



# YMCA of Metropolitan Lansing Reopening Guidelines Overview

The YMCA is committed to the health and well-being of our members and staff. We will only offer amenities that can operate within the guidelines set out by the CDC and state/ local regulations in regard to the COVID-19 pandemic. Please visit our website for the most up-to-date information at [lansingymca.org/reopening](http://lansingymca.org/reopening)

## FACILITY HOURS

**M-F: 7AM-7PM,  
SAT: 7AM-4PM,  
CLOSED SUNDAY FOR  
DEEP CLEAN**

### HEALTH CHECKS:

Health Checks will be done upon entering the facility.

### MASKS:

Per the Executive Order, Members are required to wear masks

### MEMBERSHIP:

Please contact the welcome center for all your membership needs.

### FACILITY ACCESS

#### POLICY:

At this time, we are a member only facility.

- Nationwide Membership is suspended
- Guest passes will not be available for sale or redemption.

#### WHAT TO BRING:

- Towel
- Mask
- Prefilled Water Bottle
- Come dressed ready to work out as locker rooms will not be available

## YMCA OF LANSING REOPENING GRAPH

		PHASE 1 -Sept 15	PHASE 2	PHASE 3	PHASE 4
<b>LOCATIONS</b>	Westside YMCA	●			
	Parkwood YMCA	●			
	Oak Park YMCA	TBD			
	DeWitt YMCA	TBD			
<b>AMENITIES/SERVICES</b>	Downtown YMCA	TBD			
	Free Weights	●			
	Cardio Equipment	●			
	Track - <b>Walking Only</b>	●			
	Pool - <b>Lap Swim Only</b>	●			
	Basketball Court/Gym	TBD			
	Locker Rooms	TBD			
	Raquetball Courts	TBD			
	Hot Tub/Whirlpool	TBD			
	Sauna/Steam Room	TBD			
	Showers	TBD			
	Towel Service	TBD			
<b>PROGRAMS</b>	Child Watch - Tot Watch/Kids Gym	TBD			
	Oak Park Child Care Center	●			
	Parkwood Preschool	●			
	Remote Learning Program	●			
	Outdoor Group Fitness Classes	●			
	Lap Swim - For Reservation Only	●			
	Personal Training	TBD			
	Indoor Group Fitness Classes	TBD			
Swim Lessons	TBD				
Sports and Leagues	TBD				

[www.lansingymca.org/reopening](http://www.lansingymca.org/reopening)

LET'S STAY HEALTHY  
TOGETHER