

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

September 11th, 2020



Facility Hours
Mon-Fri 5:30am-9pm
Sat & Sun: 2pm-9pm

Important Links

YK Fitness Center Website:

<http://www.ykfitness.org/>
<http://www.ykfitness.org/covid19>

City of Bethel Website:

<https://www.cityofbethel.org/>

Bethel, AK Local News:

<https://www.kyuk.org/>

Yukon-Kuskokwim Health Corporation

<https://www.ykhc.org/covid-19/>

State of Alaska COVID-19 Website:

<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx>

CDC Website:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

3Ts with Warren

Develop balance, coordination, and flow to improve performance in a variety of sports, develop skills for self-defense, make daily living tasks easier, and increase overall wellbeing.

Masks and Social Distancing required.

NEW Start Dates Sept 20th – Oct 31st.

Youth: Age 7-15, 4:30-5:30pm Tues or Sats

Adult: Age 16+, 5:30-6:30pm Thurs or Sats

Register today ykfitness.org/instructional or call 543-0390.

Participants may register for one class or both but may only attend the day registered for.

Club Interest Survey

Parents, with students not attending school we know many of you may be struggling to balance work hours with your children's needs and we wanted to reach out to see if there is interest in participation in club programs here at the Fitness Center. **Any programs we offer will comply with COVID-19 safety protocols and procedures to assure safety of staff and participants.** We appreciate your feedback on our [club interest survey](#) to help us get a sense of your needs and interests.

If you are not able to access the [survey](#) contact us at ykfc@cityofbethel.net

Please help us stop the dirt at the door by removing or covering outside shoes at the facility entrance.

If you are using the Cardio/Weight Room or Studio, **please bring a clean pair of "indoor" shoes** to use inside the facility. This significantly prolongs the life of our equipment.

Thank you for helping us keep the facility and equipment clean and in good working condition.

Keep It Neat!



Indoor Shoes ONLY

Remove or Cover all shoes that have been worn outside.

Thank you for helping keep our facility clean.



My mask protects you. Your mask protects me. Thank you for helping keep our facility safe.

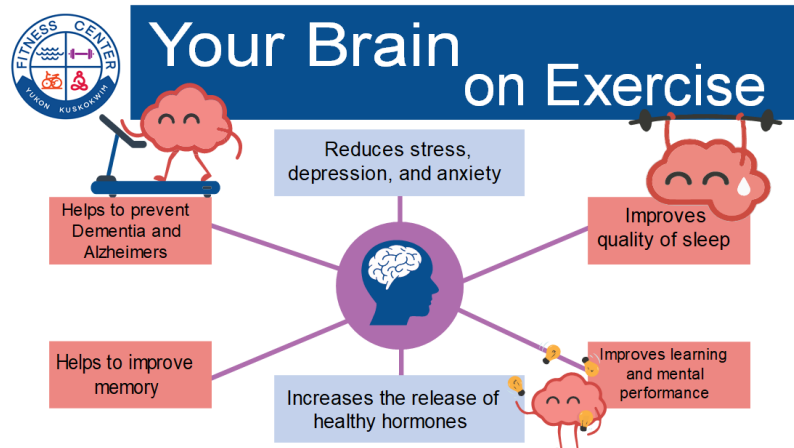
If you experience any COVID-19 symptoms, have traveled, test positive for COVID-19, or are exposed to anyone who has tested positive for the virus **please do not visit the fitness center.** Visit ykfitness.org/covid19 for up to date policies for visiting the fitness center.

Remember to self-isolate while waiting for test results.

If you experience symptoms of COVID-19 call the YKHC hotline at 543-6949.

According to the CDC the COVID-19 pandemic may be stressful for people. "Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety."

Coping with stress in a healthy way will make you, the people you care about, and your community stronger.



Stay active and healthy for yourself and for your family.

Youth experience stress and anxiety just like adults and benefit from time spent being active with the adults in their lives.

playeveryday.alaska.gov



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

