



Dear Y Members & Participants,

Starting today, we will be following the TIER 3 RESURGENCE MITIGATIONS for Health and Fitness and Organized Group Recreational Activities. Your safety and wellness is always our top priority!

Due to the surge in COVID-19 infections in our state the changes below are mandated by the Governor and will be followed at our Y.

- Face coverings must be worn at all times inside the Y, including while engaged in individual exercise regardless of person or machine spacing.
- Reservations are required for STRIVE, Life Center, Weight Room, Track, Main Gym and Pool. Email ReserveCantonILYMCA@gmail.com or call the Y at 647-1616 to reserve your workout time or check on building capacity for a last minute reservation.
- No indoor Group Classes: Land & water fitness, tumbling & trampoline, swim lessons, martial arts, no swim team, no tumbling teams, etc.
- All indoor group sporting and recreational activities including youth and adult recreational sports are temporarily paused. Individual training is allowed. Private lessons are available for swimming, tumbling & trampoline.
- No games allowed for pickleball, tennis, racquetball, basketball, volleyball - members may do individual training. No birthday parties.
- The Main Gym is open for individual activities. There is a 1 person limit per basketball hoop.
- Locker room restrooms are open. Locker rooms are available on a limited basis (shower/change) for swimmers.
- Preschool and E Learning Care are allowed to remain open.
- Building usage is limited to 25% capacity. Due to the size of our building and the variety of spaces available, this is very manageable for our Y and we encourage you to come as usual.
- All building areas are open except for: Fitness Room, Monical's Babysitting Room, tumbling balcony, pool balcony. Cowan Gym and Ingersoll Community Room are reserved for E Learning.

Your support and cooperation is greatly appreciated throughout the ongoing struggles of this pandemic. Please call or email if you have questions.

We're hopeful that these mitigations will only be in place for a short time. Getting our region's metrics in control is essential to protect everyone's health. Let's all mask up, stay so-