



Downtown Berkeley YMCA GRACE'S POOL GUIDELINES

We offer single-occupancy lanes for water exercise in Grace's Pool by reservation only. Water Exercise is for adult Downtown Berkeley Y members who wish to water walk, swim half laps, or practice self-guided water aerobics. Reservations will be specifically designated as Shallow Lane or Deep Lane. Please select the appropriate pool depth for your ability and desired workout.

HOW TO GET A RESERVATION

Download the YMCA of the East Bay app on your phone or go to ymcaeastbay.org/schedules to sign up.

Reservations must be made online through the app or website and can be made **24 hours** prior to the start time of the session. No phone reservations will be accepted.

Session times will be listed on the app and on the website. Reservations are open to Downtown Berkeley Y members only (18 years and older). Members are allowed to make a maximum of 1 swim reservation the day prior to the swim. Members are welcome to make a 2nd reservation, if there is space available, on the day of the swim. Members with 2 reservations may be asked to move lanes as needed in between reservations.

BEFORE YOU COME TO THE Y

- Swimmers are encouraged to arrive 5 minutes before their session to allow time for check in process.
- Swimmers will receive a lane assignment prior to entering the pool. Lane assignments are given on a first-come-first-serve basis.
- **Bring your own towel.** There is no towel service at the Y.
- Please maintain social distancing of six feet. Only one swimmer per lane.
- You are welcome to bring your own lap swim equipment. Kickboards, fins, and other shared equipment will not be provided by the Y.
- We encourage swimmers to enter/exit in their lane whenever possible. Please ensure proper social distancing when using ladders and stairs, and be respectful of other swimmers' workouts.
- There will be a transition period between sessions to allow for social distancing between swim groups. Swimmers must exit the pool immediately at the end of their swim session and exit the pool deck through their respective locker room.

Additional swim hours will be added as capacity and staffing allow. **If you have specific questions, please contact:**

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