



Capitol Lakes Aquatic and Wellness Center

Welcome Back!

There will be a few things different on our re-opening June 7th. **The Pools will be closed for cleaning June 7th- 14th so only land classes and strength and cardio room will be available.** As a Continuing Care Retirement Center, we will be extra cautious to protect residents and members and will follow CDC guidance and the Dane County Orders as the pandemic continues to evolve.

*****Please read through everything in detail as there are a lot of changes!***

When you arrive to Capitol Lakes

Everyone entering Capitol Lakes will enter through the main entrance and participate in COVID screening process. You are no longer able to park in the Henry Street Parking Lot or enter through that door. You will need to show your vaccination card during the first visit. You will receive a card to show you are approved. Members who are NOT vaccinated will not be allowed in. We will ask you COVID related questions and we will take your temperature with a forehead thermometer during each visit.

- You will be asked to show your vaccination card the first time you enter at the front desk and again when you enter the Wellness Center so we can make a copy for your file.
- We will ask you the below COVID-19 related questions. Do not come to Capitol Lakes if:
 - You are experiencing any new or unexplained symptoms of fever, cough, shortness of breath, runny nose/congestion, sore throat, severe fatigue/exhaustion, muscle/body aches, loss of taste and/or smell, headache, nausea/vomiting or diarrhea

If you screen positive you will not be allowed to enter Capitol Lakes. The facility has the right to refuse service to anyone exhibiting symptoms or not following facility guidelines.

- With the end of Dane County orders, you will not need to be masked while in Capitol Lakes.
- Locker Rooms will be open for use

When you arrive to Aquatic and Wellness Center

- Everyone will now need to sign in when you enter the Wellness Center. There will be a sheet where your first and last name will be needed as well as the date and reason you

are here --example: Aquatic Class, Land Class, Individual Swim or Individual Cardio/Strength Room.

- Wellness Center badges will be given to you and asked to be placed on your bag when you enter through the Main entrance of Capitol Lakes so you are easily identified.
- We will eventually switch to a fob sign in system once we get your fob numbers

Your Membership

- Your membership was put on hold when we closed. Unless you requested to keep it on hold, your membership will reactive on Monday, June 7th.
- We understand that some of you may not want to start until the Pools are open after cleaning. If this is the case, please contact Emily Ingalls at eingalls@retirement.org
- We understand that some of you may have special circumstances and will not be ready to restart your membership. You have the option to continue to put your membership on hold until you feel safe to return. All memberships who want to be placed on hold need to contact Emily Ingalls at eingalls@retirement.org.

NEW! Aquatic and Wellness Center Membership Badges

- All Community Members will be given a badge that we ask you to put on an item (purse, gym bag etc.) that you will be carrying in with you that is easy for our main front desk staff to see. This will allow them to know you are coming straight to the Aquatic and Wellness Center.
- Badges will be given to you at the Aquatic and Wellness Center office on your first day back

Locker Rooms

We are happy to announce our locker rooms will be open for use. We ask that you use the locker rooms to shower and change quickly and only bring what is necessary.

Changing and showering at home may allow you to decrease your time in the locker room and your exposure to others.

Aquatic Center Guidelines

- You will not be allowed in the pools if a class is going on at the time. The class schedule is below to help with you planning.

Cardio and Strength Equipment Rooms Guidelines

- Machines have been spaced to allow for Social Distancing. It is required to wipe the equipment with our cleaning spray and cloth towels provided BEFORE and AFTER using. Discard the used towel in the towel bins after each use.

New Aquatic and Wellness Center Hours

- The Aquatic and Wellness Center will be open 7 days a week, 5am-9pm.

Massage Therapy

- Massage Therapy is now available for our Members. To schedule a massage please contact Heidi Torbleau at 608.225.7149.

Key Fobs

- Your key fobs will still allow you into the parking ramp and the Aquatic and Wellness Center door entrance. If yours is not working, it was most likely timed out during your absence. A wellness staff member will be able to reactivate it for you when you arrive.

Classes

- Classes will now be separated into Community Member classes and Residents of Capitol Lakes classes. We will no longer mix the two together. Your new class schedule is below.

Community Member Classes

Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am Deep Aquacise Lap Pool Instructor: Joan	8:00-8:45am Cardio/Core/Strength Exercise Studio Instructor: Beth	1:00-1:45pm Shallow Aquacise Lap Pool Instructor: Joan	8:00-8:45am Cardio/Core/Strength Exercise Studio Instructor: Joan	8:00-8:45am Balance Exercise Studio Instructor: Emily
2:00-2:45pm WW Aquacise Warm Water Pool Instructor: Joan	11:00-11:45am Arthritis Warm Water Pool Instructor: Joan		10:00-10:45am Aqua Movement Warm Water Pool Instructor: Joan	12:00-12:45pm Yoga Exercise Studio Instructor: Beth



Capitol Lakes Aquatic and Wellness Center:

Policy Update Form

We are pleased to welcome you back to the Aquatic and Wellness Center here at Capitol Lakes. We will be asking you to review the following policy changes and sign the below form prior to starting your membership again. If you have any issues with the following policy updates, we ask that you contact Emily Ingalls at eingalls@retirement.org to discontinue your membership.

I acknowledge the following:

- All Community Memberships will resume on June 7th. If you want to continue to put your membership on hold, Contact Emily Ingalls at 608.283.2036.
- The Pools will be closed June 7th-14th for annual cleaning. If you wish to keep your membership on hold until the pools reopen, contact Emily Ingalls at 608.283.2036
- All Community Members must enter through the Main Entrance for COVID Screening/ badge identification. **Henry Street Parking Lot and Henry Street door entrance is no longer available to park or to enter through.**
- All Community Members will need to show proof of vaccination
- Community Members and Residents will now have separate classes. There is a new class schedule for Community Members. Please take note of the new schedule.
- Your community membership only includes use of the Aquatic and Wellness Center. Please come directly to The Aquatic and Wellness Center and leave right after. We no longer allow members to spend time at Capitol Lakes before or after a workout. The only exception is dining in the Henry Street Café will be open for Dining.
- Registration will not be required to use the Cardio/Strength rooms, individual lap swim, therapy pool, hot tub use or land/Aquatic Classes during open hours
- The Aquatic and Wellness Center will be open 7 days/week 5:00am-9:00pm
- Members will have to sign in each time they enter the Aquatic and Wellness Center for Contract Tracing purposes
- Limit the items you touch within the gym to only the items you will use.
- Wipe down each piece of equipment before and after you use it, using a fresh towel and cleaning spray provided in the cardio and strength rooms each time.

I acknowledge that I have read and understood the above policies and procedures in its entirety and agree to abide by them.

First and Last Name (printed): _____

Date: _____

First and Last Name (signed): _____