Please note these guidelines are subject to change regularly based on state and local guidelines.

- As we open in Phase 3, online reservations must be made for the following activities:
  - Pools: Lap Swim and Family Swim Time
  - Playroom: Reserve your spot for children ages 2-6
- Reservations must be made through our ONLINE SYSTEM on our website at ssymca.org/schedules or through the Schedules tab on our app. Please contact your Welcome Center if you need assistance.
- Only South Shore YMCA members are able to access the Reservation System.
- Members may only reserve ONE SPOT PER MEMBER / PER DAY / PER ACTIVITY at this time to ensure that all of our members have access to the South Shore Y.
- Reservations open 24 hours prior to the start of the time block.
- Members will have the ability to CANCEL their reservation through the online system if they can no longer attend. We ask that you are diligent with this to ensure as many people as possible have access to the YMCA.

WHAT TO EXPECT FOR SCHEDULED ACTIVITIES

- At the Welcome Desk, a staff member will conduct a touchless check-in and a health screening process. (You are required to complete a waiver and member agreement and have pre-registered for your activity.)
- All members will be required to practice physical distancing. Some equipment and spaces will be limited to ensure members are able to maintain the recommended physical distance as required by state and CDC regulations.

IF AN OUTDOOR CLASS OR SWIM TIME IS CANCELLED DUE TO INCLEMENT WEATHER

If there is inclement weather, Y staff will determine to cancel 60 minutes before the start of an outdoor class or swim time. If there is a cancellation, the Y will notify the participants via the scheduling system. Please check ssymca.org/schedules to see if your activity has been cancelled.

POOLS / LAP SWIMMING / OUTDOOR CENTER POOLS

For lap swimming and outdoor family swim time, please arrive no more than 5 minutes before your reservation start time – the pool staff will not open the gate for entry until the start time of your reservation. Visit https://ssymca.org/outdoor-pools/ for information on our Outdoor Pool regulations.

WHAT SHOULD I BRING TO THE Y?

- Bring your own mask or face covering
- Full water bottle (water fountains are unavailable but some touchless refill stations remain available)
- Yoga mat for any workouts done on the ground

WHO/WHAT SHOULD STAY AT HOME?

- Family members who are not working out
- Anyone who is sick or showing COVID-19 symptoms
- Any non-members – the South Shore Y is currently open to members only
**STEP 1**  On your smart phone, using your web browser, visit [www.ssymca.org/schedules](http://www.ssymca.org/schedules)

**STEP 2**  Click text “CLICK HERE” to open and view in new browser window.

**STEP 3**  Click “MENU” icon in top right, then “LOG-IN” if not already logged into your SSYMCA account. (Or click “LOG-IN” where indicated beneath your activity of choice.)

**STEP 4**  Log into your account using the EMAIL address of the primary member on your South Shore Y online account and your password.

- Should you need to reset your password, just click “FORGOT PASSWORD” and a temporary password will be sent to your email.
- You can also “SEARCH FOR MY ACCOUNT” using your Member ID number on your scan card if you are unsure which email address was used with your member profile.

**STEP 5**  Click “Make a Reservations” and utilize the dropdown menus at the top to identify your:

- YMCA Branch – Emilson or Quincy
- The Type of Program you are looking for: Pools, Playroom
- Keep “All Locations” and “All Instructors” to simplify your search
- And most importantly day of the week! (Remember while you can view calendar events several days out, you can only reserve a space 24 hours – 30 minutes before the class / time slot

**STEP 6**  Scroll to locate your time slot of choice. From here you will be able to see the time of the workout, how many total spots are offered and available, how much time is left to reserve and everyone on your account who is an active member.

**STEP 7**  Once you’ve selected your family member to reserve the spot the name will change in RED to indicate that you can now CANCEL the reservation. This confirms you are in!

**STEP 8**  Should you find that you can no longer attend, you will need to cancel your reservation and will be able to do so through this system up until 30 minutes before the start time.  
If you find out you cannot attend and it is less than 30 minutes prior to the class or time slot, please call your YMCA so they can manually remove you from the reservation.