

Preschool Stages A, B | Preschool & Youth Levels 1, 2, 3, 4 | Private lessons (based on skill level)

- In order to adhere to the social distancing guidelines, the swim instructor will be teaching from the pool deck and will demonstrate in the water at a safe distance if needed for visual.
- One parent or guardian will be required to be in the water for all swim lessons for Preschool Stages A, B and Preschool & Youth Levels 1, 2, 3, 4.
- Lessons are not structured or intended to teach the parent/guardian how to swim. The parent/guardian is there for support and to assist the child through the skills. If parents/guardians do not feel comfortable taking the swim lesson with their child, the child will be unable to take swim lessons at this time. We ask that parents/guardians remain consistent throughout a session if possible.
- No equipment or toys will be provided by the YMCA for your child. If you would like, you may bring your own Coast Guard-approved lifejacket for your child and/or goggles.



- Children participating in private lessons will be evaluated for skill level. Depending on the child's ability, a parent or guardian would need to accompany the child in the pool for lessons.

Youth (ages 6+) Stages 5 & 6 | Private lessons (based on skill level)

- Parents/Guardians are not required in the water with the swimmer.
- Swimmers must be at least 6 years old to participate.
- To adhere to the social distancing guidelines, the instructor will lead the class outside the water or remain in water with an approved waterproof mask on.
- One family member will be allowed to watch the lesson on the pool deck in a designated area. Strict 6-foot spacing for social distancing will be enforced, and all spectators must wear a mask at all times.
- No equipment will be provided by the YMCA for your child. If you would like, you may bring your own goggles for your child.
- Children participating in private lessons will be evaluated for skill level. Depending on the child's ability and skill level to swim independently, he or she will not need a parent in the water.

[Register for Swim Lessons](#)

In addition, as we bring back in-person water exercise classes and swim lessons, please take a look at our updated [pool schedules](#). These will continue to update, so keep an eye on this page for the most up-to-date schedules from your branch.

[Branch Pool Schedules](#)

OTHER YMCA PROGRAMS

While many regulations remain in place from the state of Connecticut, we are slowly starting to reintroduce other programs.

Our day camps are running, and kids have been having fun all month long being with their peers and enjoying the outdoors!



Sports will start coming back in a limited capacity on July 20. For information on if your branch is running any sports or enrichment programs, please call your Welcome Center, or [visit this link](#) to see schedules and register.

Keep an eye out for emails, Facebook posts, and messages in our buildings over the rest of the summer and early fall for what else is coming back!