



Phase 3.2 Guidelines: State of Louisiana and St. Tammany Parish
Effective Monday 11.02.20

Sports Complex

We received the green light from the fire marshal to resume open play in our basketball gym.

Sports Complex & Open Play Basketball:

- Must wear a mask.
- Players can pull the mask down when your heart rate is elevated and it interferes with your breathing.
- Please pull your mask back up if you aren't playing and are on the sidelines
- Remain 6 ft apart if you are not playing.
- Max Occupancy of 30 Players Per Court and sidelines.
- Gym monitor present on open play night to keep everyone safe
- Check Out Schedule [Here](#)

Senior Classes

New Group Exercise Schedule including:

- In Person Senior Classes w/ Virtual Options
- More Aqua Aerobics

Senior Schedule

Effective Nov. 2nd

Military Rd. Location					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am		Water Aerobics <i>Deborah</i>		Water Aerobics <i>Lori</i>	
11:15am			Silver Sneakers* <i>Brandy</i>		
12:30pm		Line Dancing <i>Gidget</i>		Line Dance <i>Gidget</i>	

Gause Blvd. Location					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Water Aerobics <i>Vilma</i>	Water Aerobics <i>Vilma</i>	Water Aerobics <i>Vilma</i>	Water Aerobics <i>Vilma</i>	
11:15am	Flexercise* <i>Brandy</i>				Silver Sneakers* <i>Cindy</i>
12:30pm			Line Dancing <i>Gidget</i>		
6:30pm	Water Aerobics <i>Bruce</i>				

Pontchartrain Dr. Location					
	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am	Gentle Yoga <i>Cindy</i>		Gentle Yoga <i>Cindy</i>		Gentle Yoga <i>Donna</i>
11:15		Silver Sneakers* <i>Brandy</i>			

***Join Us Virtually For Facebook Live Classes. Search: Cross Gates Live**



Phase 3 Guidelines: State of Louisiana and St. Tammany Parish

YOUTH PROGRAMS

Effective Monday 9.21.20

Because of increased capacity guidelines of Phase 3, we are able to increase our child care capacity and ratios.

- Child Care Will Be Open 8am - 7:30pm Weekdays
- **Reservations are no longer required BUT strongly encouraged** to ensure you have a spot.

Extra Curricular Activities are returning:

Parents Night Out, Drop Off Service, Tennis, Taekwondo, Dance are all currently registering students.

WATER AEROBICS & SENIOR PROGRAMMING

Outdoor **Water Aerobics** will begin **Monday, September 28th**. Our instructors are currently sorting their specific schedules for days, times and locations and that will be released on September 23rd.

Indoor Senior programming will return when parish guidelines no longer strongly advise that seniors remain at home.

CLUB CAPACITY / CHECK OUT

Because club capacity has increased to 75% it will no longer be required for members to “check out” once they leave the clubs.

SPORTS COMPLEX

Will remain closed for open play basketball until contact sports are permitted in St. Tammany Parish.

POLICES THAT REMAIN IN EFFECT

- Masks
- Social Distancing throughout the clubs including classes
- Sanitation procedures and clean teams
- Zero contact check in
- Health screenings for all employees
- 75% Capacity



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.



- 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.