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**What to Expect when you return to the Aquatic & Fitness Center’s Outside Classes & Water Exercise Reopening**

**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.
* Everyone entering the facility or coming to class must wear a mask. You must properly wear a mask while coming and going from class. (nose & mouth covered). You do not wear your mask in the pool or while at your outside workout spot.
* Bring only essential items with you (keys, phone, water bottles, etc.)
* Outside class – Port-a-potty by tennis courts or senior center restrooms.
* Water Exercise – front restrooms and showers are open. No lockers available.
* No Child Care or Group Ex indoor classes
* A call in reservation system is in place. See below for details.

**When you arrive at the Facility**

* Your membership will reopen upon taking classes.
* A staff member will greet you and ask Covid-19 screening questions, make sure you have a mask, and you are only bringing essential items.
* You will be asked to sign a Covid waiver & Gym Participant Adherence Contract. You will only have to do so once.
* ***Outside classes*** - Do not need to check- in inside AFC. Check-in will be taken at the 18th St. tennis shed, next to pickelball courts. Bring your own Mask, Mat, towel and Water.
* ***Water Ex*** - will swipe your membership key tag at check-in. Front desk staff will be behind the sneeze guards.
* ***Water Ex*** - There will be a maximum number of members allowed in the restrooms. Enter restrooms from pool deck.

**General Facility Restrictions and Changes:**

* Front Locker rooms are available for pool classes only. No Locker use. Must put personal items on the 1st row of bleachers.
* Child Care will be closed until further notice.
* No Cycle classes.
* No Racquetball

**General Facility Cleaning:**

* Bathrooms and high touch surfaces will be cleaned hourly.
* Sanitizer will be available and used on equipment after each use.
* Expanded sanitizing stations are available.

**See page 2**

**Outside Classes:**

* 45 min workout time frame.
* Everyone must stay 6’ apart.
* You do not have to wear a mask while at your workout spot, taking class.
* Due to guidelines limited equipment will be used for classes.
* Reservation System for **Outside Classes** (609) 398-6900 No class size limit (at this time).
* Class will not take place if it is raining.

Reservation System for **Water Ex Classes**  
(609) 398-6900

Call at 11am the day before to reserve your spot in water exercise. 16 maximum

Reservation System for **Outside Classes**  
(609) 398-6900

Call after 9am Sunday to reserve any classes you will attend for the week ahead. Sign up closes one hour prior to class.

* Reservation by phone – (609) 398-6900
* Must give at least 3 hrs. notice if you cannot make your time slot.

**Group Fitness Procedures Phase 1:**

* Virtual fitness classes will continue to be posted on the OCNJ Aquatic & Fitness Announcements page.
* Fall schedules begins 9/14. The fall schedules will host an 11AM Water Exercise Class & Outside Group fitness classes.
* You may participate in a class, gym and pool in one day.

Your membership will unfreeze when choosing to use the gym. All members and non-members may now sign up monthly, quarterly and annual memberships.

Two special events will be free and open to members and guests.

* **Outdoors Zumba Dance Party** – September 18 at 5:30 p.m. *(90-minute class with multiple instructors)*
* **Full Moon Yoga** – October 2 at 5:30 p.m. *(90-minute class with multiple instructors)*