



Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

June 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](#)

YKFC Opens to Everyone

We're very excited to announce some big changes in the YKFC operating procedures starting May 31st: the fitness areas and locker rooms will be open to everyone! The fitness areas, group fitness classes, and spa will be open to all patrons over 16 years old and the locker room will be open to all patrons. All patrons over 2 years old must wear a face mask unless swimming or showering. Fully vaccinated patrons are exempt from the face mask policy and may remove their face mask AFTER checking in with the front desk and receiving their wristband. Social distancing and equipment sanitizing are recommended for all patrons.

We appreciate everyone's understanding and patience as we navigate our re-opening policies and mandate compliance.

Memorial Day Hours

Monday, 5/31

Facility: 2pm-9pm

Pool: 2pm-8:30pm

Summer 2021 Pool Membership Special

Memorial Day-Labor Day

\$99 for Adults

\$69 for Youth and Seniors



June 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-12pm Open

12pm-3:30pm: Closed

3:30pm-8:30pm: Open

Pool area: Saturday

10am-8:30pm: Open

Sleep Health

When we sleep our bodies and minds reset and recuperate from the day before. Without quality sleep we aren't giving ourselves the chance to recharge and prepare for the next day. In addition to quality sleep, consistent sleep patterns are key to maintaining good sleep health. Going to sleep and waking up at the same time everyday will help your body maintain a healthy routine. Maintaining good sleep health is easier said than done, especially with busy schedules and midnight sun. Consistent exercise is a good way to make sure you're tired enough to sleep at the end of the day. Another way to maintain healthy sleep patterns is to create and stick to a night time routine. Creating a ritual around preparing for bed will help you body naturally begin to prepare for sleep as you go through your nightly process. Reducing blue-light usage (phones and laptops!) and avoiding alcohol and food before bed are also key to getting to sleep faster and staying asleep. Try to create an environment that promotes sleep. Make your space cool and dark, with a mattress that works for you. Keep your bedroom calm and relaxed to help you fall asleep worry free each night.

For more information on healthy sleep habits visit:
[Anchorage Sleep Center.](#)

Maintaining Healthy Habits

Consistent sleep patterns aren't the only habits that can affect your health. Sticking to routines for working, exercising, completing chores, and eating can help keep your life in balance. Studies show that sticking to a routine helps reduce stress and improve productivity. Something as simple as a consistent morning routine can set you on the course for a happier, and less stressful day. This can be particularly difficult during the summer when kids are out of school and you'd rather be outside having fun than inside washing dishes. Try your best to keep routines consistent when you can so you'll have more time to take advantage of summer opportunities without stressing out.

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>

Group Fitness Classes



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

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www.ykfitness.org

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