



Yukon-Kuskokwim Fitness Center

SAFETY * WELLNESS * COMMUNITY

May 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.

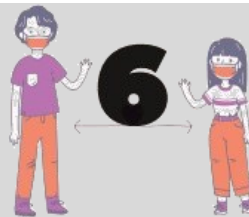
Memberships are on hold and will be reactivated as guests return to the facility.

Keeping Up With YKFC

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

Swimming Pool opens for Non-Vaccinated Patrons

You might have already heard our exciting news: Non-vaccinated individuals, including children, are now eligible to use the pool for recreational and lap swimming! Non-vaccinated individuals will be able to reserve one of five zones in the swimming pool for up to 90 minute periods. The Family Locker Room will be available for non-vaccinated patrons and there will be designated waiting spaces in the lobby area for each group. Walk-in groups will be accepted only if there is availability. We strongly encourage everyone to make a reservation in advance to guarantee your access to a swimming zone. The water slide and basketball hoop are not available at this time. Non-vaccinated individuals will not be able to use the full locker rooms, cardio-weight room, studio, spa, or attend group fitness classes. For more information: <http://www.ykfitness.org/covid-19phase-2>



May 2021 Facility Hours

Fitness areas: Monday– Friday

5:30am-9:00am: Open
9am-10am: Closed
10am-3:30pm: Open
3:30pm-4pm: Closed
4pm-9pm: Open

Fitness areas: Saturday

10am-3:30pm: Open
3:30pm-4pm: Closed
4pm-9pm: Open

Pool area Monday-Friday

5:30am-10am: Open
10am-3:30pm: Closed
3:30pm-8:30pm: Open

Pool area: Saturday

10am-8:30pm: Open



May is Water Safety Month

In the United States over 3,500 people per year die from drowning. That's about 10 fatal drownings every day of the year. Most of these deaths are children. Following basic water safety skills can save your life, or the life of someone close to you. Knowing how to swim is the first step in understanding water safety. Understanding water and weather conditions, how to get help, and what behaviors are safe can be the difference between having a fun and safe day by the water and encountering a deadly emergency. This month we'll be highlighting ways to keep yourself safe, tips for identifying safe and unsafe conditions, and what to do if an emergency occurs.

Follow along with Water Safety Month on [Facebook](#) and our [website](#).

Fitness Areas & Fitness Classes

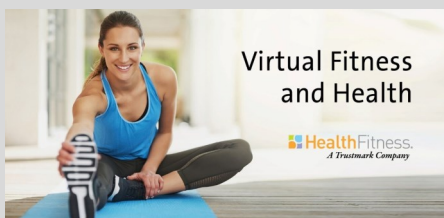
The COVID-19 policies for the fitness areas will not be changing during phase two. At this time, the fitness areas and fitness classes are only available for fully vaccinated adults, ages 16+. Social distancing and masks are required for all fitness areas and classes. Some machines in the cardio weight room are unavailable to allow for additional space between patrons. All spaces and classes have a reduced capacity.

For more information on our fitness and fitness classes COVID-19 policies please visit: <http://www.ykfitness.org/>

Help Us Keep the Facility Clean

Mud and dirt tracked into the facility on boots and shoes can cause serious damage to the cardio equipment, floor mats, and pool filters. Help us keep the facility clean and running properly by leaving all outside shoes in a cubby or covering your shoes with designated shoe covers. Please remember to store all belongings properly during and after your visit and throw away all trash. When broken, glass can damage equipment and cause injury to patrons and staff so glass is not permitted in the facility. All swimmers should rinse before entering the pool or spa, this helps keep dirt and residue out of the water.

Virtual Fitness and Health



Keep up with your home workouts with virtual fitness classes continuing into 2021.

[Find Classes Here](#)

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www.ykfitness.org

543-0390

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