

As previously announced GAFC re-opened on Friday, September 4 at 5pm. The health and well-being of our members and employees will be the top priority and therefore several safety measures, facility changes and capacity restrictions have been implemented. Details are outlined below.

Changes beginning Monday, October 12 (details provided below)

- New facility hours:
 - Monday 5:30am-8pm
 - Tuesday 5:30am-8pm
 - Wednesday 5:30am-8pm
 - Thursday 5:30am-8pm
 - Friday 5:30am-7pm
 - Saturday 8am-3pm
 - Sunday 1pm-6pm

Pool will be closed 1:30pm-3:30pm, Monday-Friday due to lower use which we will continue to evaluate
- Pool reservations will begin on the half hour (5:30am, 6:30am, etc.)
- Limited [Group Fitness Classes](#) will be held in the basketball gym.
- Member's Guests and walk-ins will be allowed to use the facility if we are not at capacity but will not be able to reserve time in the pool. Otherwise, normal Guest policies will be followed.
- Water bottle filling stationed will be turned on; all other water fountains will remain off

Other Points of Interests

- [Pickleball](#) has been added back
- Towel service continues
- Showers are turned on
- Locks can be checked out
- Members need to bring their own basketball

For members using the pool, we recommend you continue to reserve time (up to one week in advance) at the front desk. The remainder of the facility will be first-come, first-served which will be evaluated if we consistently meet maximum capacity.

For those members using other areas besides the pool, you will be given a bottle of disinfecting cleaner and towel for you to wipe down equipment during your workout. There is a designated area for you to return these so staff can clean them.

Youth must be 14 years old to use strength machines, free weights and cardio equipment unless previously trained. To use the pool, children 5 and under must have an adult within an arm's reach and children 10 and under must have an accompany adult 16 or older or pass a swim test. Children must be 10 years old to be left alone in the basketball gym. Unfortunately we currently do not have waiting area for children while parent's workout.

As a reminder, we draft at the end of the month and will be running drafts on Wednesday, October 28. If your banking information or debit/credit card has changed, please update your information at the front desk.

General Safety Measures:

- Social distancing will be required at all times
- You must wear a mask when you are not strenuously exercising
- Waiting area will be created outside facility if we meet capacity
 - *Time slots could be considered throughout facility if capacity is met*
- Employees will take their temperature prior to arriving to work and we will conduct daily symptom screening of employees, using a standard interview questionnaire of symptoms, before employees begin their shift.
- Employees are required to wear face masks when interacting with the public or whenever social distance measures can't be met
- Sneeze guards have been installed at the front desk
- Staff will be assigned to specifically clean exercise equipment daily in fitness areas and high touch areas throughout the day

- Members will need to sign a waiver prior to using the facility, so please allow time for this during your first visit.
- Hand sanitizer bottles have been placed throughout of the facility for you to use
- Locker rooms will be open but showers will not be available
- No water fountains are available at this time, so please bring a water bottle
- New member orientations will not be held – staff will answer your questions
- Members will scan their memberships cards and keep them
- Signs are posted throughout the facility to remind you of good hygiene
- Birthday Parties will not be allowed until further notice
- Kids Play Area will remain closed until further notice
- Fitness and Personal training will be done with social distancing and our staff will wear a mask

Capacity Limits

- Fit Floor - limited to 13 people; please do not use a weight machine next to a machine already in use
- Cardio Area – limited to 16 people. All of the machines have been spaced 6’ apart and may be used.
- Room B – limited to 4 people. Three cardio machines and a stretch mat has be relocated to Room B
- Free Weight Room – limited to 6 people. Spotters must be a family member
- Basketball Gym – limited to 20 people. Pick-up basketball games will not be allowed at this time; limit of three individuals per goal. Members will need to bring their own basketball
- Pool – limited to 24 people. Additional information is listed below

Additional Pool Information

- **Swim Lessons**
 - If you are interested in private swim lessons, please let the front desk staff know. A swim instructor will contact you about scheduling your lesson.
 - Group lessons are being held with lower capacity numbers and additional safety measures. Our next session begins the week of October 19
- **Open swim**
 - One person per lane; up to four lap lanes
 - Three people in each shallow end recreation space or one family of six per side
 - Register in 1 hour time blocks in advance
 - Time blocks start on the hour and last 50 minutes
 - Used equipment should be set poolside after use to be disinfected
 - Lifeguard and facility staff will clean equipment during after the pool is cleared before the next group arrives using a bleach/water cleaning solution
 - Social distancing of 6 feet enforced (can use pool noodles to show) unless parent/child
 - Member’s guests and walk-ins are not allowed to reserve pool time but can use the pool if capacity allows during their visit.