



Wasaga Beach YMCA: Health, Fitness & Aquatics Centre

Reopening Schedule 2021 As of April 1

<p>First visit? Sign the waiver. All YMCA Members and participants are required to sign a waiver. One time, online, at any time.</p> 	<p>Every visit: Book an appointment. All facilities and areas are by appointment only. Book online up to 7 days in advance.</p> 	<p>Complete a Health Screening. Answer the questions online <u>each visit</u> to gain access. Tip: Make sure your browser is up to date.</p> 	<p>Use a face covering. For the safety and protection of our Community, all persons must wear a face covering in indoor public premises. (Exceptions include person engaging in an athletic or fitness activity, children under two years of age, or persons with an underlying medical condition or disability.)</p> 
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FITNESS CLASSES 13+ Booking Required			Location	Number of Spaces (per time slot)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aquafit	Pool	10		9:15-10:00am	1:15-2:00pm	9:15-10:00am 1:15-2:00pm	9:15-10:00am 6:15-7:00pm	9:15-10:00am	8:15-9:00	
AquaZUMBA	Pool	10			9:15-10:00am					
Boot Camp	Gym	10		6:00-6:45pm						
Building Boomers	Gym	10			12:00-12:45pm			12:00-12:45pm		
Cardio Strength	Gym	10		9:30-10:15am		9:30-10:15am				9:00-9:45am
Cycle	Gym	10				6:00-6:45pm				
HIIT	Gym	10			6:00-6:45pm					
Legs, Tum & Bum	Gym	10						9:30-10:15am		
Pilates	Gym	10		11:00-11:45am						
On The Move	Gym	10		12:00-12:45pm			11:00-11:45am			
Yoga	Gym	10			9:30-10:15am			11:00-11:45am		10:30-11:15am
Zumba	Gym	10					9:30-10:15am			

CHILD CLASSES Booking Required			Location	Number of Spaces (per time slot)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Run, Jump, Play <small>Ages 3-5yrs. Adult participation required. Staff guided.</small>	Gym	5			11:00-11:45am Coming Soon	11:00-11:45am Coming Soon				

SELF DIRECTED Booking Required			Location	Number of Spaces (per time slot)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Conditioning Room <small>includes access to weights, treadmills, recumbent bikes, ellipticals and other equipment</small>	Conditioning Room	10		6:00-7:10am 7:30-8:40am 9:00-10:10am 10:30-11:40am 12:00-1:10pm 1:30-2:40pm 3:00-4:10pm 4:30-5:40pm 6:00-7:10pm 7:30-8:40pm	6:00-7:10am 7:30-8:40am 9:00-10:10am 10:30-11:40am 12:00-1:10pm 1:30-2:40pm 3:00-4:10pm 4:30-5:40pm 6:00-7:10pm 7:30-8:40pm	6:00-7:10am 7:30-8:40am 9:00-10:10am 10:30-11:40am 12:00-1:10pm 1:30-2:40pm 3:00-4:10pm 4:30-5:40pm 6:00-7:10pm 7:30-8:40pm	6:00-7:10am 7:30-8:40am 9:00-10:10am 10:30-11:40am 12:00-1:10pm 1:30-2:40pm 3:00-4:10pm 4:30-5:40pm 6:00-7:10pm 7:30-8:40pm	6:00-7:10am 7:30-8:40am 9:00-10:10am 10:30-11:40am 12:00-1:10pm 1:30-2:40pm 3:00-4:10pm 4:30-5:40pm 6:00-7:00pm	6:00-7:10am 7:30-8:40am 9:00-10:10am 10:30-11:40am 12:00-1:10pm 1:30-2:40pm 3:00-4:10pm 4:30-5:40pm 6:00-7:00pm	7:00-8:10am 8:30-9:40am 10:00-11:10am 11:30-12:40pm
Basketball <small>half gym use per booking includes access to basketballs and one net (you may bring your own basketball)</small>	Gym	2*		7:15-8:15pm	7:15-8:15pm	7:15-8:15pm	7:15-8:15pm	7:15-8:15pm	5:45-6:45pm	11:45-12:30pm
Open Gym <small>half gym use per booking includes access to family gym kit</small>	Gym	2*		4:15-5:15pm	4:15-5:15pm	4:15-5:15pm	4:15-5:15pm 5:45-6:45pm	4:15-5:15pm	4:15-5:15pm	
Pickleball	Gym	8		1:00-1:45pm 2:00-2:45pm	1:00-1:45pm 2:00-2:45pm	1:00-1:45pm 2:00-2:45pm	1:00-1:45pm 2:00-2:45pm	1:00-1:45pm 2:00-2:45pm	1:00-1:45pm 2:00-2:45pm	
Lane Swim <small>one lane per booking includes access to flutter boards, hand fins, flippers</small>	Lap Pool	4**		6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm	7:15-8:00am 12:00-12:45pm
Open Swim Lap Pool <small>half pool use per booking includes access to family aquatics kit</small>	Lap Pool	2*		4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	9:15-10:00am 10:0-10:45am 11:00-11:45am
Open Swim Leisure Pool <small>full pool use per booking includes access to family aquatics kit</small>	Leisure Pool	1*		6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm 7:15-8:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	6:15-7:00am 7:15-8:00am 8:15-9:00am 10:15-11:00am 11:15-12:00pm 12:15-1:00pm 4:15-5:00pm 5:15-6:00pm 6:15-7:00pm	7:15-8:00am 9:15-10:00am 10:00-10:45am 11:00-11:45am 12:00-12:45pm



COVID-19 FREQUENTLY ASKED QUESTIONS

Please see below a summary of our most Frequently Asked Questions. For a more detailed list please refer to our Frequently Asked Questions on our website at <https://ymcaofsimcoemuskoka.ca/membership/membership-faqs>

What measures have you put in place to ensure a safe environment?

