

Welcome Back Centre Members



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Centre Reopen Phase 1

Centre Members, welcome back! We look forward to having our Centre friends and family back. To keep our members safe and protected, the Centre is following strict guidelines from the CDC and local authorities. The Centre will reopen in phases as we work to protect the health and safety of our members, staff, and community. The Centre believes that exercise is a proven immunity-booster and, as a part of a healthy lifestyle, is vital to overall health and well-being. Additionally, we understand the mental and emotional dangers of social isolation. The Centre aims to help members meet their physical, social, and emotional needs while also doing all we can to offer a safe and healthy environment during these difficult circumstances. Under the guidance of the State of Wisconsin Guidance for Gyms and Fitness Facilities and State of Wisconsin Guidance for Entertainment and Amusement, along with County Health Departments and the CDC, and our own increased standards, guidelines for reopening will be as follows:

Additional Precautions

- Extra employees will be scheduled to clean and disinfect equipment, locker rooms, and shared spaces.
- CDC approved disinfectants will be used throughout the facility to ensure cleanliness.
- After-hours deep cleaning and sanitizing will be utilized.
- Pro3 Solutions, an outside contract service, will disinfect heavy use areas prior to our reopening.
- Increased signage will be placed throughout the building to encourage social distancing, hand washing, and reminding members to disinfect equipment.

Member Access Guidelines

Social Distancing

Members are asked to maintain a minimum of 6 feet social distance.

Face Coverings/Masks

All employees will be wearing face coverings (masks). Centre members are asked to wear face coverings into and out of the facility and in all public areas while at the Centre. Members can remove their face coverings only if necessary during exercise.

Member Check In

Member check in will remain through our touchless scan in process using your key tag.



Disinfecting and Cleaning

Members are asked to disinfect equipment before and after use. Members are asked to wash their hands before and after working out with soap and water for at least 20 seconds.

Payments

Program payments are encouraged online or through your regular monthly membership draft; cash is discouraged.

Exposure, Symptoms, and Testing

- If you have been notified by the Department of Health of your exposure to the COVID-19, we appreciate and thank you for not using the Centre until 14 days after your exposure.
- If you, or a person you've been in close contact with, are showing signs of fever, cough, shortness of breath, difficulty breathing, or not feeling well, please do not come to the Centre until you are symptom free for 7 days.
- If you or a person you've been in close contact with are awaiting the results of a COVID-19 test please do not come to the Centre until a negative test is reported.

Membership

Hours

We are temporarily reducing our hours of operations (May 27 - June 30):

Monday - Friday 5:00 AM - 7:00 PM

Saturday - Sunday 7:00 AM - 4:00 PM

Times designated for members age 60 and older will be Monday - Friday from 1:00 PM - 3:00 PM.

Guest/Day Passes

To manage participation levels, access is limited to members only. We will not be offering day passes or guest passes at this time.

Ages 12+ Years Old

In following Wisconsin Economic Development Corporation guidelines, only members 12 and older will be able to enter the building, unless a child is enrolled in our Camp Centre or Youth Character Initiative (YCI) summer child care programs.

Kids Kove

Kids Kove drop in child care will be temporarily closed.

Coffee

Our coffee bar will be temporarily closed.

Locker Rooms

Locker rooms will be open.

Participation Capacities

Capacities (All on a first come, first served basis, please be aware of changes in times)

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- Fitness Center (18 Member Maximum)
- Weight Room (10 Member Maximum)
- Strength Training Room (3 Member Maximum)
- Lap Swim (6 Member Maximum)
- Water Fitness Classes (10 Member Maximum)
- Group Fitness Classes (10 Member Maximum)
- Family Recreation Swim Time (25 Member Maximum)
- Hot Tub (4 Member Maximum)
- Gymnasium (1 Member Family per Hoop, Pickup games will not be permitted)
- Pickleball (4 Members Maximum, Singles Play Only)
- These capacities will allow for social distancing and every other machine will be available for us.
- Members must bring their own equipment for use in gymnasium.

Drinking Fountains and Vending Machines

Please bring your own water bottle as the drinking fountains will be disabled except for the water bottle filling stations. Vending machines will be unavailable due to their common touch points.

Programs

Camp Centre and YCI

Camp Centre and YCI is still available for most weeks and age groups but is filling fast. Please register online at www.nracentre.com/child-care/summer.

Youth Programs

Youth programs for ages 11 and under will not run in June except Camp Centre and YCI.

Group Exercise and AquaWorks Classes

Group Exercise and AquaWorks classes will run with reduced capacity of 10 participants per class. To secure your spot in a class, 15 minutes before the class start time, 1 ticket per member can be obtained at the Welcome Center. Members are asked to bring their own yoga mats.

Birthday Parties and Group Rentals

Birthday parties, outside group meetings held in our community rooms, and facility rentals will not be held in June.

Revisions to Guidelines

The Centre will review these guidelines weekly and communicate changes through email, Centre website, and Centre Facebook page.

Should a member be diagnosed with COVID-19 and has attended the Centre we will close for 24 hours to do a thorough cleaning and disinfecting of the facility before reopening.

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