



# 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

Westside, Parkwood and Oak Park YMCA Hours

**M-F: 7AM-7PM,**

**SAT: 7AM-4PM,**

**CLOSED SUNDAY FOR DEEP CLEAN**

DeWitt YMCA Hours

**M-F: 7AM-7PM,**

**SAT: 7AM-12PM,**

**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.

- 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 - Oct 13	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	TBD		
	Free Weights	●	●		
	Cardio Equipment	●	●		
	Track - <b>Walking Only</b>	●	●		
	Pool - <b>Lap Swim Only</b>	●	●		
	Basketball Court/Gym	TBD	TBD		
	Locker Rooms	TBD	TBD		
	Raquetball Courts	TBD	TBD		
	Hot Tub/Whirlpool	TBD	TBD		
	Sauna/Steam Room	TBD	TBD		
	Showers	TBD	TBD		
	Towel Service	TBD	TBD		
	Child Watch - Tot Watch/Kids Gym	TBD	TBD		
<b>PROGRAMS</b>	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	TBD		
Sports and Leagues	TBD	TBD			

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

LET'S STAY HEALTHY  
TOGETHER