



## Quick Reference Guide | May 6, 2020

### CLUB & TENNIS COURT HOURS

Monday – Friday 6:00am – 8:00pm | Saturday & Sunday 8:00am – 8:00pm

### NURSERY & KIDS CLUB HOURS

Monday – Friday 8:30am – 1:30 pm & 3:30pm – 8:00pm | Saturday 9:00 am – 12:00 pm

Safety	
Enhanced Cleaning & Sanitizing	<ul style="list-style-type: none"> <li>• Additional day cleaners, and a deep cleaning crew every night</li> <li>• Additional hand sanitizing stations, and equipment wipe stations</li> <li>• Additional hand washing stations</li> </ul>
Member Responsibility	<ul style="list-style-type: none"> <li>• Please comply with all posted Safety Signage</li> <li>• Please only use equipment that is marked ok to use</li> <li>• Please do not come to the Club if you are sick, coughing, sneezing or have a fever</li> <li>• Maintain 6 feet of separation between all persons</li> <li>• Thoroughly clean all equipment with disinfectant wipes before and immediately after use. Do not use towels to wipe down equipment.</li> <li>• Wash hands with soap and water for at least 20 seconds, or use hand sanitizer, after touching equipment and surfaces</li> <li>• Avoid touching your face, cover all coughs and sneezes</li> <li>• Masks are required per the modified May 4<sup>th</sup> Yuba-Sutter Order, except when exercising intensely</li> </ul>

Areas		
Kids Club & Nursery	Open	Limited capacity. Reservations are required, call (530) 673-6900, ext 108. Space is limited to a maximum of three children per family and a maximum of 1.5 hours per day.
Indoor Pool	Open	Limited to one swimmer per lane
Indoor Spa & Cold Plunge	Open	Subject to 6 foot social distancing
Sauna & Steam Room	Closed	Proper social distancing not possible
Outdoor Pool	Open	Subject to 6 foot social distancing
Outdoor Spa	Closed	Closed for repair

Activities	
Group Exercise & Aquatics Classes	Check schedule at <a href="http://www.ycrc.com/class-schedules">www.ycrc.com/class-schedules</a>
At-Home Workout Portal	Members continue to have complimentary, unlimited access to 90+ amazing at-home LesMills workouts for the month of May, visit <a href="http://www.ycrc.com/at-home">www.ycrc.com/at-home</a>
Personal Training, Pilates, Tennis Lessons & Swim Lessons	Contact your trainer/instructor to book sessions, email <a href="mailto:erika@ycrc.com">erika@ycrc.com</a> , or call (530) 673-6900