



# The Yukon-Kuskokwim Fitness Center

## Weekly Buzz

SAFETY \* WELLNESS \* COMMUNITY

May 21, 2021

### Important Links

- [YKFC](#)
- [City of Bethel](#)
- [KYUK—Bethel, AK Local News](#)
- [State of Alaska Covid-19](#)
- [CDC](#)
- [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>

### How to help our community practice good water safety habits

Water safety starts with you. Setting a good example and helping your neighbors understand water safety is essential to keeping our community safe around water. Some ways you can help our community practice good water safety habits:

- Talk with your friends and family about water safety and basic safety practices. Your friends might not know they're putting themselves at risk with their choices.
- Bring your kids and loved ones to the pool to help build their confidence around water. There are shallow areas and life jackets available to allow everyone to find their comfort levels in the water.
- Always model safe behaviors around water and when operating a boat.



### May 2021 Facility Hours

**\*PROOF OF VACCINATION REQUIRED FOR SOME AREAS**

**Monday-Friday: 5:30am-9pm**  
**Saturday: 10am-9pm**  
**Sunday: Closed**

**Fitness Areas: Monday-Friday**

5:30AM-9AM: OPEN

9AM-10AM: CLOSED FOR CLEANING

10AM-3:30PM: OPEN

3:30PM-4PM: CLOSED FOR CLEANING

4PM-9PM: OPEN

**Fitness Areas: Saturday**

10AM-3:30PM: OPEN

3:30PM-4PM: CLOSED FOR CLEANING

4PM-9PM: OPEN

**Pool Area: Monday-Friday**

5:30AM-10AM: OPEN

10AM-3:30PM: CLOSED

3:30PM-8:30PM: OPEN

3/05/21 UPDATE

**Pool Area: Saturday**

10AM-8:30PM: OPEN



### Covid-19 Policies

The CDC and some municipalities have begun updating covid-19 policies for fully vaccinated individuals. This is great news, and we are very excited to see regulations adjusting, however, at this time the covid-19 policies at YKFC will not be changing. Face masks are required unless swimming or showering. Fitness areas and spa are only available to fully vaccinated individuals, ages 16+.

