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## Welcome Back--Phase Two

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### More areas and programs available Monday!

**Monday, June 15th** we reintroduce Child Watch, kids two and up, Therapy Pool, and locker rooms!

We are very excited to take this next step into reopening and hope you are too! We are so grateful for your patience as we err on the side of caution, taking our time returning to full capacity. We are intent on doing it the right way, making sure we can fully accommodate best practices.

#### What's New:

##### Child Watch

- Open for kids 2 to 10-years-old
- One hour reservation required [\[MAKE RESERVATION\]](#)
- Maximum of 10 kids per hour
- Hours: 8:15 a.m. - 1 p.m. and 3:30-7 p.m.
- No Child Watch on Saturdays
- Don't forget socks!

##### Kids 2 and Up Allowed

- One hour reservation required [\[MAKE RESERVATION\]](#)
- 12-years-old and up allowed without a parent/guardian
- 8 to 14-years-old may be in strength and conditioning area **but** must be accompanied by a parent/guardian. Official orientation required.
- 8 to 11-years-old must have a parent/guardian in the facility at all times.
- 2 to 7-years-old must be in Child Watch or accompanied by a parent/guardian at all times.
- No kids allowed under 2-years-old

##### Therapy Pool

- Adults and kids with therapeutic needs only
- Must shower before entering pool
- One hour reservation required [\[MAKE RESERVATION\]](#)
- Schedule (click [here](#) to find it on our website)

- **Monday-Wednesday**
- 7-11:45 a.m. open swim
- 12-1 p.m. Aqua Toning Group Exercise Class
- 3:30-7 p.m. open swim
- **Tuesday-Thursday**
- 7-9:15 a.m. open swim
- 12-1 p.m. open swim
- 3:30-7 p.m. open swim
- **Friday**
- 7 a.m. - 1 p.m. open swim
- 3:30-7 p.m. open swim
- **Saturday**
- 8 a.m. - 12 p.m. open swim

### **Men's and Women's Locker Rooms**

- Limited locker availability
- No steam room
- Shower required to enter pool

### **Group Exercise**

- Reservation required [[MAKE RESERVATION](#)]
- Schedule (Find schedule and class descriptions on our [website](#))
  - **Monday**
  - Y Firm with Melissa 12 p.m.
  - Cardio Mix with Kristie 6 p.m.
  - **Tuesday**
  - Met Con (aka Metabolic Conditioning) with Vickie 6 p.m.
  - **Wednesday**
  - Zumba with Joanna 8:15 a.m.
  - Y Firm with Melissa 12 p.m.
  - Zumba with Kim at 6 p.m.
  - **Thursday**
  - Met Con (aka Metabolic Conditioning) with Vickie 6 p.m.
  - **Friday**
  - Y Firm with Melissa at 12 p.m.
  - Strong with Joanna at 6 p.m.

### **Just as a reminder, these rules still apply:**

- Make a reservation before you come in.
  - Go to <https://www.picktime.com/Puebloymca> to save your spot
- Sign the updated waiver online at home.
  - Click [here](#) to sign the waiver. You only have to do this once, not every time you come in.
- Bring your own water bottle, towel, basketball, volleyball and/or yoga mat
- Masks are NOT required for members

### **More Phases to Come!**

We know you are excited for us to open the main pool--we are too. Hang in there, it'll be soon! We are continuing to evaluate, reflect, and implement protocols to keep everyone safe.

Thank you for your enthusiasm and patience throughout these phases! For the full list of new rules go to <https://puebloymca.org/welcome-back>

We can't wait to continue making Pueblo a better place for all.



### Goodie Bag

As a token of our appreciation for you returning to the Y, we partnered with local businesses to put together a little thank you gift. Please take one when you visit and support these businesses.

Thank you: Health Solutions, Colorado Christian University, Chavez/Huerta K-12 Preparatory Academy, Menchie's, Thrifty Gents, Seabel's, Girl Scouts, Gypsy Java, and Razmataz.

[#PuebloProud](#)

## Don't forget

**Rock Climbing Camp** starts Monday! There are a few spots left for this week-long learning experience for kids. Not only will they learn the proper way to climb, they'll learn to overcome fears, trust partners, and push themselves to new heights.

[Register Now.](#)

**Personal Training and Small Group Training** are available and you get to use the new functional fitness space (we call it Steelworks). [Sign up](#) for sessions with our encouraging trainers today. Two new four-week sessions of [Women + Weights](#) started this week but space still available. Build muscle, strength, and friendship through this program.

Let your kids be kids in **Adventure Camp** this summer! Our program is designed for everyone to learn, grow and thrive! Each day is filled with active games, creative crafts, and learning discovery. Ages 5 to 12-years-old, four or five-days-a-week, 7 a.m. to 6 p.m. [Register Here.](#)

Registration is open for **Preschool and Preschool Plus**. Enroll your little one in our program for this fall. Our teachers are the best! Both programs are for children age 3 to 6-years-old. Preschool is half-day for two, three, or four-days-a-week. Preschool Plus is all-day care for two, three, or four-days-a-week. [Register Here.](#)

**Sports camps** are for young athletes ready for a week-long, skills, and drills camp. Basketball, volleyball, soccer, flag football, and baseball offered in June and July. The cost starts at \$45 for Y members. To register and learn more [click here.](#)

**Swimming lessons** are planned to resume in July. We're hoping to make a splash this summer and teach kids how to be safe around water. Spots will fill up quickly so sign your kid up [now.](#)

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## Membership Questions

To update or change your membership status please email [membership@puebloymca.org](mailto:membership@puebloymca.org)



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# STRONGER TOGETHER

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