



The Freeman Fitness Center at Sea Colony will again be offering memberships for our 2020/21 off-season. Procedures and guidelines for the facilities are different due to the current health pandemic. Changes and restrictions may happen with little to no notice due to COVID-19 or other regulatory issues.

Patrons whom are eligible for a credit from the 2019/20 off-season mandatory closure, will need to inform the front desk staff before signing up to be given the credit amount and have it applied towards your 2020/21 off-season fee.

IMPORTANT INFORMATION

Sea Colony facilities are operating based on the current State mandates and Sea Colony Recreation Association regulations. Patrons **MUST** wear a face mask throughout the facilities, EXCEPT during a vigorous Aerobics Workout, or utilizing the pools or hot tub. Updated **AUGUST 24, 2020** Per Delaware Governor John Carney and the Division of Public Health update to Delaware's face coverings guidance all **children who are in kindergarten or older must wear face coverings in public settings according to the updated DPH guidance**. All children 2 years of age and older are strongly encouraged to wear face coverings in public. Children younger than 2 must not wear face coverings due to suffocation risk. A child with a medical condition that makes it hard to breathe or a disability that prevents the child from wearing a face covering is not required to wear one.

Please do not enter the facilities if you:

- Are exhibiting any symptoms of the COVID-19 virus; mild to severe respiratory illness, fever, cough or other symptoms identified by the CDC guidelines.
- Have been in contact with someone with COVID-19 in the last 14 days.
- Vulnerable individual, who is defined as someone 60 years of age or older and/or someone with serious underlying health conditions.

Your membership includes the utilization of the following:

- Cardio and Weight Room- Utilization by Reservation ONLY
 - **PREFERRED-** Online 1 day in advance at <https://www.seacolony.com/fit-scheduler>
 - The day of by calling the Fitness Center 302-539-4511 to see what times are available and can reserve over the phone.
 - Available time slots per hour/guidelines- 24 people (30% of maximum Fire Code occupancy)
 - 6:30-7:30 a.m., 8-9 a.m., 9:30-10:30 a.m., 11 a.m.-12 p.m., 12:30-1:30 p.m., 2-3 p.m., 3:30-4:30 p.m., 5-6 p.m., 6:30-7:30 p.m., 8-9 p.m.
 - Requirements
 - Please arrive at the beginning of your scheduled time slot.
 - Do not gather or linger with fellow patrons during your time at the facility.
 - Utilize provided anti-bacterial gym wipes to wipe equipment before and after each use.
 - Do not move any equipment. This has been rearranged to allow for proper social distancing.
 - Max occupant numbers are in place for pools. Please refer to procedures and guidelines when utilizing those areas.

- Due to concerns of spreading germs, the following equipment will not be available at this time: exercise balls, foam rollers, medicine balls, resistant bands, slam balls, stretching area, versa loops, workout towels.
- Fitness Center Indoor Pool- 25 yard Lap Pool and Hot Tub- Refer to monthly schedule
 - Limited to a maximum of 105 patrons at a time. (60% of the max bather load) Admittance is first come, first serve.
 - Hot Tub- Max of 3 people at a time for no more than 15 minutes. Patrons must stay 6 feet apart at all times.
 - Lap Swimming
 - Swimmer is horizontal in the water with no floatation devices, swimming wall to wall. (This does not include, fins, kickboards, pull buoys)
 - Patrons may lap swim for 30 minutes. Check with the lifeguard to see if anyone is waiting. If not, you may swim for 30 more minutes.
 - 2 patrons are permitted in one lane at a time but must enter, exit and rest at opposite ends of the lap lane. If 2 people from the same household, this does not apply.
 - **CLOSED** for Fall Maintenance Tuesday, October 13 through Saturday, October 17, 2020
- Aquatic Center Outdoor Pool- Heated 25 meter Lap Pool open until October 18, 2020 from 10 a.m.-6 p.m. Daily
 - Limited to a maximum of 127 patrons at a time. (60% of the max bather load) Admittance is first come, first serve.
 - Lap Swimming- Swimmer is horizontal in the water with no floatation devices, swimming wall to wall. (This does not include, fins, kickboards, pull buoys)
 - Patrons may lap swim for 30 minutes. Check with the lifeguard to see if anyone is waiting. If not, you may swim for 30 more minutes.
 - 2 patrons are permitted in one lane at a time but must enter, exit and rest at opposite ends of the lap lane. If 2 people from the same household, this does not apply.
- Edgewater Indoor Pool and Hot Tub
 - Hours of Operation- Tuesday, September 8 through Sunday, September 20, 2020
 - Monday-Thursday- 8 a.m.-8 p.m.
 - Friday-Saturday- 8 a.m.-10 p.m.
 - Sunday- 8 a.m.-6 p.m.
 - Limited to a maximum of 78 patrons at a time. (60% of the max bather load) Admittance is first come, first serve.
 - Hot Tub- Max of 3 people at a time for no more than 15 minute. Patrons must stay 6 feet apart at all times.
 - **CLOSED** for Fall Maintenance Monday, September 21 through Friday, September 25, 2020

Pool Facility Procedures and Guidelines

- Pools at full capacity will have an orange flag by the entrance. Patrons will not be permitted to enter the pool at that time.
- Pools will be closed for disinfecting and sanitation every two hours. They will be closed for about 10-15 minutes. Patrons will need to exit the pool area with all their belongings.
 - Fitness Center & Edgewater Indoors- 8 a.m., 10 a.m., 12 p.m., 2 p.m., 4 p.m., 6 p.m., 8 p.m.
 - Aquatic Center Outdoor Pool- 12 p.m., 2 p.m., 4 p.m.
 - Edgewater indoor Pool
 - Monday-Thursday- 10 a.m., 12 p.m., 2 p.m., 4 p.m., 6 p.m.
 - Friday-Saturday- 10 a.m., 12 p.m., 2 p.m., 4 p.m., 6 p.m., 8 p.m.
 - Sunday- 10 a.m., 12 p.m., 2 p.m., 4 p.m.
- Absolutely no reserving furniture at any time, Items left will be discarded.

- Monthly schedules are published for both Indoor Pools and can be accessed as follows:
 - Online at www.seacolony.com
 - Sea Colony Mobile App- Daily Schedule
 - Hard copy at the Fitness Center

Schedules are subject to change. We also encourage you to like our Facebook page to stay informed at <https://www.facebook.com/SeaColonyDe/>

Other Important Information

- Fitness Center orange parking pass must be displayed in your car when utilizing the facilities.
 - Edgewater Parking lot: Patrons must park in a non-numbered parking spot
- All patrons will scan their Sea Colony issued ID upon utilization at each facility.
 - Fitness Center: Front Desk
 - Edgewater Indoor Pool: Kiosk near the Lifeguard Stand
 - Aquatic Center Outdoor Pool: Kiosk near the Lifeguard Stand
 - **ID BADGE REPLACEMENT FEE- \$10**
- Facility Drop-Ins will not be available until further notice.