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New Britain YMCA Phase One Reopening Plan

The Meriden-New Britain-Berlin YMCA is reopening Saturday June 20th and is excited to welcome members back. Our reopening plan is focused on both safety and member experience.

“Many favorite activities and amenities are available in complete compliance with the Governor’s Reopening Task Force, CDC, and local health guidelines. While the YMCA may look a little different due to the new safety guidelines, our commitment to serving our community has not changed,” said John Benigni, CEO of the Meriden-New Britain-Berlin YMCA.

Our facilities will reopen in phases following all safety guidelines. Our Phase One Reopening begins Saturday June 20th.

Here is How Phase One will work:

1. Check In Procedure

Members and staff will be screened before entering our building with questions and a temperature check. We will review our Phase One facility rules with members prior to entry. Anyone who has a temperature of 100 degrees Fahrenheit or higher will not be allowed in the facility. They will need to be fever free without fever reducing medicine for 72 hours before returning to the Y. All members must check in and out at the Welcome Center. Anyone who does not comply with our policies will be asked to leave. Resulting in suspension of membership and possible termination.

2. Maintaining a Healthy Environment

All YMCA front line staff will wear masks. Members must bring and wear their own mask in the facility. Masks must be worn while walking into the facility and anytime you are not working out. Masks may be taken off while 12 feet away on exercise equipment or in a group exercise class. At all other times in the facility, members must wear their mask and maintain a 6-foot distance from other members and staff. Signs with safety reminders including handwashing instructions will be throughout the facility. Additional sanitizing stations will be available. Members are required to wipe down equipment before and after using

MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN’S CHRISTIAN ASSOCIATION, INC.

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it. Members are asked to bring their own water. Water fountains will not be working.

3. Commitment to Cleanliness

The Meriden-New Britain-Berlin YMCA is committed to maintaining a safe and clean environment. We are implementing additional stringent cleaning and disinfecting protocols throughout all areas of Y facilities and program sites.

The Y will only use products that meet the EPA's criteria for use against the virus that causes COVID-19. We will be using the Electrostatic Sprayer daily.

4. Reservations Required

Due to the new social distancing and capacity requirements, the Y is utilizing a reservation system for members to schedule time in the Fitness Center, Pool, and Group Exercise classes. Members will be able to see available schedules for each area online and call the Y to reserve their spot.

Members will be able to reserve a time slot of one hour to workout or participate in the group exercise classes we will offer. Schedules will be shown on our web site. Members will call the Y at 860-229-3787 to make the reservation.

All 5:00 AM -9:00 AM reservations must be made by 8:00 PM the day before. No walk-ins allowed.

5. Safe Distancing While Exercising

Equipment and participants in classes will be spread out to follow the safety guidelines and maintain safe distances. We've come up with creative solutions to best utilize the space we have at our branches, including a designated room for personal training.

Group Exercise Classes

Group exercise classes will now be 6 people MAX due to the new 12feet guideline. We will stick to 12 feet so those individuals working out do not have to wear a mask.

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Classes will be offered in the aerobics studio with numbers on the floor, outside on the turf near our old main entrance, and we will utilize both sides of the Gymnasium is necessary.

The spin studio currently has 13 bikes but we will only allow 6 people in those classes as well to promote social distancing. Spin studio is now located in Parker Hall on the 2nd floor.

Free Weights, Cardio and Y360

We will allow 5 people in the free weight area, 5 people in the circuit area, 7 people in the cardio area, and 4 people in the Y 360 room for a total of 21 people in the fitness center at one time. The circuit area will be limited to 3 sets per machine per person so we can keep it fair to everyone working out during that one hour time frame.

Machines will be numbered, we will rope off and use signage to communicate what machines can be used during certain time slots. We will rotate the machines hourly. Members are encouraged to wipe down the machines and equipment before and after they use them. Fitness center staff will wipe machines down every time a member has finished wiping them down as well. We will close daily 1:00 pm – 3:00 pm Monday through Friday to assure our facility is being cleaned thoroughly.

Personal Training

Personal training will be held in the former spin studio for one on one training only. Two options are available, in person or virtually. Please see the personal training page on our web site for rates.

6. Using the Pool

Members must preregister for lap lanes and water classes, and there will be one swimmer per lane. Swimmers must shower before coming to the Y. Showers are not available in the Phase One reopening. We encourage swimmers to come dressed in their bathing suit to maximize their exercise time during their reserved time slot. The hot tub is closed at this time.

7. Come Ready to Exercise

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In Phase One of the Y's reopening, Family Locker rooms will be available to use the bathroom and to change. Showers will not be permitted.

We encourage members to come dressed to exercise to maximize their reservation time. Please leave personal belongings, gym bags and sweat towels at home.

8. What areas of the Y are closed in Phase One of the Y's Reopening plan?

During Phase One, locker rooms, open gym time, open swim time, child watch, hot tub, sauna and steam rooms are closed in accordance with the safety guidelines.

9. Payments and Questions

Our Welcome Center will be open. We encourage members to register for camp online, and call or email us with any camp, programs, membership or other questions. If you need to come to the Y in person to talk to Welcome Center staff, you will go through the health check before being allowed to enter the building. One person will be allowed at a time at the Welcome Center.

10. No Guests or Visitors

Only Meriden-New-Britain-Berlin YMCA members and staff will be allowed in the buildings. No guests, visitors, or members from other Y branches will be allowed at this time due to safety and capacity guidelines.

11. Phase One Hours

We'll have abbreviated hours in Phase One as we begin reopening with the new guidelines. In two weeks we will evaluate our schedule and the current guidelines at that time.

Monday – Thursday 5:00 AM – 1:00 PM, 3:00 PM – 8:00 PM

Friday 5:00 AM – 1:00 PM, 3:00 – 8:00 PM

Saturday and Sunday 7:00 AM – 12:00 PM

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