

10-14-2020

YMCA Members,

Your YMCA is continuing to expand hours and programming while keeping safety in mind. Please be aware that positive COVID-19 cases have been increasing and if the trend continues, some open areas or programming may need to be scaled back. Please check your email, the YMCA website at kandiymca.org or the Y Facebook page for further updates.

Beginning October 19, the Lower Level Fitness Center will open for extended hours.

Lower Level Fitness Center Hours:

Monday – Friday 5:15 am-11:00 pm
Saturdays 7:30 am-4:30 pm
Sundays 8:00 am-4:00 pm

Facility Hours:

Monday – Friday 5:15 am-9:00 pm
Saturdays 7:30 am- 4:30 pm
Sundays 12:00 noon-4:00 pm

Maximum capacity for the Lower Level Fitness Center is 9 people. Racquetball capacity is 2 per court. Reservations are required. Hours outside of Full Facility Hours will require entrance through the Lower Level Fitness Center entrance using your FOB. Extended hours still require temperature checks, health screening questions, and social distancing. Masks required when not working out.

Program Sign-up will be available for:

- Basketball program for ages 15 and older will run from November 2-27. Max of 15 players. Multiple program times available. Only those registered for the program may be in the gym/building.

All Programs are area specific and you must remain in the program area. Each area has a specific maximum capacity. Moving to another area of the building is prohibited.

There have been questions as to children participating at the Y. Here is a summary of ages and activities at the Y for all ages as of 10-19-2020

Ages 7 & Under

Participate in Open or Family swim with a parent in the pool within arm's reach
Attend Child Watch

Participate in Basketball Shooting with a parent with the child

Youth Sports programs for Gymnastics, Basketball, and Swim Lessons

School Age Child Care, Hybrid and Distance Learning options available

Ages 8-9

Participate in Open Swim with a parent in the building, Family Swim with a parent in the pool

Participate in Basketball Shooting with a parent in the building

Youth Sports programs for Gymnastics, Basketball, and Swim Lessons

School Age Child Care, Hybrid and Distance Learning options available

Ages 10-11

Participate in Open Swim on own or Family Swim with a parent in the pool

Participate in Basketball Shooting

Youth Sports programs for Gymnastics, Basketball, Volleyball and Swim Lessons

School Age Child Care, Hybrid and Distance Learning options available

Ages 12-14

Participate in Open Swim on own or Family Swim with a parent in the pool

Participate in Basketball Shooting

Participate in the Upstairs Wellness Center and Fitness Classes after orientation has been completed

Hybrid and Distance Learning options available

Ages 15 -16

Participate in Open Swim or Lap Swim on their own or Family Swim with a parent

Participate in Basketball Shooting

Sports programs for Open Basketball, Floor Hockey, Pickleball, and Racquetball

Participate in the Upstairs Wellness Center and Fitness Classes

Hybrid and Distance Learning options available

Ages 18 & Older

Participate in Open Swim or Lap Swim on their own or Family Swim

Participate in Basketball Shooting

Sports programs for Open Basketball, Floor Hockey, Pickleball and Racquetball

Participate in the Upstairs Wellness Center and Fitness Classes

Participate in the Lower Wellness Center (FOB required for extended building hours)

Ages 55+

Participate in Open Swim or Lap Swim on their own or Family Swim

Participate in Basketball Shooting

Sports programs for Open Basketball, Floor Hockey, Pickleball and Racquetball

Participate in the Upstairs Wellness Center and Fitness Classes

Participate in the Lower Wellness Center (FOB required for extended building hours)

Happy Together (Health Aging Program)

The YMCA staff and I are looking forward to having you back at the Y as soon as you are ready to join us. All COVID-19 precautions are still in place. Masks are required in all common areas when not working out, swimming or showering. We ask that you sanitize or wash your hands when you come into the building. Temperature check and health screening questions are done at the

welcome center before you self-scan your card. Members and Y Staff sanitize all areas and equipment frequently. We are taking every precaution to make the facility as safe as we can for you.

As always, stay safe, wear a mask, wash your hands, and keep your distance. See you soon.

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