

**Revised Phase 2—"Go Walk" Classes, Groups, Clubs**  
**Y=Club/Group can resume after submitting a COVID-19 mitigation plan**

Y	Apple Users Group
N	ARC Singers
N	ARC Music Group JAM
Y	Billiards
N	Bridge
N	Bridge for Beginners
N	Bunco
N	Canasta
N	Canasta Hand/Foot/Toe
Y	Ceramics
Y	Charity Sewers
Y	Clay/Pottery
N	Coffee Time
Y	Corn Hole
Y	Dance Club Mtgs
N	DP Garden Club
N	Dominos
Y	Glass Arts
N	Happy Hour
Y	Home Arts
Y	Jewelry Crafters
N	Mah Jongg

Y	Painter's Studio
N	Pinochle
N	Puzzle Corner
Y	Quilters
Y	Readers Round Table
Y	Roots Genealogy
Y	Stained Glass
N	Vets/American Legion Board meeting
Y	Women's Club Board
N	Women's Club Regular Meeting
Y	Woodshop
Y	Writer's Group
Y	Aqua Aerobics
Y	Aqua Arthritis
Y	Bocce Ball
Y	Boot Camp
Y	Cycling
N	Hearing Checks
Y	Hiking
Y	Horse shoes

N	Line Dancing
N	Massage \$
Y	Chair Fitness
N	Personal Training \$
Y	Pickleball
Y	Pilates
You tube zoom	Rejuvenate Your Mind and Body
You tube	Safe and Strong
N	Stretch Fusion
Y	Table Tennis
N	Total Body Conditioning
N	TOPS
N	Water Volleyball
Y	Yoga—chair
You tube	Nidra Yoga
Zoom	Zumba Gold TM

<b>Fitness Center Open</b>
• <b>Masks Required</b>
• <b>Reservations</b>

**Revised September 1, 2020**

**Ahwatukee Recreation Center**

**Reopening the ARC**

**during the COVID-19 pandemic**

**Revised Phase 2 "Go Walk"**

**Board of Directors Approved 9/1/2020**

**Policies may be revisited**

**as needed.**



Table of Contents	
Overview	3
Mitigation	4
Facility Impacts/Concerns	5
Staffing Impacts/Concerns	6
Front Desk & Lobby	6
Activities & Amenities Available	7
Events Canceled	7
Clubs, Groups, Games Allowed	8
Fitness Allowed	8

Activities & Amenities Available
see list—page 8
<ul style="list-style-type: none"> <li>• Pickle ball</li> <li>• outdoor pool and furniture</li> <li>• You Tube and Zoom fitness classes</li> <li>• Fitness Classes in Main Hall 6 feet separation required</li> <li>• Aqua aerobics outside pool—limited # in class</li> <li>• Outdoor activities and fitness classes ok</li> <li>• Bldg C Mon—Fri 9 :00AM to noon 1PM to 5 PM social distancing required &amp; enforced by individual clubs</li> <li>• Communicate about indoor fitness classes requiring own mats or equipment</li> </ul>

Events Canceled due to social distancing requirements
No special set ups in Main Hall
<ul style="list-style-type: none"> <li>• Happy Hour</li> <li>• June July and August events</li> <li>• Oktoberfest</li> <li>• Dances</li> <li>• Entertainers Events</li> <li>• Support the Troops packing</li> <li>• Thanksgiving Dinner</li> <li>• Ahwatukee Foothills concert</li> <li>• December Events</li> <li>• Any activity that brings in non-members (the public)</li> </ul>

### Front Desk & Lobby

- Provide masks/gloves
- steer people to website forms
- control the maximum number of 49 members in ARC facility at any one time
- Signage at entrance about restricted capacity and COVID mitigation

### Staffing Impacts/Concerns

- Reduced hours
- Protect vulnerable employees
- Remote work for office employees and/or rotating in office schedules
- provide protective items masks, gloves, sanitizer

## Ahwatukee Recreation Center Phase 2 - “Go Walk” Reopening ARC during COVID-19 pandemic

**Objective:** Allow gatherings where 6 feet of social distancing can easily be practiced.

**Trigger:** State of AZ approves groups up to 50 people. Decisions will be made in keeping with the State of Arizona regulations.

**Duration:** 3 to six months depending on Arizona statistics.

**Risk Management:** If there is an upward trend in cases in Arizona, revert back to Phase 1—”Go Lite.”

**Phase Two of the Opening Up America Again Guidelines**  
reference: [www.whitehouse.gov](http://www.whitehouse.gov)

During phase two, **vulnerable individuals should continue to stay at home. Individuals should continue to social distance, but social settings of more than 50 people, where appropriate distancing may not be practical, should be avoided** unless precautionary measures are observed.

**Non-essential travel can resume.** Employers should continue to encourage their employees to work remotely, **should keep common areas closed. Employers should strongly consider special accommodations for personnel who are members of the vulnerable population.** In phase two, schools, daycare centers, and camps can reopen, and bars can open with reduced standing-room occupancy.

## Mitigation:

- **Reduce Hours of Operations**

Ahwatukee Recreation Facility

Mon—Sat 6:30 AM—9 PM

Sunday 9 AM—7 PM

Fitness Area Hours

Mon—Sat 6:30 AM—12:00 PM  
and 3:00 PM to 7:00 PM

Sundays 9:00 AM to 4:00 PM

Building C Hours

Mon—Sat 6:30 AM—12:00 PM  
and 1:00 PM to 5:00 PM

Saturdays 9:00 AM to 12:00 PM

- Require 6ft social distancing
- Reduce # of people in facility at any one time to maximum of **49 and with 6 feet social distancing**
- No guests/visitors/children
- Masks required indoors (including fitness activities)
- Close off common areas:
- Multipurpose room capacity of 4 people max
- No coffee bar or popcorn
- No events requiring special set-ups
- Some fitness and group games and meetings canceled
- Office space restricted to employees only

## Facility Impacts/Concerns

- Frequent cleaning and sanitizing
- Men and women's locker rooms  
closes at 8 PM Monday—Saturday & 6 PM Sunday
- Stack chairs in closed common areas
- Multipurpose room available for max of 4 people who are engaging in social separation. Boardroom and Arizona Room Closed.
- Provide gloves, masks and hand sanitizer
- Hot tub/spa open—2 people max at one time
- Library open
- No Main Hall rentals or events—no special set ups