

PHASE 1 QUICK REFERENCE

	Athletic	Racquet	North
Club Hours	M - F: 6:00 am - 7:30 pm Sa: 7:00 am - 7:30 pm Su: 8:00 am - 7:30 pm	M - F: 6:00 am - 7:30 pm Sa: 7:00 am - 7:30 pm Su: 8:00 am - 7:30 pm	M - F: 6:00 am - 7:30 pm Sa: 8:00 am - 7:30 pm Su: 12:00 - 7:30 pm
Business Office Hours	M - F: 8:00 am - 5:00 pm	Call Athletic 501-225-3600 M - F: 8:00 am - 5:00 pm	
Membership	M - Th: 9:30 am - 6:00 pm F: 9:30 am - 5:00 pm Sa: 10:00 am - 2:00 pm New members are welcome to join.	M - Th: 10:00 am - 5:00 pm F: 10:00 am - 4:00 pm New members are welcome to join.	
Guests	Allowed only if working with a service provider		
10 - 14 Year Old Drop Off	N/A	Not available	N/A
Job Applications	Not taking		
Safety			
Positive COVID-19 Diagnosis	Call the Club Manager or notify us via website		
Screening	<p>REQUIRED every time you enter the Club! Front Desk Only</p> <p>If you answer "yes" to any of the following questions, you will not be allowed to enter the Club: Have you returned from out of state travel within the last 14 days? Have you had a fever of 100.4°F or greater in the last 2 days? Do you have a cough, shortness of breath or other symptoms typical of COVID-19? Have you had contact with a person known to be infected with COVID-19 within the previous 14 days?</p>		
Check In	<p>REQUIRED! Front Desk only Members must sign a new waiver.</p>		
Spacing	Maintain 6' of distance between people and work out alone in a 12' x 12' space		
Cleaning	Thoroughly clean all equipment with disinfectant wipes before and immediately after use		
Masks	Must be worn except when exercising. Members should provide their own.		
Youth			
Down Under Center/Kids' Galaxy	Closed		
Summer Camps	Cancelled at least until June		
Junior Tennis	Coaches will be in touch with program participants when the Academy schedule can resume.	N/A	

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Youth (Continued)			
Day Care	M - Sa: 8:00 am - 5:00 pm Su: 1:00 - 5:00 pm 8 child limit. 1.5 hour maximum stay. First come first served.	M - Th: 8:00 am - 6:00 pm F: 8:00 am - 3:00 pm Sa: 8:00 am - 12:00 pm Su: 12:45 - 4:00 pm Two areas - Day Care and Tumble Room. 9 child limit in each. 1.5 hour maximum stay. First come first served.	M - F: 8:00 am - 6:30 pm Sa: 8:00 am - 5:00 pm Su: 1:00 - 5:00 pm 8 child limit. 1.5 hour maximum stay. First come first served.
Swim Team	Coaches will be in touch with team members when organized training can resume.		N/A
Swim Lessons	Not available. Please call to be put on a waiting list.		
Tumble 'n' Play	N/A	Not available. Please call to be put on a waiting list.	N/A
501 Kids / Teen WOD	N/A	Not available. Please call to be put on a waiting list.	
Areas			
Tennis Entrance	Closed	N/A	
Weight Floors	Keep a machine in between you and others. Do 1 set, clean and move so others can work in. User responsible for wiping down equipment.		
Cardio	Out of service machines rotated weekly. Don't use if marked. User responsible for wiping down equipment.		
Locker Rooms	Wet areas (showers, saunas, whirlpools, steam rooms) closed. Use indicated lockers to maintain proper spacing.		
Bathrooms	All available		
50-meter Pool	N/A	Closed	N/A
25-yard Pools	Closed	Closed	N/A
Indoor Lap Pool	N/A		Closed
Recreational Pools	Closed	N/A	Closed
Baby pool	N/A	Under construction	N/A
Sprayground	Closed	N/A	N/A
Outdoor Whirlpool	Closed	N/A	N/A
Pool Decks	Maintain proper physical distancing		
Track	Maintain proper spacing and keep middle lane empty	N/A	Maintain proper spacing and keep middle lane empty
Cycling Studios	No classes. Bikes marked for proper spacing.		
Member Lounges	Chairs marked for proper spacing		

Areas (Continued)

Restaurants	Tables available for working/waiting. Chairs marked for proper spacing.		N/A
Pro Shop	Contact Lisa Cooper for private shopping and Donnie Wallis for racket stringing.	N/A	N/A
Activities			
Group Exercise	Very limited schedule. Available on the websites and app. 9 slots per class. No exceptions. First come first served (registration required for QuickShots). Participant responsible for wiping down equipment.		
Streaming	Weekly schedule available on websites and app		
Rock Steady Boxing	Cancelled	N/A	N/A
CrossFit and Legends	Legends cancelled. CrossFit limited schedule. Available on the website and app. 9 slots per class. No exceptions. Registration required. Participant responsible for wiping down equipment.	CrossFit classes held outside. Limited schedule. Available on the website and app. 9 slots per class. No exceptions. Registration required. Participant responsible for wiping down equipment.	Legends cancelled. CrossFit classes may be held outside. Limited schedule. Available on the website and app. 9 slots per class. No exceptions. First come first served. Participant responsible for wiping down equipment.
Tennis Leagues	Contact Sharon Northern about willingness to play	Start play the week of May 11	N/A
Court Reservations	Available for indoor (tennis and pickleball) and outdoor (tennis) play. No more than 4 people on a tennis or pickleball court at a time.	Available for indoor (tennis) and outdoor play (tennis and pickleball). No more than 4 people on a tennis or pickleball court at a time.	N/A
Pickleball Open Play	Cancelled	N/A	N/A
Personal Training	Available at trainer's discretion		
Massage and Physical Therapy	Not available		
Basketball	Shooting only. Maximum of 10 on a court at one time.		
Racquetball	Not available	N/A	N/A
Masters Swim	N/A	Coaches will be in touch with Masters swimmers when the program can resume.	N/A
Lifeguard Certification	Coordinators will be in touch with existing registrants. Please call to be put on a waiting list.		
Card, Board and Tile Games	Not available		
Parking	All available	Security arm not accessible	All available
Towels	Not available		

Amenities

Mats	Not available. Won't be needed in group exercise.	
Private Locker Services	Available	
Coffee Service	Available	
Food and Beverage	Restaurants closed. No outside food or beverage allowed.	No outside food or beverage allowed
Poolside Service	Not Available. No outside food or beverage allowed.	
FUEL	Not available	
Blood Pressure Cuff	Available	
Desk Water	Not available	
Cycling Shoes	Permanently not available	N/A
Magazines	Permanently not available	Not available
Ice Machine Cups	Permanently not available	N/A