

Yukon-Kuskokwim Fitness Center

Safety. Wellness. Community

We continue to work to maintain a safe environment for all and appreciate all Patrons and Staff following these safety protocols. We understand these policies pose some challenges, but our goal is to keep everyone safe and we appreciate your understanding and assistance. Policies are subject to change without notice based on changing conditions.

July 2020

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Before Your Visit:

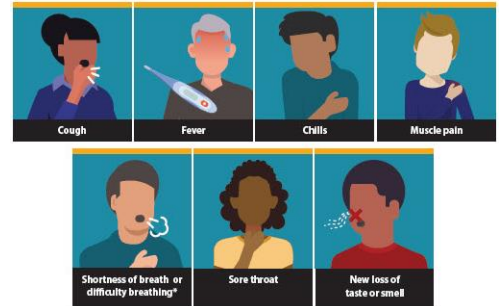
Symptoms: Anyone experiencing symptoms related to CoVID-19 is asked not to enter the facility. Self-quarantine and contact YKHC at 907-543-6949. All patrons and staff will be required to confirm they are free of symptoms at check in.

Travel:

- If you have traveled outside Alaska, please follow Alaska State guidelines and test before you travel and again on arrival, making sure both tests are negative before visiting the facility. Alternatively, wait to visit the facility until after a 14-day quarantine.
- If you have traveled outside the YK Delta, but within Alaska please complete coronavirus testing and assure you are negative for the virus before visiting the facility.

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Exposure: If you know you have been exposed to someone who has tested positive for CoVID-19 please wait to visit the facility until you have received 2 negative tests at least 72 hours apart. Contact YKHC at 907-543-6949 for information and assistance.

Contact Information: To aid healthcare workers in the event of a positive test of anyone using the facility all users will be required to provide contact information on check in each time they visit the facility.

Effective July 1st youth between the ages of 11-15 who have an up to date swim waiver & swim test will be allowed to use the facility without an adult between the hours of 2pm-9pm. Youth will be required to provide guardian contact information and will be ejected without refund if they do not follow facility policies and staff directions.

Morning hours will continue to be reserved for adults and youth with adult supervision.

Mask: All patrons and staff are required to wear face masks in all common areas including:

- Check In
- Lobby
- Hallways
- Locker rooms
- Restrooms
- Pool bleachers and pool deck



Patrons in exercise areas are strongly encouraged to wear masks, but for breathing safety may remove masks during exercise. Masks must be replaced before entering common areas.

Patrons will not be allowed to enter without a mask.

During Your Visit

Hand Washing: All users will be expected to wash their hands before beginning activities and frequently throughout time at the center.





Distance: Users will be expected to maintain appropriate distances from each other.

- In common areas 6 feet of distance (includes locker rooms and on the pool deck)
- In exercise areas 10 feet of distance (Cardio/Weight Room, Studio, while swimming)

Traffic Patterns: To reduce congestion around doorways, areas with multiple entrances will have designated entrance and exit doors. Areas with single entrances will have doors designated for entrance or exit only. If an area has only a single door, that door will be propped open to allow patrons to work together to maintain their distance.

Patron Limits: To assure the ability for proper distancing the total number of patrons in the facility will be limited to 70, with the below limits for each room/area. We ask patrons to be considerate and limit time in areas with lower capacity numbers to allow use by all. We appreciate your assistance.

- Pool & pool deck = 45 people
- Cardio/Weight Room = 14 people
- Studio = 14 people
- Concessions area: 20 people
- Men's & Women's Locker Rooms: 12 people
- Men's & Women's Bathrooms: 4 people
- Family Locker Room: Restricted to users from the same household
- Spa: 6 people
 - We ask spa users to limit their time to 15 minutes to allow other users a turn

Disinfectant wipes: to aid in cleaning we have buckets with pre-moistened disinfectant wipes placed throughout the facility. Please use these wipes to clean any item or surface you have touched or that needs cleaning. Be sure to wash your hands after using the wipes and before eating. Do not use wipes on your face and do not place wipes in your mouth.

Shower curtains: As a compromise between users with modesty concerns and users with high infection rate concerns we have replaced most of the shower curtains, but will continue to have at least one stall without a curtain available for use by anyone concerns about this high contact item. Shower curtains will be removed and washed daily.

Memberships: All memberships were re-activated effective 5/9/20 and 2 additional days were added to the days remaining on the membership as of 3/18/20. For example, if your membership had 5 days remaining as of 3/18, you had 7 days remaining as of 5/9/20. We appreciate your patience.

After Your Visit

We realize that your time at our facility is only part of your day, if you learn that you were exposed to someone who has tested positive for CoVID-19 outside our facility please be sure to include the YK Fitness Center in your contact tracing report to medical staff and feel free to contact Stacey at Stacey.reardon@hfit.com to let us know the dates you were at the facility so we can help assure all staff and visitors you may have contacted get tested.

