



**We're focused on your safety and comfort, and have made the following adjustments to our operations in an effort to keep our members, guests, and staff as safe as possible.**

**Safety Guidelines**

- We've added GPS Needlepoint Bipolar ionization to our high-traffic area HVAC units. These air scrubbers work as added filtration and reduce air pollutants and viruses including H1N1 family of viruses (up to 99.4%).
- We've spaced out our workout equipment and added capacity limits to all rooms, allowing for a state-recommended 300 square feet of space for each member.
- We've increased daily scheduled cleaning of all equipment and all touch points throughout the Clubs.
- We've added additional detail and scope for our nightly cleaning crews.
- You'll see touchless hand sanitizers and additional cleaning options throughout the Club.
- Our pools continue to use UV light along with existing water purification systems to assure the best sanitation.
- Our facilities have been and will continue to be deep cleaned, including carpets, flooring and other areas of the Clubs.
- You'll see additional signage, floor markers and communications throughout the Clubs.
- Additional cleaning and PPE equipment will be stocked in all facilities for staff use.
- Equipment wipes, hand soap, and cleaning supplies are all treated with antibacterial and antiviral properties.

**Please plan for the following on your first visit back to the Club.**

<b>Masks</b>	<ul style="list-style-type: none"><li>• Masks are required when you check in and while you are moving about the Club. They are not required while exercising.</li></ul>
<b>What to bring</b>	<ul style="list-style-type: none"><li>• Please have your membership card or Phone App for touch-free check in upon arrival.</li><li>• Pack your water as our drinking fountains will not be available. Water stations are for bottle filling only. However, we will still have water and prepackaged items available for sale at the front desk.</li><li>• Bring your own towel. We are unable to provide towel service at this time.</li></ul>
<b>Come prepared to workout</b>	<ul style="list-style-type: none"><li>• Our locker rooms are available for hand washing, restroom usage and to change after swimming only. No locker use, amenities, or showers available in the locker room.</li><li>• At this time, the only showers that are available will be on the pool deck for swimmers only.</li></ul>
<b>Book your reservation (If needed)</b>	<ul style="list-style-type: none"><li>• If you plan to swim, take a group ex classes, small group training class, play tennis or have a lesson you <b>MUST</b> pre-enroll prior to coming to the Club. The fitness floor is the only opportunity for walk in availability.</li></ul>

**PLEASE STAY HOME IF YOU ARE UNWELL.**

## **Operation Guidelines**

### **Currently not available\*:**

- Kids Clubs
- Dry Saunas
- Steam rooms
- Hot tubs
- Squash
- Basketball game/pickup/competitive play
- Towel service
- Locker use or showers (showers available for swimmers only)
- Coffee/Smoothie bar

\*Amenities are subject to change based on usage and updates on guidance from the state.

## **Club Hours effective September 1st\***

### **Juanita Bay:**

Monday – Friday: 6am – 8pm

Saturday: 6am – 8pm

Sunday: 8am – 6pm

### **Silver Lake:**

Monday – Friday: 5:30am – 8:30pm

Saturday: 7am – 8:30pm

Sunday: 7am – 7pm

### **Pine Lake:**

Monday – Friday: 5:30am – 8pm

Saturday: 7am – 7pm

Sunday: 7am – 7pm

\*Hours are subject to change based on usage and updates on guidance from the state.

## **Membership**

- All active membership accounts will have their regular monthly dues billing start on September 1st.
- At that time you will need to have an active membership to access the Club and to enroll in any classes or Club programming. If you're not yet ready to use the Club you can place your account on freeze. You can have your membership on freeze as long as needed. Regular freeze fees will apply; \$15/month Athletic and \$50/month Tennis (+WSST).
- For all other account changes please contact your Clubs membership dept.

### **Juanita Bay – Brenda Kauffman**

brendak@columbiaathletic.com

425.821.0882

### **Silver Lake – Dot Chase**

dotc@columbiaathletic.com

425.745.1617

### **Pine Lake – Brenda Henke**

brendah@columbiaathletic.com

425.313.0123

## **Fitness**

- Usage of the free weight, circuit and cardio equipment when used unsupervised will have posted capacity limits in each space.
- Additional cleaning and sanitizing supplies will be available for member use.
- If a space is at capacity, members will need to find another area of the Club to use or wait for space to become available.
- Personal Training and SGT classes are also available for booking.

## **Aquatics**

- Lap lanes are available throughout the day for individual Lap swim, limited to 1 person per lane. See facility schedules for days and times available. Reserve online or at the front desk.
- Youth and adult private swim lessons are available with limited. Group lessons may be available, please contact your Club for more details.
- Swim Team may be available, please contact your Club for more details. Pre-registration required.
- Teaching/Family pools will be available for family swim reservations throughout the day. During this time a Family may reserve the entire family pool for their own use for up to 1 hour. See facility schedules for days and times available. Reserve online or at the front desk.

## **Group Exercise**

All group exercises classes have varying capacity limits based on the size of the studio in compliance with state guidelines. Reservations are required at no additional fee, please enroll online or call the Club for more details.

## **Massage (Pine Lake only)**

Massage bookings are available. Contact the Club to book a massage.

## **Kids Club**

Kids Club is not available at this time per state guidance. We are working diligently to provide families a safe option that would be allowed per the state.

## **Youth Programming**

Limited youth programs are available at this time. Please contact your Club for more information.

## **Tennis (Pine Lake and Silver Lake only)**

- Tennis courts are open for singles and doubles play.
- Private and small group lessons are also available for booking. Junior programming is available with a max of 5 students per court.
- ACE booking system is active with court fees removed and standard court reservation policies in place.

## **Basketball**

No team/game play will be available for basketball at this time. To adhere to capacity requirements reservations may be required; please contact your Club for details.

## **Squash (Juanita Bay only)**

A few courts have been converted into additional workout areas for social distancing purposes. However, single player or family unit play is available on Court 1. Call the Front Desk to book, or drop in options are available most days and times.

## **Golf Range (adjacent to Silver Lake location)**

Columbia Super Range is open. CAC members receive discounts on buckets of balls.