



Dear All,

Following on from yesterday's announcement by the government we have been continuing to assess the impact of keeping YMCA gyms open. As it stands we plan to keep our Gym facilities open so far as possible though to do so we have had to revise some operational norms, including class numbers, locations, styles and gym floor capacity. We intend to assess our ability to deliver a service safely as and when updated HSE advice is circulated.

As a result, we have adopted the following revisions to our opening hours and schedule;

	Aungier	Classes - 15 max in Sports Hall	Sandymount	Classes
Fri 13th March	10am - 5pm	1pm Tabata	10am - 5pm	N/A
Sat 14th March	Closed Both centres			
Mon 16th March	Closed both centres			
Tue 17th March	St Patrick's Day; Closed both centres			
Wed 18th March	7am - 8pm	7.30am HIIT 1pm Circuits 6.00pm Cardio Blast	10am - 9.15pm	N/A
Thur 19th March	7am - 7.00pm	7.30am Tabata 1pm Barbells & Kettlebells 6.00pm HIIT	10am - 9.15pm	1pm HIT
Fri 20th March	7am - 5 pm	7.30am Circuits 1pm Tabata	10am - 5pm	N/A

As a reminder we would ask customers to remember the following:

- Sweat towels are mandatory and all customers are required to bring one to use the gym.
- We would recommend that customers shower at home.
- Patrons not to leave items of clothing or personal belongings in lockers or sauna. All items found in the lockers/changing rooms will be disposed of at the end of each night.

People are being asked to stay at home if they have 'flu-like symptoms (for example, fever, cough and so on) regardless of travel or contact history. Please do not come to the gym if you are experiencing any of these symptoms. If a gym customer does test positive for COVID-19 we would appreciate if you let our facilities manager know at barbaraatkinson@ymca.ie

As stated previously, the situation is evolving and we will post updates on any changes to service delivery on our website and social media. We understand this is not ideal but these are challenging times and we are endeavouring to ensure safe access to our facility.

Kind regards,

YMCA Management Team