

As we enter into this new way of doing things at the Recreation Centers, here are a few things to consider and expect to happen when we open on **September 14th**. In order to utilize the Recreation Centers, you must make a reservation by phone a day prior to coming to the center. Phone reservations will be taken Monday-Sunday 1:00pm-4:00pm. However, to make a reservation for Monday, September 14th you will need to call Friday September 11th between the hours of 1:00pm-4:00pm to schedule your time. Space is limited to the **first 12** in each time slot. **You can only reserve your time and/or immediate family members only.** Hours of Operation will be Monday-Saturday 7:00am-7:00pm, Sunday 1:00pm-6:00pm. **You can only reserve (one) 1-hour time slot each day.** Monday-Saturday 9:00-11:00am and Sunday 2:00-3:00pm only Seniors 55 and older can utilize the facility. In order to make a reservations call 293-3053 Cullowhee or 631-2020 Cashiers/Glenville.

Before you arrive at the facility:

- Make sure you are not running a fever at or above 100.4 and/or have any onset flu-like symptoms.
- Bring only essential items with you (keys, phone, water bottle, work out towel etc.)
- We are promoting a “workout and leave” environment. Please keep your workout at or under 60 minutes.
- Members and guests will be required to keep their belongings near them in a small fitness bag.
- Restrooms will be open but showers and lockers remain closed.
- Water fountains remain closed.
- Mandatory mask wearing when you are not in the workout room.

When you arrive at the facility:

- Expect delays.
- There will be a maximum number of members allowed in the weight room. **(12)**
- Please wash and sanitize your hands frequently. Several hand sanitizing stations will be available.
- We ask you not to use cash on any purchases, including day passes.

General facility Restrictions:

- Restrooms are open but showers/lockers are closed.
- All water fountains are closed.
- Equipment such as basketballs, volleyballs, soccer balls **will not** be available for check out.

Basketball Courts:

- Open for individual play only and must bring your own ball.

General facility cleaning:

- Bathrooms will be cleaned hourly.
- Deep cleaning of the facility will occur nightly.

Weight Room Policies:

- Strict physical distancing enforced by spacing all machines (including plate loaded and cable machines) to allow for the recommended 6 feet between individuals.
- Every other piece of cardio equipment will be available for exercise use.
- Exercisers will be required to keep their belongings near them in a small fitness bag.
- Wiping all equipment after usage will be enforced.
- The aerobics and spinning room will remain closed.
- Personal Training procedures during Phase III: (No personal training indoors)

Group Fitness:

- During Phase 2.5 all group fitness classes will continue via online and outdoors.

Memberships:

ALL memberships will be reactivated once the facility is fully opened (as directed by State and local authorities). If you choose to utilize the facility during the reduced capacity phase(s), your membership will be reactivated upon your first visit.

All memberships will be given a 6 months’ extension if your membership was active prior to March 17th, 2020 (if you had a month membership you will receive a month extension, all 6 month and year memberships will receive the allotted time that we were closed).