

CURRENT GUIDELINES

As of June 15th, Governor Cuomo lifted all COVID-19 restrictions for gyms and fitness centers. We want to assure you that our commitment to the safety of our members and staff remains our top priority and we will continue to update and assess our policies and procedures as state and CDC guidelines change.

Please take a moment to review the latest guidelines taking effect on **Monday, June 28th**.

- Masks are optional for those individuals who are fully vaccinated against COVID-19. Unvaccinated individuals are responsible for continuing to wear masks.
- Masks are not required for children in youth programs including camp.
- ***We ask you to demonstrate the YMCA Core Values of Caring, Honesty, Respect, and Responsibility toward each other and our staff.***
- Members are required to check into the facility using their key tag or mobile app upon every visit.
- Reservations are no longer required for group fitness classes or use of the pool.
- Members must shower before entering the pool.
- Guest passes are permitted for use of the wellness center, gymnasium and open swim. Please see the Member Service Desk for details.
- Our participation in the Nationwide Membership has been reinstated.
- All equipment, locker rooms and restrooms are cleaned with COVID-19 approved cleaners.
- Youth programs and swim lessons are available to members only. Please view our current program registration information [here](#).
- Cardio and strength training areas are open at 100% capacity.
- Group exercise classes will increase capacity where able.
- Members are required to use the provided cleaning supplies to wipe down equipment before and after each use.
- Water fountains are open.
- Members must adhere to the YMCA Member Code of Conduct at all times. [Click here to view the Code of Conduct](#).

WHAT YOU CAN EXPECT

- Stringent sanitation protocols for proper disinfection, operation, and facility upkeep continue.
- Enhanced cleaning protocol focused on high-traffic, high-touch common areas remains in place.
- Staff will receive ongoing training on cleaning protocols.
- Readily accessible disinfectant spray for use on equipment.
- Hand sanitizing stations conveniently located throughout the Y.
- Saunas and steam rooms will reopen by the end of the summer.
- Current facility hours remain in effect.
- ***We will continue to expand our offerings when possible as we continue to hire staff.*** The Y is hiring in all areas! Please view employment opportunities [here](#).
- All HVAC systems continue to operate with MERV-13 air filters.

HOW YOU CAN HELP

- **Please consider the health of our members, staff and our community so that we may remain open and safe for all.** If you or someone in your house is sick, please stay home until all symptoms have subsided for 24 hours.
- Wipe down each piece of equipment before and after use.
- Wash your hands with soap and water upon entering and before you leave the building. If not possible, use the provided hand sanitizer.

Please contact your local branch with any questions or email us at contactus@middletownymca.org. Thank you for your continued support, it is our pleasure to serve you!