



TRI-CITIES FAMILY YMCA REOPENING OFFERINGS & AMMENITIES

OPEN

HEALTH & WELLNESS

- **Cardio Theater and Weight Room** Please maintain a 12 ft. distance and wear a mask.
- **Group Exercise Classes** Virtual and In-Person
- **Locker Rooms and Showers**
- **Personal Fitness Training**
- **West Gym - Open Gym, Pickleball Expectations**
- **Youth Fitness Policy** Reinstated.
- **Youth Sports and Gymnastics Programs**

CHILDCARE, CAMPS & PRESCHOOL

- **Licensed Childcare** Fully operational
- **Kids' World** On-site, free with membership
- **Spring Break Camp**
- **Summer Camps**

AQUATICS

- **Open Lane Swim** - Mornings and evenings
- **Swim lessons**

TEMPORARILY CLOSED

- **Sauna and Whirlpool**
- **ACE Place**
- **Youth Events** - Popcorn Movie Night, Kids' Night Out
- **Pedaling for Parkinson's**
- **Services & Amenities:** vending machines, towels, Tea Time, national reciprocity.