



## **REOPENING EMAIL SERIES**

### **Email 9: Lap lanes, swim lessons, pickleball and more!**

To our valued members,

It's been 11 weeks since we reopened our doors, can you believe it?!

Since you've all been back, we've been able to continue to expand our services and provide more and more activities to help you reach your fullest potential in spirit, mind and body.

In addition to our open Wellness Centers and pools, we now have in-person land and water group exercise classes, swimming lessons, we're starting up sports programming, we have added new child care offerings, and so much more! If you'd like to register for a fall program, please [click here](#) to see schedules and to register. We also have available our fall schedules for our daily free [group exercise](#) and [water exercise classes](#), as well as our newest, on-going [virtual programming schedule](#).

It's been amazing seeing you all each day, and we are so lucky to have the best members. We truly appreciate all of you making our days bright while helping us to adhere to all safety guidelines in place. Many of you have told us how safe you feel coming to the Y, and we wouldn't be able to have that level of safety and cleanliness without all of your assistance.

Bette, a longtime member of the Indian Valley Family YMCA in Ellington, shared her thoughts on our reopening and how being back has impacted her. [Listen to her story!](#)

As the world changes, the state adjusts its restrictions. We are excited to announce some changes that will be taking place over the next few weeks that we know you all will be quite happy about.

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](#)

If you have any questions, please reply to this email, call our branches, or stop by!



## **SWIMMING CHANGES**

### **Lap Swimming: 2 per lane**

We have heard your feedback, and are thrilled to be able to respond! As of Monday, September 7, we will be allowing 2 members per lap lane.

Here are some more things for you to know:

- Two swimmers will be allowed per lane
- Swimmers in the same lane must enter the pool from opposite ends and may only stop at the end of the pool they entered in
- There may be an "in" and "out" door in your Aquatics center, and the entry and exit to the lanes will be staggered; refer to your branch for info
- There will be 6-foot social distancing markers on the pool deck to keep you safe as you wait or walk on the pool deck
- We will request members to only swim laps for 30 minutes during times when there are people waiting for a lane

To see when open swim time is available, click the link below.

[\*\*POOL SCHEDULES\*\*](#)

### **Swim Lessons**

In addition, we are now permitted to offer Levels 1-4 swim lessons without requiring a parent in the water. This will start with our Fall 1 session, and will apply to preschool and youth lessons Levels 1 and above. Instructors will be in the water to assist with the lesson, and will wear a face shield or mask.

Registration is now open!

[\*\*SWIM LESSON REGISTRATION\*\*](#)

### **Join the Y Team as a Lifeguard or Swim Instructor!**

Build confidence, save lives! YMCA lifeguards and swim instructor positions offer flexible schedules, competitive pay, and leadership opportunities. These positions are part-time and year-round, and are offered at 5 locations: Ellington, Granby, Hartford, Plainville and Putnam. To apply visit



[APPLY TODAY](#)

## **HEALTH & WELLNESS**

### **PICKLEBALL & WEIGHTLIFTING**

Get ready: pickleball is back!

We will be offering indoor pickleball for singles and doubles starting soon! Masks will be required, and spectator social distancing will be enforced. Please check with your branch for schedules.

In addition, we are now allowed to permit spotting while weightlifting. Both the spotter and weight-lifter must be wearing masks at all times.

We also have some changes to our group exercise schedules:

[Branch Group Exercise Class Schedules](#)

We are excited to also continue our [virtual offerings](#). See all of our virtual offerings [here](#), and seniors: don't forget to keep [checking in if you do a virtual class!](#)

## **LEARNING SUPPORT CENTERS**

The Y also adapts to current events to serve the community in the best way possible. During these times of ever-evolving uncertainty, we remain steadfast in our commitment to strengthen the lives of children. To this end, we have added in-person, full-day Learning Support Centers in Granby, Hartford, Plainville, Putnam, Vernon, Wethersfield and Woodstock. We also have teacher-only programs in or coming to East Hartford, Mansfield, and Woodstock.

FOX61 did a great piece on our Wheeler YMCA program that started this week in Plainville! The reporter spent the morning connecting with staff, parents and students so they could share our story on hybrid



learning models being held across our association. [Check out the story!](#)

These full-day programs are being offered so that families have a safe, structured place for their children to do remote learning while their parents and guardians are working. The Learning Support Centers will feature plenty of room for children to use their electronic devices with stable WiFi, an educator on hand to assist, and enrichment programming throughout the day, including arts and crafts, physical activities and more.

We are so proud to continue expanding our child care offerings to meet the needs of the communities we serve. If you have any questions, reach out by replying to this email or calling your local YMCA.

### [School Age Child Care](#)

## **OTHER YMCA PROGRAMS**

We are thrilled to be able to offer sports and programming this fall at our branches! To register, call your branch or click the link below:

### [REGISTER NOW](#)

Here's a peek at what will be offered, though more classes may be added:

- **Downtown Hartford:** Swim lessons, Jump Start Challenge, fitness classes
- **East Hartford:** Soccer, jujitsu



- **Farmington Valley:** Archery, dance, gymnastics, martial arts, soccer, sports of all sorts, t-ball, swim lessons, swim team, Jump Start Challenge, fitness classes
- **Glastonbury:** Archery, basketball, tennis, fitness classes
- **Hale:** Archery, preschool enrichment, sports of all sorts, teen lifeguard development, swim lessons, swim team, Jump Start Challenge, fitness classes
- **Indian Valley:** Swim lessons, swim team, Jump Start Challenge, MX4, fitness classes
- **Tri-Town:** Soccer, t-ball
- **West Hartford:** Frisbee golf, soccer, sports of all sorts, t-ball, swim lessons
- **Wheeler:** Archery, babysitter training, martial arts, Zumbini, swim lessons, swim team, Jump Start Challenge, fitness classes
- **Wilson-Gray:** Martial arts, Y-Achievers, Y-TIP Jump Start Challenge, fitness classes