

Tue, Sep 1, 2020 at 11:41 AM



Dear Members,

We are reaching out to share some more exciting news. The Shames JCC is embarking on Phase 2 of its Reopening Plan, including reopening our Early Childhood Center on the Shames JCC campus, launching a childcare program for school-aged children, and **reopening the Fitness Center!**

The Fitness Center will officially open its doors on September 8th at 7:15 AM. While new protocols and procedures will be in place, we are very excited to see members return to our treadmills, bicycles, and other equipment that helps people get healthy and stay healthy.

In adherence with New York State COVID-19 mandates, use of the Fitness Center will be limited to 33 percent capacity. Therefore, reservations will be required and a limited number of participants will be able to use the facility at once. Please be aware that walk-ins cannot be accommodated. Reservations will be available for 45 minute slots, Monday through Friday, from 7:15 AM to 7:00 PM (last reservation will be at 6:15 PM), and equipment will be wiped down and disinfected between each reservation. Social distance guidelines will be applied to all activities including significant space between exercise equipment.

Also in accordance with COVID-19 mandates, masks must be worn at all times, including when exercising. We will ask participants to monitor their heart rate and breathing to ensure for safe and successful workouts. Fitness Center users will have access to indoor restrooms, though lockers, showers, and saunas will remain closed. Open cubbies will be available outside of the Fitness Center for personal items, which will also be wiped down between reservations. Please be aware that cubbies will not be monitored by staff.

Group Exercise will continue outdoors for the next several weeks, and swimming and aquatic exercise will continue in the Aquatics Center. Personal Training however, will move indoors to the Fitness Center. Beginning on the 8th, all Fitness Center and Aquatics Center users should enter through the Shames JCC's main entrance and "fob in" at the main Welcome Desk. Plexiglass dividers and other COVID-19 safety measures will be in place. The traffic flow throughout the facility will be one way and participants will be asked to exit the facility through the former Member Entrance (closest to the member parking lot). For all outdoor activities, participants should continue to check in at the Information Station outside and proceed to the appropriate activity canopy.

Reservations for all fitness and aquatics activities can be made online though we have heard from many of you that our current reservation platform is not user friendly. In response to your feedback, we are working as quickly as possible to adopt a new platform. We aim to launch this very soon; please bear with us as we work to manage the back-end of this transition. In the meantime, please continue to make reservations, beginning every Monday morning for the following week, here: [RESERVATIONS](#) You can also find this link on our website: www.shamesjcc.org Should you have any questions, don't hesitate to contact: Fitness-- lbruskin@shamesjcc.org or Aquatics-- rmanahan@shamesjcc.org.

Please review all of our [COVID-19 Policies and Procedures](#) prior to visiting our campus and download the [LiveSafe Health Screening App](#) on your smart phone. In accordance with the most recent CDC guidelines, the Shames JCC has assigned a "COVID Point of Contact." If you have been diagnosed with, or suspect that you have been exposed to, COVID-19, and have attended our campus in the last 14 days, please contact Senior Director of Operations, Eric Hammermeister, at ehammermeister@shamesjcc.org or 914-366-7898 ext. 1140 immediately.

We will reach out to families with school-aged children, grades K-6, in the next two weeks with detailed information about opportunities for childcare during remote learning. We plan to launch this program as part of Phase 2 in early October. As local public schools are shifting and finalizing their plans, we are working to determine how we can best accommodate families.

We've said it before and we mean it-- our entire community is indebted to those of you who have supported us with your membership dollars as a tax deductible donation over the last few months. You have directly impacted our ability to relaunch programs in a way that is both responsible and safe. For those of you who would like to reinstate your membership at this time so you can join us for fitness and aquatics programs, please contact billing@shamesjcc.org.

This is yet another important first step on a much longer journey to re-opening the Shames JCC. The full reopening depends on additional contributions so please consider giving a donation to the [Shames JCC Emergency Fund](#). All contributions are tax-deductible to the extent allowed by law.

We are thrilled to be Meeting You Back at the J!

Thank you,
Leslie Meyers, Executive Director and Peter Boritz, Chair, Board of Governors

Phase 2: Fitness Center, Early Childhood, K-6 Programming



Continuing from Phase 1: Group Exercise, Personal Training, Aquatics

Schedules and details are available on our [website](#).



Fitness: [Group Exercise & Personal Training](#)



Aquatics: [Lap Swimming, Aqua Cycling, and Self-led Exercise](#)

We're doing our part to help you stay healthy!

As the phased re-opening commences, your health and safety are our top priority. To this end, we have implemented a number of measures that are designed to protect our community from COVID-19.

We are sharing some of these measures here but you can also find details at your convenience on our [website](#).



We limit the number of people that can participate in programs at one time

We clean and disinfect areas between activity

We clean and disinfect restrooms frequently

We provide hand sanitizing stations throughout our campus

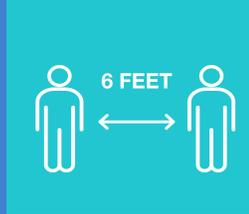
Additionally:

- A COVID-19 health screening process that uses new technology and strictly adheres to CDC and Department of Health guidelines is required before entering the JCC campus. Anyone who does not pass the health screening will not be permitted to attend the Shames JCC campus.
- An in-vehicle, no-touch temperature scan is administered at our Health Screening Station when you arrive on campus. If anyone in your vehicle does not pass the temperature check, everyone in the vehicle will be asked to leave the Shames JCC campus.
- Signing in for all activities is required at our outdoor Information Station or inside at our main Welcome Desk.
- In adherence to government mandates, locker room changing areas, showers, and saunas will remain closed.
- Hand sanitizing stations are available throughout our campus.
- All activity areas, temporary restrooms, equipment, and shared surfaces are cleaned and disinfected MULTIPLE TIMES throughout the day, every day.
- Reservations/registration is required for all activities, including aquatics, and the number of participants at one time will be limited. "Walk-ins" are not be permitted.
- Aquatic programs, including lap swimming, and use of the Fitness Center, are offered at specific times throughout the day for 45-minute periods. Lap swimming is limited to one person per lane.
- Social distance guidelines are applied to all activities and areas. Activities are set up to ensure at least 6 feet between people, unless you live in the same household. (Families can be in close proximity with one another.)
- Shared equipment is minimal and participants are encouraged to bring their own mats, aquatics exercise equipment, towels, and filled water bottles.
- Masks are required on our campus prior to, and immediately following, all activities. Gaiters, buffs, and bandannas are not allowed in place of a 3-ply face mask. Masks can only be removed at the direction of an instructor or lifeguard, when activity participants are situated at least 6 feet apart from others. (Masks are considered dangerous for certain physical activities, and in certain cases such as swimming, masks are against the law.)
- Anyone who is sick or has been exposed to COVID-19 is not permitted on the Shames JCC campus until they are symptom free for 72 hours (without medication), it has been at least 14 days since exposure to COVID-19, and they have written clearance from a health care provider to return to the Shames JCC.
- Each program has specific and unique guidelines and procedures to help ensure the health and safety of participants. To find out more, you can read a comprehensive list of our policies here.

Please do your part!



Wear a mask, unless otherwise instructed



Maintain distance between one another



Wash hands frequently, or use the hand sanitizing stations



Stay home if you are sick or have been exposed to COVID-19 in the last 14 days



Harold & Elaine
**Shames
Jewish
Community
Center**
on the Hudson



JCC Association
of North America

Support the Shames JCC

Connect with us at www.shamesjcc.org



Shames JCC on the Hudson | 371 S. Broadway Tarrytown, NY 10591
[914.366.7898](tel:914.366.7898)

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