



PHASE 2 SCHEDULES: AVAILABLE APPOINTMENTS beginning JULY 6

MONDAY – FRIDAY: 6:00am–8:00pm

FITNESS CTR, INDOOR TRACK	OPEN GYM	REC POOL	LAP POOL
6:15–7:45 8:15–9:45 10:15–11:45 12:15–1:45 2:15–3:45 4:15–5:45 6:15–7:45	6:00–6:55 7:00–7:55 8:00–8:55 9:00–9:55 10:00–10:55 11:00–11:55 12:00–12:55 1:00–1:55 2:00–2:55 3:00–3:55 4:00–4:55 5:00–5:55 6:00–6:55 7:00–7:55	6:20–7:20 7:20–8:20 8:20–9:20 9:20–10:20 Members age 16+ may make 2 one-hour reservations per day FAMILY SWIM 10:30–12:25 Youth 15 and under accompanied by an adult from same household 4:00–5:00 5:00–6:00 Members age 16+ may make 2 one-hour reservations per day REC SWIM with WATERSLIDE 6:00–7:55 Members age 11 and under must be accompanied by an adult from their household.	6:05–7:00 7:05–8:00 8:05–9:00 9:05–10:00 10:05–11:00 11:15–12:10 12:15–1:10 1:15–2:10 See age policies below 4:00–4:55 5:00–5:55 6:00–6:55 7:00–7:55 One Household per lap lane. Members age 16+ may make 1 one-hour reservation per day. Members age 12+ may make 1 one-hour reservation per day after 11:00am. Members age 11 and under must be accompanied by an adult from their household.
Adults and Youth 12 and older with a Teen Training pass may make one reservation per space per day Limited Fitness class offerings available by reservation. Check Fitness class schedules weekly on our website	One Household per hoop. Must bring own basketball. Members age 12 and older may make open gym reservations for any hour throughout the day. Members age 11 and under must be accompanied by an adult from their household.		

SATURDAY: 8:00am–4:00pm

FITNESS CTR, TRACK	OPEN GYM	REC POOL	LAP POOL
8:15–9:45 10:15–11:45 12:15–1:45 2:15–3:45 See age policies on Monday-Friday Schedules	8:00–8:55 9:00–9:55 10:00–10:55 11:00–11:55 12:00–12:55 1:00–1:55 2:00–2:55 3:00–3:55 4:00–4:55 See age policies on Monday-Friday Schedules	8:05–9:05 9:05–10:05 See age policies on Monday-Friday Schedules REC SWIM with WATERSLIDE 10:15–12:10 12:30–2:10 See age policies on Monday-Friday Schedules	8:05–9:05 9:05–10:05 11:20–12:15 12:20–1:15 1:20–2:15 See age policies on Monday-Friday Schedules

PHASE TWO POLICIES:

- **ALL MEMBERS MUST RESERVE THEIR APPOINTMENTS** through the [APPOINTMENT KING SCHEDULING TOOL](#). Appointments are reserved for members with a current membership at the Superior YMCA (No Nationwide access or Day Pass sales.) If you need assistance reserving a spot please contact us so that we can assist you.
- Please self-screen, asking yourself the **HEALTH SCREENING QUESTIONS** upon arrival. You are encouraged to take your temperature at home before arriving at the Y and not come if you have a fever of 100.4 or above.
- It is strongly recommended that you **ARRIVE IN YOUR WORKOUT APPAREL** (wearing your workout gear, or swim suit under your clothing, etc.) due to limited locker space as well as to limit time in the changing areas.
- **All STAFF WILL BE WEARING MASKS** in building common areas. Members are strongly encouraged to wear face masks while entering and exiting the building, and in any areas while not engaged in exercise activities.