

- Wellness Center (cardio machines & walking track): 10 person maximum, 6 foot social distancing is required, use of designated machines only, machines must be disinfected after each use.
- Weight Room: 5 person maximum, 6 foot social distancing is required, use of designated machines only, machines must be disinfected after each use.
- Group Fitness Classes & Water Aerobics will begin with an adjusted schedule and 10 person maximum (6 person maximum for spinning). 6 foot social distancing required.
- Gymnasium open to a maximum of 10 people. Members must bring their own equipment/balls. Pick-up games are not allowed. 6 foot social distancing required.
- Pickleball will be available. Members must bring their own paddles and balls. Nets will be set up for your convenience.
- Lap swim
- Upper Level Restrooms: Wash hands after use.
- Family Locker Rooms in the lower lever

Amenities Closed/Unavailable

- Locker rooms, showers and saunas will remain closed until further notice. If you need to remove items from a locker, a staff person will be available to escort you
- Open / Rec Swim
- Racquetball, Golf Simulator, Game Room, Towel Service
- Child Watch

Admittance to the Building:

Members are highly encouraged to sign in electronically prior to entering the facility using the reservation software link. If members do not have the capability to reserve a time slot using the reservation software link, they may call the YMCA directly at 308-345-6228 to reserve their space. Members choosing to show up without a reserved time slot may do so, however, they will only be permitted entry if space is available.

Complete information regarding phase two is now available on our web site. For more information regarding the ED Thomas YMCA of McCook and our reopening plan, please visit our web site at mccookymca.org and social media platforms.

[Click here for more information](#)



Aquatics

The pool will be opening on Tuesday, May 26 at 5 AM. Click [here](#) for the May 26-29 schedule. Maximum of 6 people in the pool at a time for lap swim first come first serve and 10 people for Water Aerobics and [reservations](#) are highly recommended. Also in the Aquatics department, we have swim lesson registration open, click on the links below for the full summer swim lesson schedule. Session 1 starts June 1 and classes are filling up. If you would like to get your child signed up, I would highly recommend doing so sooner rather than later!

Progressive Swim Lessons



Child Care

Summer is just around the corner! The Ed Thomas YMCA is excited to showcase a new ten week Summer Adventure Camp that will provide your kids with new experiences, lasting friendships, and fun opportunities. Complete program details and registration information will be posted in the coming days.



Fitness

Fitness classes will resume on Tuesday, May 26 with a limited amount of space and classes. Click [here](#) to reserve your space. Click below for a full list of classes.

[Click here for a full list of fitness classes](#)



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