Here are options available:

1. Stick with your land-based class remotely over Zoom and be ready to go back to in person when an option. We will email the Zoom information soon.

2. Transfer the 100% remote, synchronous classes – Mon./Wed. 12:00 Cardio Intervals or Tues./Thurs. 7:00 a.m. Weight Training (has Zoom and in person options)

3. Use a portion of your registration to sign you up for our "Online FSF" programming for Winter Term January 4-March 29, 2021, https://health.oregonstate.edu/fsf/online. The rest can be a credit, refund, or prorated in the future.

4. Cancel your registration and leave the credit you paid for this on your account until you choose to use it in the future.

5. Cancel your registration and we will provide you with a refund from your registration to your credit card. The process generally takes about 2 weeks for the funds to return to your account.

6. We are also giving the option of signing up later for classes with a prorated price when the Benton County risk level changes for options 3, 4, or 5. The pricing pdf is available at https://health.oregonstate.edu/fsf/schedule/winter

Swimmers – with one person per lane, giving up your spot can leave you with less priority for your spot later. We can credit the prorated amount for time missed.

Thank you for your patience in such a precarious time. We strive to keep you healthy, safe, and strong. I hope you have a Happy New Year.

Well Wishes,

Dee Gillen, MS