



*Here are new fall guidelines for our programs and Covid-19 mitigation:*

## **Youth Activity Center: *Effective August 31st***

### **Child Care**

2 Hour Reservations Now Available In Time Frames That You Pick!

Pick your 2 hour any time slots, available during these blocks  
Add CGPlus+ to your membership for 3 hr availability

- Military Rd. & Gause Blvd. Locations
  - 8am to Noon | 12:30 to 3:30pm | 4pm to 7:30pm
- Pontchartrain Dr. Location
  - 8am to Noon | 4pm to 7:30pm

Reservations can be made online from our website, or call us to check and see if we have openings and we can reserve your spot over the phone.

#### Covid-19 Safety Measures In Place:

- Continued health screenings at check in
- Limited capacity and low ratio groups
- Extra sanitation of hands and surfaces through the day
- Cleaning blocks built into reservation schedule

### **Drop Off Service Is Back At Gause Blvd. Location:**

M - F: 8am - Noon, *Reservation Required*

### **Parents Night Out At Gause Blvd. Location:**

September 19th 6 - 11pm, *Reservation Required*

### **Kids 4 Fitness transitions to Kid Zone w/ CGPlus+:**

3 hours now available, plus KidZone activities in the Sports Complex  
(Jammin Jungle and Bounce House will return in Phase 3)

## Group Exercise: *Effective September 14th*

New Fall Schedule!

Members can look forward to:

- More convenient and varied times
- Shorter windows between classes
  - Please continue to wear masks when entering and exiting
- New Les Mills program at Pontchartrain Dr.
  - Vote now: CxWorx | Body Step | Body Attack

## Covid-19 Precautions Are Continuing At All Locations

- Masks as required by state and local guidelines
- Clean Team Schedule Daily
- Complete sanitation of entire facilities
- Social distancing measure
- Health screenings on all employees

## Phase 3 Reopenings

Sports Complex with Basketball (Contact sports)

Senior Seated Chair Classes

Water Aerobics



## Phase Two Reopening Guidelines

### New Club Hours: *Effective Monday, June 8th*

**Gause Blvd. Location:** Open 24 hrs.

**Military Rd. Location:** 4:30am - 10pm Weekdays,  
Saturday 7am - 8pm & Sunday 8am - 8pm

**Pontchartrain Dr Location:** 4:30am - 10pm Weekdays,  
Weekends 7am - 4pm

#### ● **Child Care by Reservation, June 8th**

- Small Groups and Low Ratios
- Health Screenings & Extra Sanitation Procedures
- Reservations Required
- [Click Here For Details](#)

#### ● **Pools and Free Swimming, June 8th**

- Pools will be open for free swimming.
- Lifeguards *will not* be on duty.
- Anyone under the age of 18 must have an adult 21 or older watching them.
- All pool furniture will be socially distanced.
- Pool counts will be kept to meet capacity guidelines, with an attendant monitoring groups of the same household.
- We are actively working to get a lifeguard staff certified. Our spring training session was canceled and the certifying organization has not been open to reschedule.
- [New Pool Lap Lane Schedule](#) starting, June 8th

#### Pool Hours

10am - 9pm Weekdays | 10am - 7pm Saturday and Sunday  
Gause Water Slide will not be open

- **Spa & Lifestyle Store, June 5th**

- [Reservations](#) for Massage, Facials and Beauty Treatments open Wednesday, June 3rd at 9am
- Services Start Friday, June 5th

- **Group Exercise Classes In Person, June 1st:**

- [New Schedule](#)
- Seated Chair classes will be on facebook live, with Senior programming returning in person for Phase 3.

- **Showers, Lockers & Water Fountains, June 1st**

Cross Gates is committed to continuing our efforts to keep members as safe as possible with social distancing guidelines and our clean team scheduled to continue with sanitation efforts.



**OUR GOLDEN RULE:**

**Do it for each other.**

Clean your equipment	Maintain 6ft spacing	Sanitize your hands
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- Steamrooms, Saunas & Whirlpools Will Remain Closed
- The Sports Complex & Basketball (contact sport) Remains Closed
  - Kids under the age of 15 must have an adult with them or be in a supervised program.

*We hope to be back to regular operating procedures for Phase 3 and continuing our increased sanitation procedures.*