The health, safety and protection of our members, participants, staff and volunteers is our top priority. For everyone's protection, we've modified some spaces and amenities. Here are just a few of the safety measures you'll see when you visit the Y:

Increased sanitization and disinfection.

- * Additional hand-sanitizing stations.
- * Removal of non-essential or difficult-to-clean equipment.
- * Reduced capacity, by utilizing an appointment-based system for all facility access.
- * Plexi-glass barriers at Welcome, Membership and Weight Floor desks.
- * Health screenings prior to entry through a digital health screening tool.
- * Directional signage to control the flow of participants in certain areas of the building.
- * Contactless scan-in stations.
- * Physical distancing measures (including signage, floor markings and some unavailable or rotating equipment) to maintain distance between users.
- * Equipment usage time limits.
- * Removal of lobby furniture.
- * Staff available to assist you.

What enhanced cleaning protocols will the YMCA have in place?

We have instituted additional and more frequent cleaning procedures following the guidance of health authorities. These include:

- * Increased cleaning frequency of high-touch points (eg. door handles, elevator buttons, hand railings, light switches, toilet seats, taps, etc.).
- * Regular and documented sanitization of common area touch-points.
- * Employing hospital-grade disinfectant.
- * Fogger technology, an additional step if an area needs specific attention.
- * Disinfection Kits – to support internal cleaning practices, disinfection kits have been developed and made available to staff at all our facilities.

Will I have to undergo a health screening when I enter the facility? All users will be asked to complete a digital COVID-19 health check through a digital Health Screening Tool prior to entering the facility, which will include a short symptom-related questionnaire. This tool is anonymous and data is not collected or stored. It will help you determine if it is safe for you and those in your party to be in the facility. The screening data is secure and won't be collected or shared in any way – it's simply a way for you to know if the timing is right to keep you and others safe as you visit the Y. **Our Health Screening Tool can be found at ymcasm.ca/ScreeningTool. You must complete the Online Health Screening Tool prior to each visit.**

Will I have to sign a waiver to access the YMCA? To keep you and others safe, and so you have a clear understanding of the various risks associated with participating in programs and services, **the YMCA of Simcoe/Muskoka requires you to sign a one-time participation waiver. This is a requirement of entry. You can download and sign the waiver securely by [clicking here](#).** It is strongly recommended you complete this waiver process ahead of your visit to save time upon your first re-entry in person.

Will I have to pre-book an appointment to access the facility, amenities, or equipment? To ensure we adhere to capacity standards at all times, all users, including YMCA members, **must pre-book an appointment to access YMCA facilities** and to use amenities including the weight floors, the swimming pools and other areas that are available for use. This is a temporary measure to ensure we can maintain the required physical distancing and also provide an engaging experience for the many people we serve. Appointments can be booked up to 7 days in advance. For example, if you want to visit on Monday, you can book your appointment on Tuesday through Sunday the week before. **Users must pre-book an appointment for themselves or individuals in their party using our [new online booking system](#).** For more information on using our new online booking system, visit YMCAHowTo.ca for step-by-step guides and instructions.

Do I have to wear a mask within the facility or during a workout? For the safety and protection of our community, **all persons must wear a face-covering** until you arrive at your exercise equipment. If you are comfortable doing your cardio activity in your mask, you are welcome to do so. We will be following guidelines as outlined by health authorities and the Chief Medical Officer. Visit the [Government of Ontario's website](#) for more information on masks and face coverings.

Face coverings are not required:

- * When eating or drinking at a public premises, like a restaurant.
- * When you are doing physical activity, like in a gym or fitness centre.
- * For children under two years of age.
- * For people with disabilities or underlying medical conditions that affect their ability to wear a face-covering.
- * If you are unable to place, use or remove a face-covering safely without assistance.
- * If you are care-giving for, or accompanying a person with a disability where wearing a face covering would hinder the accommodation of the person's disability (for example, ability to lip-read). *Accessibility for Ontarians' Disability Act 2005.*

I cancelled my membership and wanted to re-join but the YMCA was closed. Will I have to pay a joining fee? Joining fees will be waived for any member who had an active membership in 2020 for the remainder of the calendar year and extending to March 2021.

I placed my membership on hold PRIOR to the mid-March YMCA shutdown because of COVID-19. Will the hold automatically remain in place once you re-open?

Every membership was automatically placed on hold in mid-March. **However, even if you requested a hold prior to the March 15 closure, we still need you to restate your intention to remain on hold for 1- 6 months by completing [this form](#).** If we don't hear from you, we will restart your membership on the date your centre is opening.

When will my first payment be withdrawn after re-opening? YMCA membership payments will resume at your centre as per the communications sent to you via email or post. Membership payments will maintain your existing billing cycle of biweekly payments. There will be a notice period given in case members need to revise their membership status, including extending a hold or accessing financial assistance.

Will you be reducing Membership fees because of the temporary reduction in some services? As YMCA's costs to operate have significantly shifted, most fees will remain the same. We plan to add back services as soon as health guidance allows. YMCA membership fees also help support those who are unable to pay the full membership amount, and we anticipate an increase in subsidy requests in the months to follow our re-opening.

**** All terms are subject to change due to evolving health and safety guidelines from relevant health authorities.**

Hours of Operation

Mon to Thurs: 6:00am-9:00pm
Friday: 6:00am-7:00pm
Saturday: 7:00am-1:00pm
Sunday: CLOSED
Stat holiday: CLOSED

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