

Preparing to Welcome You Back

Our values and commitment to service guide us in all that we do and after months of careful planning, we are excited to welcome you back in less than 2 weeks!

We will be implementing a staggered approach to re-opening in order to ensure the safety of staff and members. What does this mean and what can you expect when you return?

Phase 1 Opening

We will provide individual conditioning rooms (cardio, strength and RIG) and a combination of outdoor and indoor group fitness classes. Capacities for these areas are yet to be determined, based on health unit and government regulations. The dry areas of change rooms will be open but showers, steam rooms and saunas will remain closed for the time being.

Phase 2 Opening

Upon successful implementation of our Phase 1 Opening, we will open up additional areas of our facilities and increase programming. Pools will open for lane swimming and the therapy pools will be available for open swim. The squash courts will open and we will add additional fitness classes. Watch for the next email where we will provide updates on the next phases of re-opening.

What to Expect When You Visit

We will conduct Coronavirus screening at the main entrances (which may or may not include temperature checks, depending on what our health units advise). Once members have had an initial screening and have been fully updated on procedures and guidelines they will then scan their card and proceed to an area. Capacities in each area will be monitored - conditioning rooms, gym, change rooms. We will have a waiting area in each of the branches for any members who wish to use an area that has reached capacity. If we find that the demand for our indoor group fitness is exceeding our limits we will look at establishing a pre-booking system.

You will notice the following safety measures at each branch:

- Plexiglass Guards at Sales Desks
- Cleaning Stations
- Wet Wipe Stations
- Flow/Wayfinding Signage
- Screening done at entry points
- Extra Cleaning Staff on Duty
- Reduced Hours of Operation with mid-day closures for deep cleaning

Stay tuned to Facebook and our website for videos and information on what to expect when you visit us.

New Hours of Operation

All 3 branches will be open:

Monday - Friday 6:00am-8:00pm, closed from 1:30-3:00pm for deep cleaning

Saturday & Sunday 8:00am-5:00pm, closed from 1:00-2:00pm for deep cleaning

