

THE PARK SLOPE ARMORY YMCA

FAQ for Cooperative Use of the Track during Track Practice Sessions

All members should be aware of the following information, to ensure safety and efficient use of the facility:

Q-What are the Hours, Days, Months of track use by community teams?

A-Community teams will be using our facility from Monday-Friday from 4:00pm to 6:00pm starting on December 2nd, 2019 until April 2nd, 2020. Additionally, teams will use the facility from 7:00pm to 9:00pm on Tuesdays and Thursdays from November 19th 2019 until March 12th 2020.

Q-As a member of the Park Slope Armory YMCA, may I use the track during team practices?

A-Yes, you may use the track while the teams are in session. All members, ages 11 years and up, have access to lane 6 (the outside lane) during these times. Safety is always our primary concern during dual use—please be aware of groups using the track and only members ages 11 and older will be granted access to this lane between the hours of 4:00pm to 6:00pm Mondays through Thursdays, and 7:00pm to 9:00pm Tuesdays and Thursdays. All other facility access policies apply.

Q-Where should I enter and exit the track area?

A-Consistent with the current track policy, all members that wish to use the track should enter and exit the track via the area designated with the orange cones located near the main doors. Please be aware of oncoming groups as you enter and exit the track floor by always looking in both directions.

Q-What directions should I follow during the track practice sessions?

A-All running must be conducted in a **counter** clockwise direction during track practice sessions. The current rotating direction pattern will remain in effect during all other times.

Q-Is there any additional information that I should be aware of to ensure that I am able to enjoy my workout while ensuring safety and effective track use at all times?

A-Please follow our permanent track policy and do not stop, stretch, stand, or sit on the track at any time. The runway along the bleachers and the infield sprint lanes will be off limits to YMCA members during the track practice sessions, as well as the bathrooms along the back walls (unless for emergency purposes and youth sports programming). Please only use the designated area for stroller parking.

Q-How will this affect my use of the courts inside the track?

A-Between 4:00 and 6:00 pm Monday through Thursday, one blue court and half of the center court, will be set aside for open recreation, the other blue court and half of the center court will be used for YMCA youth sports programming by registration. Half of the center court will be used for teen and adult basketball (the half closest to 8th avenue). There will be a limited amount of YMCA balls provided on the courts during this time. Members are asked to share balls during this time period. There will be no other ball playing besides on the designated courts.

Thank you for your cooperation!

ATTENTION MEMBERS:

SAFETY REMINDERS FOR OUR 2019-2020 Track Season

- Please look in both directions, being aware of oncoming groups as you enter and exit the track lanes.
- All members using the track must enter and exit via the area designated with the orange cones located near the main doors.
- Strollers must be stored in designated areas **only**.
- Ball playing of any kind will be limited to the 2 courts designated for our members. This is to ensure everyone's safety.
- There will be a limited amount of balls accessible at our membership desk during the track season. We ask our members to please share balls during this time.
- Any child under the age of 11 must be accompanied by an adult at all times.
- Only members 11&UP will be able to use Lane 6, in a **counter** clockwise direction, on Mondays through Thursdays from 4-6pm and Tuesdays and Thursdays from 7-9pm
- Please refer to the daily court schedule for member usage.

Your security is our number one priority, please familiarize yourself with these reminders to ensure a safe environment for everyone. Please see the other side for our FAQ, but if you have any other questions or concerns please contact Chrissy Baker, the Sports & Healthy Lifestyles Director at (212) 912-2586 or email her at cbaker@ymcanyc.org