



Frequently Asked Questions and Reservation Policies:

- Reservations are available 3 days in advance online at www.sfymca.org or by calling 246-9622. Please call 246-9622 at least two hours prior to your timeslot if you are unable to come. Due to limited space in classes, lap lanes, and the weight lifting areas, cancelling reservations helps us serve more people.
- Each membership unit can reserve the Fitness Center or Power Rack Room four times each week for one-hour blocks. After four reservations, the membership unit can schedule additional time by calling one hour before the desired time. If space is available, the member can then schedule the additional hour.
- Due to limited time slots, each membership unit can have one no-call, no-show for the Fitness Center or Power Rack Room. Please call 246-9622 at least two hours prior to your timeslot if you are unable to come. Upon the second no-call, no-show, the membership unit will no longer be able to reserve a time slot but is welcome to use the outdoor equipment on a first-come, first-served basis.
- The Y has extended Fitness Center and Power Rack Room hours. Reservations are now available from 4 a.m. to 10 p.m. Monday through Friday and 6 a.m. to 6 p.m. on Saturday and 6 a.m. to 4 p.m. on Sunday. When we return to the red tier, these hours will return to normal.
- The CDC recommends that people wear masks any time individuals are within 6 feet of each other – indoors or outdoors. It is easier to stay 6 feet apart when we are outdoors, but when you get close to staff or other members, for example when checking in or getting equipment, we ask that you wear a mask. We are working hard to stay safe and support a healthy community. We appreciate your continued support and patience!
- According to the latest guidelines, the County will stay in Purple Tier for a minimum of 3 weeks. If our county's COVID-19 cases decrease and the County officially moves back into the lower risk, Red Tier, your Y will move back indoors. The weather is currently beautiful and exercising outdoors is a fun and healthy option!