

# YES, the YMCA is OPEN!

As you know, yesterday Governor Reynolds gave a press conference with updates to Iowans through mitigation efforts. Many of these efforts directly impact your YMCA and how we operate and connect our mission to community. This, again, causes us to pivot and adapt to offer the needs our community desires.

During these tough times, we ask you stay with the Y and find YOUR way to be involved! Thank you for staying with us, or joining as new members, during these hard times for us all. Your support in and out of the YMCA has encouraged so many!

**Masks will be required** to enter the Mason City Family YMCA for all. Please bring your mask with you to the Y. Based off of the governor's proclamation, all members and visitors must wear a mask for ages 3+.

\*Masks will not be enforced in the lap pool, therapy pool, or while on the socially distanced cardio machines.

Please be respectful to staff and other members during this transition. Thank you.

## PROGRAM UPDATES

**Youth Basketball** is postponed until we are able to safely restart. Practices and games will be rescheduled later as we're able.

**Group Exercise Classes and Swimming Lessons** are cancelled. This includes *both land and water* group exercise classes. We are **actively** working with our group instructors to offer online classes with Mason City Family YMCA instructors! Private Swim Lessons and Personal Training are available.

**Sports** are inactive. For the time-being, Pickleball, Pick-up Basketball, and Racquetball will not be open for play. Shooting hoops by yourself or with family members is open. Hitting balls alone in the Racquetball Courts are allowed.

**Pool Area** remains open. Lap Lanes and Therapy Pool reservations are still in place, call the Front Desk to reserve a lane. Lap Lanes are limited to up to two people in the same household for one hour. The Hot Tub will remain open with limits to 4 people - **masks are required** in the hot tub.

**Locker Rooms** will remain open. We have both the community locker rooms and the individual locker rooms available. While in the Men's or Women's Locker Room, a mask is required unless showering.

**Fitness Floor** is open. We have spread our cardio machines further apart. While on a cardio machine or working out isolated, you do not need to wear a mask but will be required at all other times. If not on a machine, wear a mask in respect to others.

**After School Program and Out-of-School Program** for youth are still open and will continue to provide care for North Iowa families. All youth will be required to wear a mask while attending.

## What to Expect from the Y

**Employees** will be wearing masks. We will continue to lead by example throughout the building from housekeeping staff and front desk. Even our lifeguards wear masks but may pull them down when on the lifeguard stand, isolated from others.

**Facility** is continuously sanitized and wiped down in high traffic touch spots. Our Front Desk staff is wiping down the doors and front area throughout their time. Locker rooms and bathrooms are wiped down each hour by our housekeeping staff, and monitored throughout the day.

**Programs** are in ebb and flow. We are working to put together online classes and at-your-home opportunities during these tough winter months. Keep an eye on your email and our facebook page.



**MASKS  
REQUIRED**

Thanks for helping to  
keep our community safe!

#MaskUpNorthIowa

