




STRENGTHENING OUR COMMUNITY



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

 facebook.com/LowesYMCA
 ymcacharlotte.org/branches/lowes
 704.716.4000

LOWE'S YMCA REOPENING, FACILITY, AND SERVICE UPDATES

SEPTEMBER 2020



We are incredibly committed to the health and safety of our team, our members, and our community. On Tuesday, September 1, N.C. Governor Roy Cooper eased Phase II restrictions allowing gyms to open at 30% capacity indoors, increasing our ability to serve the community.

The Y is ready for you!

During your visit you'll find a clean and healthy indoor environment using enhanced CDC-approved cleaning procedures and physical distancing measures.

Your Y Membership includes:

- 19 locations in Mecklenburg, Union, Lincoln and Iredell counties with family, adult-only and express locations
- Access to 24 pools and waterparks with lakefront access at Lake Norman YMCA -- Lowe's YMCA has two indoor pools!
- Member prices and priority registration on youth and adult programs
- Hundreds of free in-person and virtual group exercise classes offered daily
- Future access to drop-in childcare options at select branches
- Free month of membership for members for each friend that is referred to join

With no contracts or joining fees, My Y Pricing is a membership rate structure that makes the YMCA available to all. See our website for more information or stop by the branch today.

WHEN YOU JOIN THE YMCA, YOU JOIN A HEALTH MOVEMENT

Being a part of the Y means so much more than participating in our programs and services. The Y is not a building or a place; it's a movement of people united in our work to strengthen communities. As a nonprofit committed to helping all of us be our best selves, the Y has a history of stepping up when our neighbors need us.

Despite unprecedented and difficult circumstances, we are working tirelessly to reimagine our branches and pivot our programming to support our community's most urgent needs and long-term well-being. We are proud of the way our Y has expanded how we serve.

HELPING TO KEEP YOU SAFE

Nothing is more important than the health and safety of our team and our members, families and participants. We are ready to prioritize your safety through the following precautions:

- Enhancing sanitization of equipment, surfaces and areas combined with an increased frequency of cleaning.
- Deep clean with EPA-approved cleansers to prevent COVID-19
- Use CDC-approved cleansing methods for deep cleaning our indoor pools
- Adjusting hours to facilitate enhanced deep cleaning
- Providing stations for hand sanitizer and disinfecting wipes
- Focusing on "no touch" or "low touch" interactions
- Requiring personal protective equipment (PPE) for our staff members
- Encouraging members and participants to wear PPE while indoors
- Taking temperatures before anyone enter our facilities
- Reducing capacity and redesigning some areas to maintain physical distancing practices. Also, where possible we will maintain single entry and exit points.
- Implemented new COVID-19 education, training, and protocols for our team members.



PLAN AHEAD - WHAT SHOULD YOU KNOW AND BRING?

Check our current hours below.

Before entering a Y facility, be prepared to have your temperature checked and to be asked five health screening questions (anyone with a temperature of 100.4 or above will not be permitted to enter).



Dress appropriately before you arrive. Locker rooms are closed.

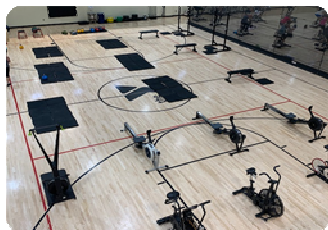
Please bring the personal items you need (a mat, towel, water bottle, etc.) and a face covering.

Please wear a face covering whenever possible, especially in common areas where others are present.

Bring your phone. Reservations are required for group exercise and lap swimming.

Adhere to the physical distancing requirements by keeping at least six feet away from others whenever possible.

Expect reduced capacity. To ensure proper social distancing, areas and classes will have a limited capacity.



Wipe down equipment, weights, mats, etc. before and after use with the cleaning materials provided.

We're unable to offer Y Kids child watch services at this time.

Youth members ages 10-15 are welcome with a parent as part of a family membership and will be asked to maintain the same social distancing and safety protocols as all members.

For your safety, the steam room, sauna, and racquetball courts are closed and the gymnasium is closed to basketball/pickup games.

Please stay home if you're sick or don't feel well. The CDC and state public health officials encourage seniors and members of vulnerable populations, including those with underlying health conditions, to stay at home.

LOWE'S YMCA Operating Hours

Branch Hours

Monday – Friday	6AM–1PM 4PM–8PM
Saturday	7AM–4PM
Sunday	12PM–4PM

Pool*

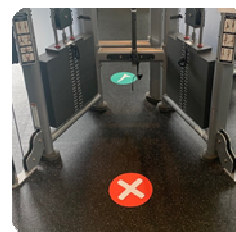
Monday/Friday	7:30AM–1PM 3PM–5PM <small>(cool pool only 9:30–11AM)</small>
Wednesday	9AM–1PM 3PM–5PM <small>(cool pool only 9:30–11AM)</small>
Tuesday/Thursday	7:30AM–1PM 6:30PM–8PM
Saturday	7:30AM–4PM
Sunday	12:30PM–4PM

*Lap Swimmers must reserve a lane and time through the Charlotte YMCA app. Family swim is first come, first serve for availability.

FIT FOR ALL

The fitness floor layout has been adjusted to maintain physical distancing.

Throughout the fitness floor there are red and green dots. If equipment is not available, you will see a red dot with an X, and if equipment is available, there is a green dot with a check mark.



We have also created additional workout space in the gymnasium where you will find a variety of bikes, rowers, and strength equipment. This space allows us to create more physical distance and increase our capacity to serve members during this phase.

COMMIT TO FIT WITH GROUP EX

We have some of your favorite group exercise classes!

You can find the class schedule online or on the YMCA of Greater Charlotte app.

Classes are at a reduced capacity to support social distancing. You can reserve your spot up to 22 hours before class by using the Charlotte Y app.

When you arrive, go to a marked spot to maintain proper social distancing.

If your class requires equipment, grab what you need. After class, use the wipes provided to wipe down what you used and leave it for staff to put away after class (cycle bikes can be moved to the side to make room for following class).