



West Suburban YMCA Member Reservation Guidelines

Please note these guidelines are subject to change regularly based on state and local guidelines.

- Only West Suburban YMCA members aged 14 and older will be able to utilize the outdoor group exercise Reservation System at this time. As the reopening guidelines become less restrictive, we will also lift our Reservations Restrictions. We will notify our members via Email, Facebook and our website wsymca.org/group-exercise as these changes take place.
- Members may only reserve **ONE SPOT PER MEMBER / PER DAY / PER ACTIVITY** at this time to ensure that all our members have access to the YMCA.
- Reservations can be made no more than 24 hours in advance of the class.
- Reservations will close 1 hour prior to the start of the class. If within 1 hour to class start time, you can try to walk-in, but you may be turned away if the class is at capacity.
- Reservations must be made through our online system on our website at www.wsymca.org/group-exercise. Please contact the Jane Carroll at janec@wsymca.org if you run into any issues.
- Members are able to CANCEL their reservation through the online system if they can no longer attend. We ask that you are diligent with this to ensure as many people as possible have access to these classes.

What To Expect For Outdoor Fitness

- Arrive and park your vehicle 10 minutes before the scheduled class time to the location of your class, as noted on our schedule.
- Please check in at the Welcome Center, where a staff member will conduct a touchless check-in and a health screening process. (You are required to complete a waiver and code of conduct agreement and have pre-registered for the class.)
- All members will be required to practice social distancing. Equipment and spaces will be limited to ensure members are able to maintain the recommended 6 feet of separation. Only 9 participants per class.

If A Reservation Is Cancelled Due to Inclement Weather

If there is inclement weather, Y staff will determine whether to cancel or switch to virtual 60 minutes before the start of the class. If there is a cancellation, the Y will notify the participants via email and will cancel the reservation. Please check the schedule to see if it has been cancelled or call 617-244-6050 for confirmation.

What Should I Bring to the Y?

- Bring a mask or face covering. This is required at all times inside the West Suburban YMCA and encouraged, though not required, during outdoor classes.
- A full water bottle. Water fountains are currently unavailable.
- A workout towel
- A yoga mat, if needed for your particular class or workout.

Step By Step Guide For Making A Class Reservation

Step 1

- Start by visiting www.wsymca.org/group-exercise

Step 2

- Click "Reserve Your Spot" to navigate to the reservation system. Reservations can only be made within 24 hours of the class start time and up to 1 hour before the class start time, so please ensure you are trying to reserve within that time window.

Step 3

- Enter your information:
 - First Name
 - Last Name
 - Date of Birth
 - Email Address
 - Phone Number

Step 4

- On the next screen, select the date of your class using the "Any Date" dropdown box.
PLEASE NOTE: You can only sign up 24 hours prior to the class. If the class you are looking for does not appear, it is likely not yet within the reservation window.
- You can also select a class by using the "Any Appointment Type" dropdown box, which will list options such as Bootcamp, Yoga, or Spin.
- Please disregard the dropdown box for "Any Staff Member" to avoid confusion.



Begin by entering your information below.

| | | |
|--------------|----|------|
| First Name | | |
| Last Name | | |
| Month | DD | YYYY |
| Email | | |
| Phone Number | | |

Find Me!

Welcome, Meghan!
West Suburban YMCA

SCHEDULE NEW MY APPOINTMENTS

Use these filters to find an appointment that works for you.

| | |
|----------------------|---|
| Any date | ▼ |
| Any Appointment Type | ▼ |
| Any Staff Member | ▼ |

Cancel

Cancel Your Reservation

If you reserved a spot in a class and then realize you will not be able to attend, we ask that you please cancel your registration so that your spot becomes available to other members.

Step 1

- Visit www.wsymca.org/group-exercise

Step 2

- Click "Reserve Your Spot" to navigate back to the reservation system.

Step 3

- Enter your information again:
 - First Name
 - Last Name
 - Date of Birth
 - Email Address
 - Phone Number

Step 4

- Select the "My Appointments" tab.

Step 5

- Click the "CANCEL" button next to the class you wish to remove yourself from.

Welcome, Meghan!
West Suburban YMCA

SCHEDULE NEW MY APPOINTMENTS

Some Appointments can only be canceled with a manager.

| | |
|----------------------|-------------------|
| TUESDAY JUN 30, 2020 | 6:00 AM - 7:00 AM |
| BOOTCAMP | |
| BOOTCAMP.. | Cancel |