

Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

July 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

Detailed facility hours below. Please check our website for a complete schedule.

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

Keeping Up With YKFC

Stay up to date by following us on [Facebook](#)

Live Tobacco Free

If you've been considering quitting smoking (and even if you haven't been!) this is the perfect time to kick that habit for good. Summer is in full swing and that means long days playing outside, going out on the river, traveling with friends and family and the last thing on your mind should be your next cigarette. Quitting isn't easy but it's worth the effort to invest in your long term health. Your lungs, heart, and wallet will thank you for making the commitment to quitting tobacco use. To learn more visit: <https://www.nhlbi.nih.gov/health-topics/smoking-and-your-heart>

Local tobacco free resources:

Community Health & Wellness: <https://www.ykhc.org/services/>

Phone: 1-800-478-3321, ext. 6312



Summer 2021 Pool Membership Special

Memorial Day-Labor Day

\$99 for Adults

\$69 for Youth and Seniors



July 2021 Facility Hours

Fitness areas: Monday– Friday

5:30am-11:00am: Open
11am-11:30am: Closed
11:30am-9pm: Open

Fitness areas: Saturday

10am-9pm: Open

Pool area Monday-Friday

5:30am-10am Open
10am-1:30pm: Closed
1:30pm-8:30pm: Open

Pool area: Saturday

10am-8:30pm: Open

Lane Sharing in the Pool

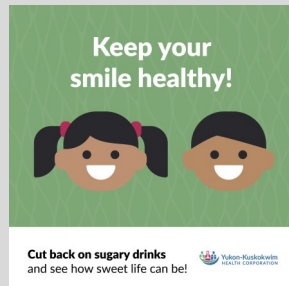
To make sure everyone has an opportunity to use the pool patrons should be sharing lanes. If you're using your reserved non-vaccinated swimming zone you should share the lane with your household members. If you're using a vaccinated swimming lane you should share with other vaccinated patrons. When sharing a lane with another swimmer stay to the right side of the lane, just like you would while driving a vehicle. To avoid collisions try only stop at the ends of the lane and move to the corner when you pause to rest. For more information: <http://www.ykfitness.org/policies-and-procedures>

Avoiding Extra Sugar

As we strive to get our 'normal' lives back, let your sugar habit be a part of your old life that you leave behind for good! Make the choice to put the health of your heart, teeth, and weight ahead of your sugar craving. Instead of grabbing a soda at your friend's bbq go for water or unsweetened iced tea. More information:

[YKFC Website](#)

[YKHC Website](#)



Swimming Zones

To allow everyone to swim comfortably the YKFC pool is currently divided into zones for vaccinated and non-vaccinated swimmers. Non-vaccinated swimmers, including groups with children, should make a reservation for a swimming zone in advance to guarantee their spot. Reservations can be made in person, over the phone, or online. Both the family locker room and the adult locker rooms are available. For more information or to make a reservation visit www.ykfitness.org/visit-us

Vaccinated swimmers do need a reservation to use the vaccinated swimming lanes.



Group Fitness Classes



Group Fitness Classes are offered Monday-Saturday.
View our full schedule [here](#).

Yukon-Kuskokwim Fitness Center

www.ykfitness.org

543-0390

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