

Sunbury YMCA Pool Schedule- effective January 4th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30A-8:00A Lap	5:30A-8:00A Lap	5:30A-8:00A Lap	5:30A-8:00A Lap	5:30A-8:00A Lap		
8:00-9:00A Water Walk	8:00-9:00A Water Walk	8:00-9:00A Water Walk	8:00-9:00A Water Walk	8:00-9:00A Water Walk		
9:00-10:00A Water Walk	9:00-10:00A Water Walk	9:00-10:00A Water Walk	9:00-10:00A Water Walk	9:00-10:00A Water Walk		
	10:30A-11:00A Daycare		10:30A-11:00A Daycare			
10:45A-11:15A Giant Step	11:00A-11:30A Giant Step					
11:30A-1:30P Lap	11:30-1:30 Lap	11:30A-1:30P Lap	11:30-1:30 Lap	11:30A-1:30P Lap	11:30A-1:00P Lap	Closed
1:45P-2:15P Giant Step					1:00-2:00 Water Walk	
3:30-4:30P Lap/water Walk	3:30-4:30P Lap/water Walk	3:30-4:30P Lap/water Walk	3:30-4:30P Lap/water Walk			
4:30 Swim Team	4:30 Swim Team	4:30 Swim Team	4:30 Swim Team	4:30 Swim Team		

You Must Pre-register for Water Walk. Please see reverse side for instructions.

If something isn't available at Sunbury YMCA pool please check out the Milton YMCA pool schedule.

WHAT CHANGES CAN I EXPECT DURING AND AFTER CLASS?

- Pool capacity will be limited due to physical distance requirements.
- A minimum of six feet physical distance will be required when in the pool.
- Masks must be worn before and after swimming in the pool.
- Classes that require equipment use will be set up prior to class. After class members will leave and equipment will be cleaned and put away.
- Preregistering for water walk is required due limited space.
- Each member must preregister before water walk to make sure your spot is reserved.
- We are discouraging drop-ins. If the pool is at capacity you will not be able to participate.

PREREGISTRION FOR CLASS IS REQUIRED. HOW DO I PREREGISTER?

- A Y account must be set up to register for water walk online. [Click here](#) to set up an only GSV Y account.
- Other options to register for water walk are in person at the front desk or call the front Desk.
- Water walk will open for registration as follows:
 - Monday and Tuesday classes will open Friday
 - Wednesday class will open Monday
 - Thursday class will open Tuesday
 - Friday class will open Wednesday
 - Saturday class will open Thursday
- If you registered and are not able to attend water walk, please contact the front desk ASAP to have your name removed from water walk.

CAN I HANG OUT AND SOCIALIZE AFTER MY WORKOUT?

- While we understand that connecting with others is an integral part of the Y experience, we also have to balance that with our need to be safe.
- We have removed community seating areas.
- Members are more than welcome to visit outside the Y, at a safe distance, before and after class.

#ForABetterUs