We greatly appreciate your help in keeping our facility a clean and safe environment for all by following these safety protocols. We understand these policies pose some challenges, but our goal is to keep everyone safe and we appreciate your understanding and assistance. Anyone not following safety policies will be asked to leave the facility. Thank you for your support.



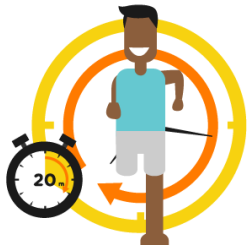
July Membership Specials



Exercise improves physical, mental, and emotional health.



WHAT THE SCIENCE SAYS



The mood benefits of just **20 minutes** of exercise can last **12 hours**, according to researchers at the University of Vermont.



Physically active people are happier and more satisfied with their lives.

BUT THERE'S MORE TO IT THAN THAT:



Exercise increases endorphins and other feel-good brain chemicals.



It reduces levels of the stress hormones cortisol and adrenaline in the body.



It's a proven remedy for both depression and anxiety.

Boost your immune system this July with a fitness center membership.



July PFD Special
Buy 1, Get 1 FREE
Monthly Memberships
Save up to \$90

Offer Valid July 1st – July 31st

Visit ykfitness.org or call 543-0390 for details.





Corporate Discounts also available. Contact Stacey at ykfc@cityofbethel.net or 543-0390 to invest in the health and wellbeing of your employees.

Membership SALE!

July 1 – July 31
Buy Now Activate Later*

Annual	Pool OR Fitness	Pool AND Fitness
Adult	\$460 -\$528	\$905 -\$724
Youth	\$330 -\$264	\$530 -\$424
Senior	\$275 -\$220	\$480 -\$384
Military	\$440 -\$352	\$640 -\$512

Individuals can save \$181!

Members get 35% off classes!

Families can save over \$200 per person!

Purchase 3 or more memberships and save an additional 10% on each membership!

Call 543-0390 or visit ykfitness.org and invest in your health today!



*restrictions apply



Aquatics



YKFC is available for exclusive pool parties this summer.
 Rent the Pool and Lobby for 2 hours of exclusive use for up to 50 people.
 Available Saturday or Sunday from 11am-1pm; June – August
 Cost: \$250
 Visit <http://www.ykfitness.org/rentals> for details.
 Contact: ykfc@cityofbethel.net or 543-1398 to schedule your pool party.

YKFC Swim Rental: Capacity restrictions limit availability for party rentals during normal operational hours, but we are offering an exclusive pool use rental through the end of August. Have the whole pool and lobby area to yourself. Safety policies apply, click the picture or visit <http://www.ykfitness.org/rentals> for details.

Swim Lessons:

Due to current CoVID-19 restrictions we will not be able to offer summer group swim lessons. A limited number of private swim lessons spots are available

Semi-Private Swim Lessons

- For groups of 2-4 swimmers of similar skills and goals
- Patrons set-up their own groups, YKFC does not assign swimmers to groups

30 mins	Members	Non-Members
1 session	\$9 per/person	\$14 per/person
5 sessions	\$43 per/person	\$67 per/person
10 sessions	\$82 per/person	\$126 per/person

60 mins	Members	Non-Members
1 session	\$16 per/person	\$25 per/person
5 sessions	\$78 per/person	\$120 per/person
10 sessions	\$147 per/person	\$227 per/person

We recommend 30-minute sessions for young swimmers. 60-minute sessions are for older or more advanced swimmers.

Adults may be required in the water with young groups.

Instructor availability is limited.

To place a request for lessons click the rates or visit <http://www.ykfitness.org/aquatics>

Questions? Contact Stacey at 543-0390.

Private Swim Lessons

30 mins	Members	Non-Members	60 mins	Members	Non-Members
1 session	\$19	\$28	1 session	\$33	\$50
5 sessions	\$87	\$133	5 sessions	\$156	\$239
10 sessions	\$164	\$252	10 sessions	\$296	\$454

We recommend 30-minute sessions for young swimmers. 60-minute sessions are for older or more advanced swimmers.

Virtual Learning

The American Red Cross has developed some great tools for families to use together to practice being safe around water.

Water Safety for Kids
 Resources to help your child learn about water safety while having fun in and around water.

Staying "Safe at Home" includes water safety, too.
 Families have always played a vital role in teaching kids how important it is to learn to swim and behave safely in and around the water. That's even more true today when most schools, swim clubs and recreation centers are closed due to the COVID-19 pandemic.
 The Red Cross wants to help parents, caregivers and kids to learn and share water safety knowledge and skills together. If your child isn't able to take formal swim lessons right now, you can still help them learn to be safer around backyard pools, ponds or other natural bodies of water. We hope your family enjoys a safe, healthy and fun summer!

Resources for Parents and Caregivers

These resources will help you learn more about water safety and support you in teaching children about water safety.

