



THE WITHERELL RECREATION CENTER REOPENING JUNE 16TH!

Greetings!

As we navigate decision making around COVID-19, we always begin by asking ourselves, "What is the safest decision we can make based on the information we have right now?" In that same spirit, we have decided to open the Witherell Recreation Center slowly and thoughtfully. We want to ensure every member and employee is safe and comfortable in the facility. As we move forward, we anticipate that we will expand our hours and offer more classes. Please check our website and our Facebook page, and watch your email for continued updates.

We are excited to see members back in the fitness areas of the Witherell Recreation Center! **Please join us on Monday from 10:00 a.m - 1:00 p.m. to preview our new layout and safety protocols.** Staff will be available for tours, to explain how to make reservations for your workouts and to answer any questions. Workout areas will open on Tuesday, June 16th.

Following the New Hampshire Health and Fitness Guidelines, a CCBA membership will be required to workout in the building. Unfortunately, walk-ins, punch cards, and guest passes are not allowed at this time. Please note that our Child Activities Room will remain closed during the summer, with a planned reopening date of September 1st. The pool will not be open next week - see below for more details on the pool.

The week of June 15th, members in high school and older are welcome! Our hours next week will be **Tuesday - Friday, 7:00 a.m. - 1:00 p.m and Saturday 7:00 a.m. - 11:00 a.m.**

FACILITY ACCESS WILL NOW REQUIRE RESERVATIONS

Use of the facility will be reservation-based. Reservations can be made:

- via the CCBA app
- on our [website](#)
- by calling us during business hours: 603-448-6477

All cardio equipment, the circuit room, the free weight room, and group fitness classes will need to be reserved ahead of arrival which can be done up to four days in advance.

If you need to download our app, search for: CCBA Lebanon. This is what the

image looks like:



CCBA Lebanon

Health & Fitness

[Click Here to Renew Your Membership!](#)



WE WILL BE FOLLOWING CDC and NEW HAMPSHIRE HEALTH AND SAFETY PROTOCOLS INCLUDING:

- Temperature checks and a health questionnaire will be given to members and staff upon their arrival.
- Staff and members will be required to wear a face mask over their nose and mouth when in the facility and not actively engaged in a workout.
- Sanitation stations will be set up throughout the building for staff and member access.
- The front doors will serve as the entrance point and members will depart through the doors on the first floor landing. ADA accommodations will always be made.
- You can find a [complete list of our cleaning and disinfecting protocols](#) on our website.

As an added measure of member and staff safety, all full time employees in the Witherell Recreation Center were tested this week for COVID-19. All of us had a negative result. We want to assure you that we've done everything in our power to keep you and each other safe!



WE HAVE A NEW LAYOUT!

- We moved the bulk of our cardio machines to one half of the 3rd floor gymnasium. Thank goodness for all of our ramps! Cardio machines are spaced at least 10 feet apart which maintains proper distancing and will allow our staff to disinfect machines properly between members.
 - Indoor Cycling bikes are on the other side of the gymnasium ready for classes, spaced 10 feet apart!
 - High intensity group fitness classes will also take place in the gymnasium space with clearly marked 10 foot spaced boxes for participants.
 - The second floor group fitness studio will be used for yoga and pilates classes only. We have decals on the floor spaced 10 feet apart.
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ON-SITE GROUP FITNESS CLASSES WEEK OF JUNE15th - RESERVE YOUR SPOT!

Monday:

5:30 p.m. Turbo Kick on the lawn with Natalie

Tuesday:

12:00 p.m. Indoor Cycling with Jeff in the gymnasium

4:30 p.m. Full Body Fusion on the lawn with Anna

Wednesday:

9:00 a.m. Pilates with Frances in the group fitness studio

4:30 p.m. Pilates on the lawn with Jenny

[MAKE AN ONLINE RESERVATION](#)

NOTE: Virtual classes will continue - next week those with an "All Virtual Class Membership" should use the same links from this week.



TENNIS:

Tennis is always included in your membership. If you are interested in a tennis-only membership for the season, you can purchase one on our website (\$49). The courts must be reserved, and the new safety procedures for tennis must be followed. More details regarding tennis can be found on our [website](#).

Purchase a Tennis Membership



POOL UPDATE:

Our hope is to open the Dwinell Pool in early July! We turned off the heat to the pool in March and we kicked it back on in early June. The pool temperature raises about a degree a day so it takes a while to get back to normal! When the pool opens, we will offer:

- One swimmer per lane, by reservation.
- Aqua fitness will be added to our new class lineup.
- We are keeping locker rooms, showers, saunas, and the whirlpool closed at least through June.



CARTER COMMUNITY BUILDING INFORMATION

Today our Pre-K students graduated! We are all wishing each of them a fabulous experience in kindergarten next fall!

For the summer, our CCB building, which houses the CCBA Preschool and the Youth Drop-in Center, will remain closed. We usually run preschool camps during the summer, but we made the tough call in May to cancel all CCBA camps this summer. Closing the building and canceling camps were decisions driven by safety concerns for children and staff, coupled with the requirements associated with keeping two separate buildings open during this unprecedented time. We have a working plan to reopen the building on September 1st for the start of school!



We would like to say a special thank you to Linda Z.-M. for all of the masks she made for our staff, and for all of her help with getting the tennis courts ready!

Thanks as well to Donn C. for his help with the tennis courts!

Lastly, the beautiful planters were contributed and assembled by Mavis M. today. Thank you for providing all of us with such a cheerful gift!

We wish you all a wonderful weekend and we look forward to our paths crossing soon!

Kerry & The CCBA Team

Kerry Artman, Executive Director

We are Gratefully Accepting Donations!

