



Dear Valued Y Member,

Shasta County has moved to the Purple Tier (Widespread) due to an increase in COVID-19 cases. **The good news is that the Y will remain open!** We are doing everything we can to continue to serve you by following protocols and moving most of our services outside.

To serve you safely, starting Friday at 2 p.m., October 23:

1. Access will be through the back gate to comply with the indoor group gathering restrictions. Member services will be inside the gate waiting to greet you.
2. Group exercise: Classes & programs will continue outside on the sports court. Cycling class will take place under the covered breezeway near the front entrance.
3. Basketball: Basketball is available on the outdoor court when classes are not scheduled. Please see updated schedule.
4. Fitness Center & Power Rack Rooms: Weight room reservations are available. We are extending hours to accommodate more reservations. To be safe, we can allow one membership unit in the weight room and one membership unit in the power rack room at one time. Both rooms have separate doors for entry and exit. Please see our FAQ and policies. We will strictly enforce safety protocols and family membership units.
5. Outdoor lifting: The Y has limited free-weight equipment and mirrors outside. Members can use these weights on a first-come, first-served basis. Please keep 6 feet of separation.
6. Cardio: Limited cardio equipment will be available outside to be used on a first-come, first-served basis.
7. Aquatics: Lap swimming, aqua aerobics, swim team, and lessons will continue as usual.
8. Locker Rooms: Showers in the outdoor locker room are available for use prior to entering the pool. Please plan to shower at home after your exercise. Toilets are open in both the indoor and outdoor locker rooms. Lockers are unavailable at this time to limit congestion.
9. Child Watch is available inside the Y. Following the CDC, children 3 years and older need to wear a mask.
10. Coffee will continue! To comply with regulations we will serve it outside and tables will be available for you to enjoy the beautiful fall weather.
11. Virtual exercise classes continue and we have added 2 yoga classes. If you are more comfortable at home, do not miss your work out. Visit <https://shastafamilyvirtual.y.org/> to access our digital offerings. Instructors can now lead classes in our studios to limit internet issues and distractions.
12. Y Club remains open and is free for teens and preteens in our community for youth 10-19 years in our new Eureka Way Building from 12 to 6 pm on weekdays. Youth can receive academic support, enjoy games, and hang out with others. We are strictly enforcing mask rules if youth are closer than 6-feet from each other.

Please see schedules and reserve your times on Appointment King at www.sfymca.org or call 246-9622. Out of respect to other members, if you sign up, please show up. If you need to cancel, please cancel online or call us 246-9622.

Please continue to follow health protocols including wearing a mask when you cannot be 6-feet apart, wiping down equipment and staying home when sick or when exposed to others who are sick.

I keep reminding myself of a quote I recently saw: *Attitude is the difference between an ordeal and an adventure.* We can stay healthy if we have fun and do it together!

Thank you for being (and staying) a member.

Kristen Lyons, CEO

Your health. Your Y. Your way.