

Whitmore Lake Community Recreation

Fall 2020 | Trojan Fit Club Info Sheet

- Classes run 9/21-11/21
 - Aquatic classes begin week of October 5
 - Outdoor classes begin the week of September 21 and end the week of October 19. We will then re-evaluate if we can bring them indoors.
- [Check our website calendar for class details](#)
- Punch Passes
 - 6 punch pass: \$30 | 12 punch pass: \$50 | Unlimited pass: \$100
- Please reserve your spot in class(es) in advance online [HERE](#) or by calling our office 734-449-4461 x 3057. If you leave a message, let us know your name, which class you want to attend and the dates.
 - Aqua Fit limited to 25 participants
 - Aqua Zumba limited to 18 participants
 - If no one has signed up for a class by 9 a.m. the morning of, it will be cancelled
- Classes subject to change
 - We will email you any changes in advance

Outdoor Classes

Masks only required when 6ft social distancing can not be maintained

Indoor Classes (are a little more complicated :))

- **COVID-19 Procedures**
 - Facial coverings required at all times, except when in the pool water.
 - Social distancing of 6ft from those not from the same household is required in all parts of the facility.
 - All participants must complete a wellness screening survey that can be found [HERE](#) prior to or immediately upon arrival. You can also complete the screen on our ipad on the pool deck.
 - Hand sanitizing stations will be available at all entrances and exits. Please use them when entering/exiting the building.
 - WLCR staff will disinfect all frequently touched surfaces between groups/programs.
 - Traffic will be controlled in a way to avoid groups crossing paths. Please follow signs and staff direction accordingly.
 - We are asking all participants to come dressed to swim.
 - Locker Rooms will be available for 15 minutes after class but **NO SHOWERS**.
 - To limit traffic overlap and give our staff time to clean in between groups, doors will open 10 minutes before class and will be locked 15 minutes after class has begun. If you arrive early, please wait outside. Do not wait inside the lobby.

- **Arriving to class:**
 - Complete your wellness screen prior to arriving or immediately upon entering the pool deck using our ipad or scanning the QR code with the camera on your phone.
 - Come dressed to swim
 - Only the family locker rooms will be available before class for restrooms.
 - Doors will unlock 10 minutes before your class is scheduled to start and lock 15 minutes after class has begun
 - Remove street shoes and head to pool deck through the Family Locker Room entrance
 - Confirm with the lifeguard that you completed your wellness check and present your punch or unlimited card
 - Grab the equipment you need then head to the shallow end entrance to the pool.
 - You can also bring your own equipment
 - Place your belongings along the walls of the pool deck or on the hooks provided. We've added hooks for masks at the end of each lane.
 - Remove your facial covering immediately prior to entering the pool
 - Maintain 6ft from those not in your household while in the pool
 - Have a wonderful class!
- **End of Class**
 - Thank you in advance for leaving the pool deck promptly at the end of class. Our staff needs time to clean between groups, so it is essential classes end promptly and all participants immediately leave the pool deck to change quickly in the locker rooms
 - Monday Aqua Fit ends at 5:50 p.m. | Monday Aqua Zumba ends at 7 p.m.
 - Wednesday Aqua Fit ends at 6 p.m. | Saturday Aqua Fit ends at 10 a.m.
 - Exit the pool wherever works best for you and travel around the deep end/lap lane area wall toward the locker room
 - Put your facial covering back on to be worn until you leave the building
 - Put any used equipment in the bins by the locker rooms for us to sanitize
 - Exit the deck to the mens or womens locker rooms
 - There are 5-6 socially distanced spots in the locker room changing areas. Patrons are welcomed to use the shower or bathrooms stalls to change. Be patient as you wait for a socially distant spot and to change quickly.
 - **Showers will not be available for showering at this time, but we will continue to evaluate that for the future.**
 - Family locker rooms will not be available after class.
 - If there are no men in attendance, we can use both the mens and women's locker rooms for women to provide more space.
 - If you are comfortable drying off, putting clothes overtop of your suit and heading home, we welcome and encourage that.
 - Exit the locker rooms into the hall and use the double doors to your left at the end of the pool hallway closest to the locker rooms to exit the facility. Please do not go back through the front lobby.
 - Enjoy the rest of your day!