To our valued Y Members,

We thank you so much for staying with us during these recent uncertain times and continuing to support our Y while we had to close our doors for the health and safety of our staff, our members and our community. Our Y team has continued to put the needs health and safety of our members, staff and community at the top while we navigate through reopening our doors. We want to emphasize that some restrictions and changes put in place are required, and we’d like to prepare you for these so you know what is expected of you as well as what you can expect from us.

We are being respectful of the Recommendations of Gyms and Exercise Facilities put forth by the Maine Department of Economic & Community Development. Our guidelines will represent those recommendations from the 1st day we’ve opened, and will be adapted as changes are suggested by the DECD. We will share these changes with you as soon as we are aware, via our social media, our website and through out Welcome Center. You can sign up for our email notifications on our website by scrolling all the way to the bottom of any page and subscribing.

It is important that you take the time to check frequently with our staff, our website and our social media for updates to our reopening plan, and read through carefully. As always, our number one priority is the health and safety of everyone in our Y family. We have enjoyed seeing so many smiling faces (and smiling eyes with face coverings) since our doors have been opened! We have worked very hard to refresh our much loved facility while the doors were closed and so please know, we’ve missed you greatly and have not stopped trying to improve ourselves and our services for our Y family while we were apart.

If you have any questions or concerns, feel free to call us at 207-564-7111 or email m.adams@prymca.org
BUILDING HOURS
Our building hours will remain the same! We have transitioned to our summer hours, which means we are closed on Sundays, but open

Monday – Thursday 5AM – 8AM, Friday 5AM – 7PM and Saturday 7AM – 8PM

SAFETY OF OUR STAFF AND MEMBERS
We agree while heartedly that exercise is essential to both our physical and mental well-being and we have been eager to allow our members back in to use our equipment as well as join our instructors for our energized fitness classes. Instructors and staff are diligently wiping down all equipment, though we ask members to also participate in cleaning ALL equipment after each use.

AREAS UNAVAILABLE TO MEMBERS
Due to some maintenance of the pool discovered while our doors were closed, the pool is currently unavailable to members and we do not have a timeframe of when this will be available again.

AREAS AVAILABLE TO MEMBERS
The lobby is available only for bathroom use, and checking in at the Welcome Center. We have removed all seating from the Welcome Center, and moved into our Youth Development rom for the time being, where s small group of individuals can utilize, while maintaining social distancing guidelines. The Fitness Center, Group Exercise room, locker rooms, racquetball courts as well as our new outdoor fitness studio are also available for member use.

SAFETY PRECAUTIONS SUGGESTED
It is suggested that members wear face coverings throughout the facility, removing them to exercise. We are NOT requiring anyone to wear a face covering.

Water fountains are not available for use, so members are responsible for their own water, towel and face coverings.

We are not requiring reservations at this time for classes, equipment use or other facility uses (with exception to those already practiced ie. Racquetball court reservations.)

IMPORTANT INFO FROM THE MAINE CDC COVID-19:
Transmission risk is elevated during cardiovascular exercise and increased respiration; forceful respiration when coughing, sneezing and yelling; close physical contact; and sustained physical contact. All participation in fitness activities is at the individuals own risk.
WHAT TO EXPECT WHEN VISITING OUR Y

CHECK-IN
Members will need to check in to the facility, even if they are attending an outdoor class or an outdoor program. There are lines on the floors identifying 6-feet for social distancing while waiting to check-in or talk to our Welcome Center Staff.

FOR THE SAFETY OF OUR STAFF AND MEMBERS, PLEASE WEAR YOUR FACE COVERING WHILE TALKING WITH THE WELCOME CENTER STAFF, AND THEY WILL DO THE SAME WITH THEIR FACE COVERING. Face coverings are asked to be used when the 6-feet social distancing guidelines can not be followed. Please wash and sanitize your hands upon entering the facility and prior to utilizing equipment. Hand sanitizer is located throughout the facility.

To prevent unnecessary touching, members who use the pin number to check in will be asked to wait their turn at a safe distance and have the Welcome Center staff check them in, or utilize their key tag for the time being.

Covid-19 Screening: You will be asked health-related questions, and if applicable your temperature will be taken. If you have a temperature of 100°F, you will be asked to leave the premise.

WHILE WITH US
Members will be required to clean any equipment after each use. Locker rooms are open, though please leave surface contact to a minimum. Staff will be cleaning our locker rooms regularly.

Due to each area having a maximum capacity, members are allotted a maximum of 45 minutes to utilize the facility.

Members are required to follow all posted signage and guidelines in the facility regarding social distancing and cleanliness. Any individuals who do not follow the guidelines will be asked to leave the Y.

We want to ensure we can remain open for ALL our members to utilize our facilities and ensure we will be able to open as we adapt to any changes to guidelines.