



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

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: 6AM-7PM,

SAT: 6AM-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

YMCA OF LANSING REOPENING GRAPH

		PHASE 1 -Sept 15	PHASE 2 - Oct 13	PHASE 3 - Dec 9th	PHASE 4
LOCATIONS	Westside YMCA	●	●	●	
	Parkwood YMCA	●	●	●	
	Oak Park YMCA	TBD	●	●	
AMENITIES/SERVICES	DeWitt YMCA	TBD	●	●	
	Free Weights	●	●	●	
	Cardio Equipment	●	●	●	
	Track - Walking Only	●	●	●	
	Pool - Lap Swim Only	●	●	●	
	Basketball Court/Gym	TBD	TBD	TBD	
	Locker Rooms	TBD	TBD	●	
	Raquetball Courts	TBD	TBD	TBD	
	Hot Tub/Whirlpool	TBD	TBD	TBD	
	Sauna/Steam Room	TBD	TBD	TBD	
	Showers	TBD	TBD	TBD	
	Towel Service	TBD	TBD	TBD	
	Child Watch - Tot Watch/Kids Gym	TBD	TBD	TBD	
PROGRAMS	Oak Park Child Care Center	●	●	●	
	Parkwood Preschool	●	●	●	
	Remote Learning Program	●	●	●	
	Outdoor Group Fitness Classes	●	●	TBD	
	Lap Swim - For Reservation Only	●	●	●	
	Personal Training	TBD	●	●	
	Virtual Personal Training	TBD	TBD	●	Dec. 15th
	Indoor Group Fitness Classes	TBD	●	TBD	
	Swim Lessons	TBD	TBD	TBD	
	Virtual Fitness - Virtual Y	TBD	TBD	●	
YMCA Fitness Challenges	TBD	TBD	●		
Sports and Leagues	TBD	TBD	TBD		

LET'S STAY HEALTHY
TOGETHER