Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community



<u>Facility Hours</u> Mon-Fri 5:30am-9pm Sat & Sun: 2pm-9pm

September 21st, 2020

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

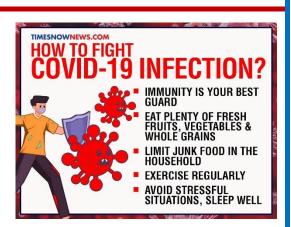
https://www.ykhc.org/covid-19/

State of Alaska COVID-19 Website:

 $\underline{http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/monitoring.aspx}$

CDC Website:

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



Club Interest Survey

Parents, 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 a 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.

playeveryday.alaska.gov







3Ts with Warren Starts this week

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

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.

Youth: Age 7-15,

Tuesdays, 4:30-5:30pm September 22nd – October 27th

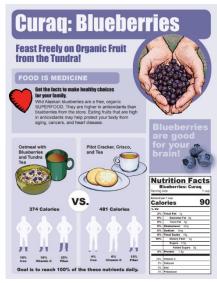
Saturdays, 4:30-5:30pm September 26th – October 31st

Adult: Age 16+,

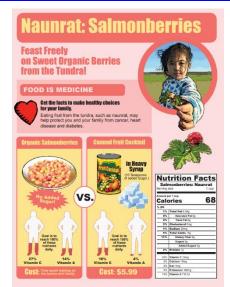
Thursdays 5:30-6:30pm September 24th – October 29th Saturdays 5:30-6:30pm September 26th – October 31st

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





Alaska wild berries have extraordinarily high antioxidant levels and are a great source of nutrients!



Become a Certified Lifequard!

Lifeguard training will be offered in October. (Dates TBA).

Start training now! Visit http://www.ykfitness.org/certifications for details.





