



REOPENING OF THE LAP POOL Spring 2021

Lap Swimming/Water Walking at the Downtown Berkeley Y

Beginning April 1st, we are offering single-occupancy lanes for 30-minute swim sessions in the Lap Pool by reservation only. Lap Swim/Water Walking is for teen and adult Downtown Berkeley Y members who wish to swim laps for exercise, water walk, or practice self-guided water aerobics.

HOW TO GET A RESERVATION

Download the YMCA of the East Bay app on your phone or go to ymcaeastbay.org/schedules to sign up.

Reservations must be made online through the app or website and can be made **24 hours** prior to the start time of the session. No phone reservations will be accepted.

Session times will be listed on the app and on the website. Reservations are open to Downtown Berkeley Y members only (13 years and older). Members are allowed a maximum of 2 swim reservations per day.

BEFORE YOU COME TO THE Y

- Swimmers are encouraged to arrive 10 minutes before their session to allow time for health screening and check in process.
- Swimmers will receive a lane assignment prior to entering the pool. Lane assignments are given on a first come-first serve basis.
- Swimmers **MUST** arrive dressed in their swimming attire, as the locker rooms will be unavailable for lockers or changing prior to swimming.
- There will be a designated space on the pool deck near each lane for swimmers to place their belongings. It is recommended to only bring essential items into the pool area.
- **Bring your own towel.** There is no towel service at the Y.
- Face masks are required at all times while not in the water.
- Please maintain social distancing of six feet at all times. Only one swimmer per lane.
- You are welcome to bring your own lap swim equipment. Kickboards, fins, and other shared equipment will not be provided by the Y.
- We encourage swimmers to enter/exit in their lane whenever possible. Please ensure proper social distancing when using ladders and stairs, and be respectful of other swimmers' workouts.
- We ask for swimmers to plan breaks in between laps on the same side of the pool they started to encourage social distancing.
- There will be a 15-minute transition period between sessions to allow for thorough cleaning and social distancing between swim groups. Swimmers must exit the pool immediately at the end of their swim session and exit the pool deck through their respective locker room.
- There is a maximum of 10 minutes allowed for putting on dry clothes before the locker rooms will be closed for cleaning. **PLEASE NOTE:** Showers, lockers, sauna, steam room, hot tub, and hair dryers are all unavailable.
- Once finished in the locker room, swimmers will exit out into the lower lobby and up the main stairs or elevator (max capacity of one).

Additional swim hours will be added as capacity and staffing allow. **If you have specific questions, please contact:**

Deedee Lundberg
Aquatics Director
dlundberg@ymcaeastbay.org
(510) 665-3257