



## YMCA of Owen Sound Grey Bruce

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### YMCA of Owen Sound Grey Bruce Update July 31, 2020

Hello to Y Members,

We look forward to welcoming you back to the Y for our FREE pilot phase from August 10 to 28! Staff are putting the final touches on the schedule and that information will be out on August 4.

In preparation for our pilot re-start on August 10, here is further information:

1. Week of August 10 Schedule will be available on August 4.
2. Based on member participation and member feedback, the schedule may be adjusted for following weeks. Any changes to the schedule will be in place by Wednesday at noon for the following week.
3. All pool activities and dry land fitness classes will require booking, due to physical distancing requirements and available space. For example, one person per lane for lane swimming.
4. Use of the conditioning centre/strength area will be capped at fifty (50) members at any given time to ensure physical distancing. There will be over 60 workout options to choose from with cardio machines, strength machines and free weight stations. Members do not need to book time for this area. However, we kindly ask you please keep your workout to 1.5 hours or less, to allow for more members to access the facility to workout.
5. During this pilot phase, members will enter the building at the north entrance only, the one by Sisters Café. We have summer day camp in the building and the south entrance is restricted for their use only. Campers must stay separate from Y members. Please park in the north parking lot.

What do members need to do to get ready?

1. Get your Y membership card out! If you cannot find your card, please email Barbara at [barbara.dolan@osgb.ymca.ca](mailto:barbara.dolan@osgb.ymca.ca) or call 519-376-0484 x 221 so that she can print a new card for you and have it ready for when you arrive. Members must have their card or one waiting for them to access the Y. Please ensure you have received confirmation that your card will be ready before attending the facility.
2. Fill your water bottle, as the water fountains will not be available.
3. Change rooms and showers will not be available for the first week, and their availability will be assessed for the second week.
4. As a reminder, only clean indoor shoes are permitted in the Fitness Centre. Please ensure you change into your indoor shoes before going upstairs.
5. You are welcome to bring a small bag with you to hold your clean indoor shoes, membership card, mask, and water bottle.

*Building healthy  
communities*



## Member Etiquette

By entering the YMCA, you are committing to follow public health's guidelines and YMCA protocols, as we all work together to keep each other safe. These guidelines include:

1. Keeping 2 meters distance from others.
2. Wearing a mask at all times, except when exercising.
3. Washing hands regularly.
4. Using proper sneeze and cough etiquette.
5. Cleaning equipment before and after you use it.

These are new and challenging times. Everyone is trying to adjust to our new reality and people will, on occasion, make mistakes. In keeping with our Y values, we ask you to be kind, considerate and patient with staff and other members. We need to support each with our new protocols. We are in this together.

More information and details coming soon.