



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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ywca

WELCOME BACK

MONDAY, MAY 18, 2020



To our Loyal and Valued Members,

First, thank you for your support and staying with us during these uncertain times. As a nonprofit dedicated to keeping our community healthy, safe and thriving, your cause-driven membership has fueled a remarkable effort to help our most vulnerable friends. This would not have been possible without your commitment to making a difference in the lives of those who are under-resourced. Amid crisis, almost 4,500 of our members made a choice to help, to serve, to love. Because of this we were able to provide safe shelter for 8 women and 4 children who were fleeing from domestic violence and provided childcare to essential and emergency personnel, among other things.

We have greatly missed you here at the Dubuque Y! The past 8+ weeks have been challenging for all of us and we thank you for doing your part to stop the spread of CoronaVirus – especially to ensure the safety of our most vulnerable friends and neighbors.

We are thrilled to announce that as of Wednesday, May 13, Governor Reynolds has given Dubuque County, and others the green light to begin reopening as of Friday, May 15. **Please note that although we are able to open starting on Friday, our leadership team has made the decision to re-open starting MONDAY, MAY 18.** This will provide us the time to train our staff members and ensure the facility is ready for your return.

Our team has diligently been working on a plan to re-open over the last few weeks that will allow us to open safely and responsibly. As we prepare to open our doors, please be assured that your safety, and the safety of all our members, program participants, staff, and volunteers, is our number one priority. We will continue following recommendations made by the governor, health experts, local officials, and DHS. Each staff member also is pledging to uphold the highest standards of cleanliness and safety upon their return.

With this being said, we will be re-opening in a phased approach, meaning some parts of the facility and some program areas may continue to be suspended when we initially open. Our number one priority is to ensure the safety of our members and staff and we assure you that these programs and areas WILL re-open in later phases. By taking this phased approach it will allow us to better keep our members and staff safe.

We invite you to join us back at the Dubuque Y facility when we reopen on Monday, May, 18. We are here to help you focus on what matters most: your health, your family, friends, and community. Below you will see a chart that will showcase our temporary hours, what parts of the facility will open in phase

one, as well as what areas will remain closed at this time.

DUBUQUE Y RE-OPENING: PHASE 1

FACILITY HOURS

Monday - Thursday: 7AM - 7PM

Friday: 7AM - 6PM

Saturday: 8AM - 2PM

Memorial Day: CLOSED

AREAS OPEN

- Gym – Pickle Ball Only – limit 4 per side
- Racquetball Courts – Limit 2 per court
- Wellness Center with track area – Limit 40
- Weight Room – Limit 10 participants
- Family Locker Rooms – 1 per room
- Restrooms on First & Second Floors

AREAS CLOSED

- Child Watch
- Youth Locker Rooms
- Adult Locker Rooms
- Coffee Club
- Hot Tub
- Saunas
- Both Pools
- Whirlpool
- Group Ex Classes
- Cycling studio

MEMBERSHIP

- Only Dubuque Y members allowed: No guest pass, day pass or Nationwide Membership
- Only 18 and older at this time
- Members may wear mask while in the building
- No Towel Service at this time

PROGRAMS AND CLASSES

- Child care for essential workers

Re-opening Phase 1 Information

Staying healthy and active is more important now more than ever before. We are here to help you stay active and improve in spirit, mind and body. No matter your age, interests, abilities, we can help you meet your personal health goals safely! We know and understand that some may not feel comfortable or may not be able to join us at the facility right away, we invite you to join us in whatever manner you are most comfortable whether that be online through our social media pages and website, or at the facility. **Group exercise will continue on social media and a schedule will be posted by 10 AM every Monday to help you plan out your workouts, if you so choose.**

Pool Information

One thing that may stand out to you right away is that our pools will remain closed during this first phase. For many who are regular pool users and experience many benefits from water exercise, this news may be difficult and we completely understand. This was not a decision made by our staff and we are advocating with Y's from across the state to the Governor's office to separate restrictions for inside pools versus outside pools in hopes to be able to open our pools sooner rather than later.

What we are Asking of our Members:

Upon our reopening, all our staff members will be trained on the new policies and procedures that will help ensure the safety of each person who walks into our facility. We are asking our members to also commit to helping us achieve the highest safety standards by:

- Abstaining from coming to the Dubuque Y if you are experiencing a temperature of over 100.4, have traveled to an area where you may have been exposed to COVID-19, have a cough, shortness of breath or other symptoms recognized by the CDC as COVID-19 symptoms, or have been around someone who has tested positive within the last 14 days.
- Wiping down your machine before and after use
- Washing your hands regularly
- Socially distancing

Financial Assistance

For those who have lost their jobs as a result of the pandemic, we are also expanding our membership scholarship options to ensure that our friends can continue their efforts to stay healthy in spirit, mind, and body (let us know if you know someone who needs help).

In closing, our Y isn't a building. It's people - people from all backgrounds and walks of life who come together to improve their lives, nurture their families and strengthen their community, together. If you have additional questions, please email reply@dubuquey.org and we will direct your question to the proper team member. Thank you for being a part of our Y family! We are so excited to see your smiling faces around our facility!

Stay healthy,

Tony Calabrese
Dubuque Community YMCA/YWCA
President/CEO

The Dubuque Community Y has been serving the Dubuque community since 1866 in a Caring, Honest, Respectful and Responsible Manner. As we reopen our doors to the community, we CARE about our Members and Staffs safety. We will be HONEST with you about the decisions we make in cooperation with Federal, State and Local Leaders, other YMCAs in Iowa and the YMCA of the USA. We RESPECT your decisions as to how you want to continue to engage with your YMCA and your Community. And we will be RESPONSIBLE in our delivery of programs and services for the health of your Spirit, Mind and Body.