



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

June 25, 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 Monday-Friday!
Space is limited, face mask policy applies. For more information visit: <http://www.ykfitness.org/group-fitness>

Fully Vaccinated 12-15 Year Olds

So your 12-15 year old is fully vaccinated, now what? Fully vaccinated teens ages 12-15 may now swim without an adult supervisor after a parent or guardian completes our new Release Form for Vaccinated Swimmers and your teen passes the swim test. You'll need to provide proof of full vaccination, full vaccination means they received their final does of the covid-19 vaccine at least 14 days ago. After the form is completed and vaccination is confirmed your teen will need to complete the following swim skills with the lifeguard: swim 25 yards, tread water for 1 minute, back float for 30 seconds. After the swim test is passed your teen is welcome to use the non-vaccinated areas of the pool without an adult supervisor. You must accompany your teen to YK Fitness to complete the form and swim test. More information on swimming programs for fully vaccinated teens:

www.ykfitness.org

Lifeguard Training

We're hiring certified lifeguards and offering lifeguard training! Blended learning course begins June 27th, in-person classes meet July 5th-8th.

Are you:

- At least 15 years old
- A strong swimmer
- Ready for a fun and rewarding job

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

Summer 2021 Pool Membership Special

Ready to spend the summer in the pool? We're offering a special pool membership from Memorial Day to Labor Day for only \$99 for adults and only \$69 for youth and senior. This isn't a deal you'll want to miss!

Get yours now: <http://www.ykfitness.org/membership-2>

