



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RANDOLPH-ASHEBORO YMCA

July 29, 2020

Beginning Monday, August 3, 2020, the YMCA's indoor fitness center is open for the purpose of serving members as prescribed or directed by a medical professional, in accordance with the Governor's Executive Order 151, and meeting all requirements of the NC Department of Health and Human Services (DHHS).

For more than 150 years, the Y has served as a nonprofit leader and partner in community health, delivering evidence-based health programs and interventions that benefit vulnerable populations and those managing the life-altering effects of chronic disease. We believe serving this population is now more important than ever.

During the pandemic, we have partnered with health experts and developed operational plans that meet or exceed requirements and recommendations of the CDC and NC DHHS. Therefore, we are confident in our YMCA's capacity to open our indoor fitness centers safely for this purpose. For so many in our community, exercise therapy is a key to recovery, disease management and prevention. We're grateful to the NC DHHS for recognizing this critical need and providing necessary guidelines in which to do so safely.

YMCA members must provide a written prescription or other written communication from a licensed medical professional to be able to utilize the indoor fitness center and equipment. The YMCA will keep a copy of the prescription or written communication to be kept on file, as well as note on your account that we have it on record. Access to indoor facilities does not apply to family members or other people on the membership, only those who have a required documentation from a licensed medical professional.

Following the guidelines provided by the NC DHHS, access to the fitness area of our facility is limited to 10 people at a time. Areas and offerings may be limited, therefore we will be requiring reservations to ensure availability. Appointments can be made by calling the Y at 336.625.1976. To ensure your reservation please call a minimum of 24 hours ahead of time.

Reservations and prescriptions are not required for Outdoor Group Exercise, Yoga, Cycle, BeastMode classes or our current Aquatics programs. They will continue to operate under the already established guidelines in place since June of 2020. Remember that masks are required to be worn in common areas and that social distancing needs to be maintained during your time at the Y. We look forward to adding another layer of serving our members during these challenging times.

Thank you,

Patrick O'Hara
Executive Director
Randolph-Asheboro YMCA

RANDOLPH-ASHEBORO YMCA
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