



The Yukon-Kuskokwim Fitness Center

Weekly Buzz

SAFETY * WELLNESS * COMMUNITY

May 7, 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 guests return to the facility.

Group Fitness

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

Be Safe in the Pool

Knowing the basics of pool safety will help make everyone's visit to the pool safe and fun.

*Always wear appropriate swim wear. Loose, flowing fabrics or anything that covers your face can cause accidents in the water.

*Make sure you're hydrated and have eaten at least 30 minutes before you swim. Swimming with a too full or too empty stomach can make you sick or light-headed .

*Never push, run, or hit anyone near the pool. Someone could fall and get seriously injured.

*Life jackets and floatation devices are available. If you aren't sure which size life jacket is best for you ask the lifeguards. They're happy to help!

*Never dive in shallow water.

*Talk with children about these rules!

Swim Clinics

Starting this week we're offering swim clinics on Wednesday evenings and Saturday mornings. Each clinic will focus on a different technique or movement. This is a great workout and opportunity to work on specific skills. Each clinic is 60 minutes and is designed for intermediate swimmers who are comfortable in deep water.

For more information: <http://www.ykfitness.org/group-fitness>

Thin Ice & Flooding

With more and more reports of moving water we want everyone to be careful! [Bethel Search and Rescue](#) has asked everyone to refrain from river travel. Extremely cold water can be debilitating to even the strongest swimmers. [KYUK](#) reported that flooding is possible and communities should prepare for potential flooding. Always use extreme caution when near flooded areas.

Water Safety at Home

Water safety starts at home with your youngest family members. Most drownings involving children younger than one year old happen at home. Because drowning can occur in less than one minute, close adult supervision is crucial to ensuring water safety at home. This means supervising children without distractions when they swim, play in a kiddie pool, and take their nightly bath.