



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

January 14, 2021

### Important Links

[YKFC](#)

[State of Alaska Covid-19](#)

[City of Bethel](#)

[CDC](#)

[KYUK—Bethel, AK Local News](#)

[Yukon-Kuskokwim Health Corporation](#)

### Facility Updates

Monday-Friday: 5:30am-9:00pm,  
Saturday 10am-9pm, Sunday: Closed.

Please check our [website](#) for a complete facility schedule and operating procedures.

Memberships are on hold and will be reactivated as patrons return to the facility.

### Group Fitness

Group Fitness classes are offered weekly! Space is limited, masks and social distancing are required. For more information visit: <http://www.ykfitness.org/group-fitness>

### Lifeguard Training

February's lifeguard training will be on Saturdays and Sundays: 2/12, 2/13, 2/19, 2/20. Classes will be 12pm-7pm each day. Participants must be able to attend each session and pass a pre-course swim test.

The certification will consist of an online course and in-person training. The online course will help prepare participants for the in-person training and the final test.

Topics covered will include CPR, pool surveillance techniques, lifeguarding daily tasks, and more.

An overview of the swim test and course are available on our website. If you have any questions or would like to sign up please reach out to Stacey at

[Stacey.reardon@hfit.com](mailto:Stacey.reardon@hfit.com)

For more information: <http://www.ykfitness.org/certifications>

### Memberships

What's the quickest and most convenient way to visit the YK Fitness Center? Annual and auto-renewing monthly memberships! Annual memberships are valid for one year and auto-renewing monthly memberships will renew every month until a request to stop is processed.

For more information: <http://www.ykfitness.org/membership-2>



### Martin Luther King Jr Day

In observation of Martin Luther King Jr Day on Monday, January 17, YKFC will operate on holiday hours. The facility will be open 2pm-9pm, the pool will be open 2pm-8:30pm. Join us in honoring his memory by spreading kindness and teaching your children about his mission and legacy. More information on Martin Luther King Jr Day can be found [here](#).