<p>WHALE Tales Parent & Caregiver Guide How to teach important swim and water safety concepts. Includes the activity sheet answer keys! DOWNLOAD</p>	<p>Water Safety for Parents & Caregivers Course Our FREE online course helps parents and caregivers learn the basics of water safety. Versión en español próximamente. SIGN UP</p>
<p>Be a Water Safety Ambassador Course Take this FREE online course and help your community thrive by teaching kids and adults about water safety. SIGN UP</p>	<p>Download the Swim App for iPhone and Android Our FREE app teaches drowning prevention, tracks swimming progress and more. LEARN MORE</p>



Certification Courses

Become a Swim Instructor

In preparation for resuming group swim lessons we are holding Water Safety Instructor training class in July. If you love swimming and want to help others learn to swim and be safe around water visit our website or click the course picture for more info.



+ NOW HIRING CERTIFIED SWIM INSTRUCTORS! **+**
[FREE](#) Training @YKFitness Center

Blended Learning Course Begins July 13th
Registration Due by July 12th

- TO BE ELIGIBLE CANDIDATES MUST:
- BE AT LEAST 16 YEARS OLD
- PASS PRE-COURSE TESTING
- COMPLETE ONLINE COURSE CONTENT
- ATTEND IN PERSON CLASSES
- PASS WRITTEN AND SKILLS TESTING

Visit <http://www.ykfitness.org/certifications> for registration information

Email questions to stacey.reardon@hfit.com or call 543-1398
Get certified and get a job!



Become a Certified Lifeguard



+ Now Hiring Certified LIFEGUARDS! **+**
[FREE](#) Training @YKFitness Center

Blended Learning Course Begins July 27th
Registration Due by July 26th

To be eligible Candidates must:

- Be at least 15 years old.
- Pass pre-course testing.
- Complete Online course content.
- Attend in person classes.
- Pass written and skills testing.

Visit <http://www.ykfitness.org/certifications> for registration information and to view a video of the pretest skills

Email questions to stacey.reardon@hfit.com or call 543-1398
Get certified and get a job!



Group Fitness Classes July 2020

Class	Schedule	Class Capacity Limit
Anti-Gravity/Barre	Wednesdays at 6AM @YKFC 7/1, 7/8, 7/15 With Kevin	YKFC = 10
Indoor Bootcamp	Mondays at 6AM @YKFC 6/29, 7/6, 7/13 Fridays at 6AM @YKFC 7/3, 7/10, 7/17 With Kevin	YKFC = 10
Outdoor Bootcamp	Saturdays at 10AM @ Pinky's Park 7/11 With Kevin	Pinky's = 20 Please purchase class pass in advance for outdoor class.
Cycling	Tuesdays at 6:30pm 6/30, 7/7, 7/14 With Rose	YKFC = 10
<p>Classes are First Come First Served. Drop-in or use a Fitness Class Pass. Drop-in Rate: \$11 Non-Member / \$7.15 Member</p>		

Visit ykfitness.org or call 543-0390 for more information or to purchase your Fitness Class Pass.

Please remember to wear your mask in all common areas including check-in, hallways and locker rooms. Thank you helping keep our facility safe.



VIRTUAL FITNESS SCHEDULE



June 29-July 3, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pilates Flow 7:00 - 7:45 a.m. CDT Instructor: Ariel	Vinyasa Yoga Flow 7:00 - 7:45 a.m. CDT Instructor: Sabbi	High Intensity Interval Training & Core 7:00 - 7:45 a.m. CDT Instructor: Brian	Body Weight Boot Camp 7:00 - 7:45 a.m. CDT Instructor: Carl	Yoga & Core 7:00 - 7:45 a.m. CDT Instructor: Lauren
Cardio Kick Box 8:00 - 8:45 a.m. CDT Instructor: Sandra	Nutrition Video will be Posted on this day Dietitian: Erin Pettygrove		High Intensity Interval Training 11:00 - 11:30 a.m. CDT Instructor: Lauren	
Barre 11:00 - 11:45 a.m. CDT Instructor: Sarah	Barre 11:00 - 11:45 a.m. CDT Instructor: Liz	Total Body Conditioning 11:00 - 11:45 a.m. CDT Instructor: Cristina		Total Body Conditioning 11:00 - 11:45 a.m. CDT Instructor: Jason
Pilates Flow 5:00 - 5:45 p.m. CDT Instructor: Becca	Total Body Conditioning 5:00 - 5:45 p.m. CDT Instructor: Ariel	Total Body Conditioning 5:00 - 5:45 p.m. CDT Instructor: Michele	Cardio Dance 5:00 - 5:45 a.m. CDT Instructor: Rachel	

Virtual Classes are listed in Central time and are updated weekly.

Visit <http://www.ykfitness.org/hf-virtual-fitness-health> for details.