

UNIVERSAL ATHLETIC CLUB
2323 Oregon Pike, Lancaster
717-569-5396
UniversalAthleticClub.com



Temporary Operational Changes, Policies and Procedures

TEMPORARY HOURS OF OPERATION

CLUB HOURS

Monday - Friday: 5:00am - 10:00pm
Saturday & Sunday: 7:00am - 3:00pm
Aquatic Center closes 30 minutes prior to club closing.

KIDZ KLUB HOURS

(Ages 6 months - 11 years. No younger infants at this time)
Monday-Friday: 9:00am - 12:00pm
Monday- Thursday: 4:00pm - 7:00pm
Saturday: 8:30am-Noon starting July 11
Sunday: CLOSED (hours will be re-evaluated as we get closer to Fall)

CAFE U HOURS

Monday-Friday: 7:00am - 7:00pm
Saturday: 8:00am - 2:00pm
Sunday: 9:00am - 2:00pm
Serving shakes and grab & go food only. Tables will be spaced out and seating is limited.

MEMBERSHIP DUES & GUESTS

Membership dues will not resume until Friday, July 17th, unless we have reached out to you otherwise. UAC is currently not allowing guests, although short-term, one-month and summer memberships are available for purchase. Please call the club for details.

BASKETBALL COURTS

Basketball on the Main Court is now available. However, due to the CDC recommended guidelines of maintaining 6ft distance between others, we do ask that members use it only for "shooting hoops" at this time rather than for games with large groups of people. It's also mandatory for you to spray and wipe off the basketballs after you use them with the sanitizer provided. The Upper Basketball Court is reserved for summer camp through end of August.

GROUP FITNESS CLASSES

- Due to CDC guidelines, we must offer a very limited schedule to start out. Visit website to view schedule. We will evaluate the schedule weekly, and make adjustments as restrictions are lifted.
- **Members will NOT have to sign up ahead of time. CLASSES WILL BE FIRST COME, FIRST SERVE.**
- **NO SAVING SPOTS OR BIKES** for members who have not arrived yet. You may enter the studio and set up your equipment **no earlier than 10 minutes prior to start of class time.**
- All classes will be run out of Studio 1 and the Cycling Studio. To abide by social distancing guidelines, there will only be 36 spots available per class in Studio 1 and 20 spots available per class in the Cycling Studio.
- **Once class a is full, you will not be permitted to enter.**
- We will still have virtual options in Studio 5 (Yoga studio) as an option for you to take a guided workout.

SILVER SNEAKERS CLASSES

We are offering a limited SilverSneakers class schedule, **and you must pre-register for classes online.** [Click here](#) to view the class schedule and to register. All classes will be held in Studio 2. Please arrive no more than 15 minutes before class start time. **Check our schedule weekly as classes could change.** Visit our [UAC Silver Sneakers Facebook page](#) for the virtual schedule.

MARTIAL ARTS CLASSES

Martial Arts classes will resume on July 13th. Master Oplinger will reach out to parents/students with details.

AQUATIC CENTER

- **MEMBERS MUST BE 18 YEARS OF AGE OR OLDER.** (The ONLY children permitted in the pool are those who are taking private or buddy swim lessons with a UAC swim instructor.) **THERE ARE NO LIFEGUARDS ON DUTY, SWIM AT YOUR OWN RISK.**
- **Aqua Fitness Classes are not scheduled to run yet.**
- Only 1 person per swim lane in the **Main Pool**.
- The **Warm Pool** is now open
- The **Whirlpool** is open, but **only 2 people are permitted to be in the whirlpool at the same time.**
- The **Steam Room** is currently closed.
- **MEMBERS MUST MAINTAIN 6 FT. SOCIAL DISTANCING IN ALL POOL AREAS.**

LOCKER ROOMS

- Locker rooms and showers are now open.
- Dry saunas are still **CLOSED**.
- Some lockers are unavailable to help maintain social distancing. Please wipe all lockers after you use them with the wipes provided.

ENTER/EXIT PROCEDURES

1. **Enter the club through the glass door on the FAR RIGHT at the club's main entrance.** Check in at the front desk using your membership scan card.
2. Make an immediate right to go down the front stairwell, then make your way to the area of the club in which you will work out.
3. To go back UP to the lobby or to exit the club, go up the stairwell near the Sports Performance Center to the Cafe, and follow the EXIT sign out the front door.
4. Keep at least a 6 ft. distance from others while inside the club. Members will be required to sanitize their hands before entering the club with the sanitization stations provided.

KEEPING OUR CLUB SAFE

- **Do not come to the club if you have a fever, cough or any other cold-like symptoms.**
- All staff will have their body temperatures checked open entering the building as well as answer a CDC questionnaire about their potential exposure over the last 14 days.
- Staff will be required to wear protective face coverings when appropriate.
- We will temporarily block off certain machines each day to allow for physical distancing.
- **MEMBERS MUST WIPE DOWN MACHINES/EQUIPMENT/MATS AFTER USE. Sanitizer spray and wipes are provided throughout all areas of the club.**
- We will also have a [UAC CLEAN TEAM](#) walking the club during the day to sanitize equipment.
- We have added over 40 sanitization stations around the club
- We will utilize our [Static Spray/Disinfecting System](#) regularly. Our [Air Filtration](#) and [Pool Filtration](#) systems are top of the line
- Water fountains are currently not available. Please bring your own water, or drinks are available for purchase in the lobby/cafe.

VIRTUAL WORKOUTS

We understand that some people might not feel comfortable coming into the club at this time. We'll continue to offer live & recorded workouts on the [UAC Fitness Training app](#) and [Silver Sneakers Facebook page](#) at no extra charge.

EXERCISE AT YOUR OWN RISK

While we do our best to provide the safest environment possible and minimize risks, there is an inherent risk of exposure to COVID-19 in any public place. By coming to Universal Athletic Club, you voluntarily assume all risks related to the exposure of COVID-19.

All operations and procedures are temporary. Thank you for your patience while businesses are mandated to follow strict guidelines set out by the CDC.