

## Greetings valued members!

We have been working diligently as we prepare to reopen, and we are incredibly excited to see you back in your fitness home. As we adjust to the Phase 4 protocols set in place by the Governor, please know that things will not operate in the same manner as they used to. We appreciate your patience as we work through this process.

Among the modifications are the following: Limited hours of operation, reserved time on the fitness floor, reserved group exercise classes, and reserved pool lane usage. Please carefully read the information below detailing the new rules, processes and expectations. We promise to do our part to meet the state issued guidelines and expect that you will do the same. We have always been a great team, and we are confident our members will continue to work with us by practicing personal responsibility. Together we can stay safe and get healthy because we are INWOOD STRONG!

### Registration and General Guidelines - (Fitness Floor, Group Ex, Pool)

- All memberships will be activated by Friday June 26<sup>th</sup>
- We will reopen Monday, June 29<sup>th</sup> at 4:30am
- Hours of operation are Monday-Friday, 4:30am- 8:00pm and Saturday-Sunday, 6:00am-4:00pm
- EFT Membership payments will be drawn on your regular scheduled date
- If you have a paid in full membership, time will be added onto your membership
- If you do not feel comfortable or have been instructed by a physician not to return, you can suspend your membership for an additional 120 days by contacting Jill Kren at **815-741-7275 x110**
- Reservations will be accepted up to 48 hours in advance
- Members in the same household can make multiple member reservations in one call
- Reservations can be made [online](#), by phone **815-741-7275 x100**, or in person
- Due to limited staffing, online reservations are strongly recommended
- Masks are required whenever you are not engaged in physical activity
- In an effort to limit contact, staff will not hold members' personal belongings
- Water fountains and mats will not be available
- The nursery and coffee bar upstairs will remain closed
- You can only access the area for which you have a reservation

# FITNESS

## **Fitness Floor-** reserve [here](#) (“Fitness Floor Reservations”)

- Reservations for 48 people per time slot
- The 12:00pm- 1:30pm time slot is reserved for senior (50+) members
- Check in at Fitness Desk upon arrival to verify your reservation
- Time slots are 90 minutes in length
- We will ask that members leave the facility at the end of designated time slot, so that staff can deep clean the entire facility
- Please refrain from sharing equipment
- Please wipe equipment before and after each use
- Please maintain physical distancing of 6 feet at all times
- Masks are required whenever you are not engaged in physical activity
- In an effort to limit contact, staff will not hold members’ personal belongings
- Check out at Fitness Desk when leaving
- Announcements will be made near the end of each time slot to encourage locker room use if needed

## **Group Exercise- Studio1/Studio 2x-** reserve [here](#) (“Group Ex Reservation”)

- Click [here](#) to view the schedule.
- Please arrive 15 minutes prior to class
- Reservations are for 12 participants per class
- All classes are 45 minutes in length
- Masks are required whenever you are not engaged in physical activity
- Please check in with instructor at beginning of class to verify your reservation
- Please refrain from sharing equipment with other class participants
- Please maintain physical distancing through the entire class
- Please wipe equipment before and after each use
- Registered participants must remain in designated studio during class
- IAC staff will deep clean the studio after every class, therefore the studios must be vacated and will not be open between classes

## **Personal Training**

- Previously purchased sessions will be honored
- Please schedule all sessions through your personal trainer
- Please arrive 10 minutes before session
- Check in at the fitness desk and meet your trainer there
- Please follow all guidelines as outlined, including but not limited to: maintaining distance when possible, cleaning equipment before and after use, and cancelling appointments if you are symptomatic or have been in contact with someone with symptoms.

## POOL

As we get closer to welcoming the community back to the pool, the Inwood Athletic Club aquatics staff is doing everything we can do follow the Phase 4 guidelines set forth in the Restore Illinois Program. At this time, we ask for patience, understanding, and flexibility as we work through these updated protocols.

For the month of July, we will have allocated time slots for four groups: IAC members, swim team, private swim lessons and water aerobics. Per state guidelines, our steam rooms and whirlpool will not be open in Phase 4.

We have broken up the daily schedule into hourly segments (45 minute segments for swim lessons). Each hour has two parts to it. There will be 45 minutes for the program taking place, at which point we will clear the pool deck for cleaning, and to allow user changeover.

Private swim lessons will operate the same, except it will be 30 minutes per lesson with 15 minutes of cleaning. For each block we will only have one of those four groups in. Please see in the bulleted breakdown at the end of this explanation for each group.

In accordance with Phase 4 guidelines, and based on square footage of the pool, we can have no more than 22 people in the water at one time. To make sure we never move past that number we will be moving to a registration system. For each hour there will be slots available, acting as a reservation. Members can register for these times either over the phone **815-741-7275** or online. These slots will be made available 48 hours in advance. Same day registration is available as well, but you must be registered for that hour to be allowed on the pool deck.

Upon arrival at the Inwood Athletic Club, please check in with the guard in the pool office. Our guards will have the roster for each time block. Staff will verify your reservation before you enter the pool.

**Lap Swim-** reserve [here](#) (“Lap Swim Reservations”)

- Maximum 8 patrons per hour block
- 1 patron per lane
- 45 minute sessions
- Sessions predominately available in the morning, one session available in the evening
- Park district equipment will be available for use in limited quantities
- Members must leave pool deck at the end of the 45 minute sessions to allow for cleaning

**Masters/Blue Tides-** reserve [here](#) (“Water Aerobics/Masters Swim Team Reservations”)

- 16 team members per block
- 2 swimmers per lane, starting at opposite ends
- Masters have one session in the morning
- Blue Tides practices will be held from 2pm – 7pm Monday- Friday

**Water Aerobics-** reserve [here](#) (“Water Aerobics/Masters Swim Team Reservations”)

- 20 patrons per class (Allowed on deck 5 minutes for pool group ex)
- 1 class offered daily (8am), and on weekends (11am)
- Members must leave pool deck immediately after class to allow for cleaning
- Limited “shared” equipment
- Please clean equipment before and after each use

## **Swim Lessons**

- At this time we are only offering Private Swim Lessons
- For new swimmers, parents will be in the water with their child. Instructor will teach from the deck.
- Swimmers more comfortable in the water will be in the water on their own, Instructor will be on deck.
- Offered daily (11am-2pm during the week, 12pm-3pm on weekends) in half hour blocks with 15 min blocks of cleaning between sessions