



## What to Expect when you return to the Aquatic & Fitness Center's Indoor Classes Reopening – March 1<sup>st</sup> – April 26<sup>th</sup>

### Before you arrive at the Facility:

- Make sure you are not running a fever at or above 100.4 and/or have any onset flu-like symptoms. Your temperature will be taken upon arrival.
- Everyone entering the facility or coming to class must wear a mask. You must properly wear a mask. (**nose & mouth covered**). Must be worn during indoor Pier classes. Bring only essential items with you (keys, phone, water bottles, mat, etc.)
- We are promoting a “workout and leave” environment.
- Indoor Music Pier classes – restrooms – outside on the sides of the pier.
- Child Care will be available at the Pier location. Ages 3yrs & up. Mon. – Fri. 9AM – 1PM - During morning classes only.
- A reservation system is in place for indoor Pier classes. See below for details.

### When you arrive at the Facility

- Indoor group exercise & cycle classes will be held at the Howard Stainton Senior Center in the Ocean City Community Center
- A staff member will greet you, take your temperature and ask Covid-19 screening questions, make sure you have your mask on, and you are only bringing essential items.
- You will be asked to sign a COVID waiver & Gym Participant Adherence Contract. You will only have to do so once.
- Your membership will reopen upon taking classes. Please bring your membership tag to every class, for check in.
- **Inside classes** – you will need to check-in at the Aquatic & Fitness Center. Please make your class reservation through RecDesk. Prior to your indoor class. A reservation must be made for cycle classes. Bring your own mask, mat, towel and water.

### General Facility Restrictions and Changes:

- Indoor group ex & cycle classes will be held at the Ocean City Music Pier, 825 boardwalk
- No changing area at the Music Pier. Restrooms only. Come prepared to workout.
- Front Locker rooms are available for pool classes only. No Locker use. Must put personal items on the 1<sup>st</sup> row of bleachers.
- Child Care at the Aquatic & Fitness Center will be closed until further notice. Morning Child Care at the Pier.
- No Racquetball

### General Facility Cleaning:

- Bathrooms and high touch surfaces will be cleaned often.
- Sanitizer will be available and used on equipment after each use.
- Expanded sanitizing stations are available.

### Indoor Classes:

- 45 min workout time frame.
- Everyone must stay 6' apart.
- You must wear a mask while taking an indoor class.
- Due to guidelines limited equipment will be used for classes. Bring your own mask, mat, towel and water.

- Reservation System for **Cycle Classes** Sign-up on Community Pass Class size limit 12 (at this time).
- Reservation System for **Indoor Classes** Sign-up on Community Pass size limit 30 (at this time).

Reservation System for **Cycle Classes = Max 14 - Indoor Classes = Max 30**

Sign-up after **9 AM Sunday** to reserve any classes you will attend for the week ahead. Sign up closes one hour prior to class. If you do not make a reservation you may walk in if there is space available.

- Reservation for Classes – [OCNJ.RECDESK.COM](http://OCNJ.RECDESK.COM)
- Please give at least 3 hrs. notice if you cannot make your time slot.
- Virtual fitness classes will continue to be posted on the OCNJ Aquatic & Fitness Programs page.
- You may participate in a class, gym and pool in one day.