



YMCA OF GREATER GRAND RAPIDS

FACILITY HOURS

David D. Hunting YMCA

Hours:

M-Thurs: 5:00 am - 10:00 pm

Fri: 5:00 am - 9:00 pm

Sat: 7:00 am - 2:00 pm

Sun: 12:00 pm - 4:00 pm

Mary Free Bed YMCA

Lowell YMCA

SpartanNash YMCA

Wolverine Worldwide Family YMCA

Visser Family YMCA

Hours:

All branches except David D. Hunting YMCA

M-F: 7:00 am - 7:00 pm

Sat: 7:00 am - 2:00 pm

Sun: 12:00 pm - 4:00 pm

HEALTH CHECKS

Both staff and members will receive temperature checks and health screenings before entering the Y facilities.

REQUIRED WAIVER

All Memberships will be required to have a signed waiver prior to first facility access.

GROUP FITNESS CLASSES

Join us IN PERSON or VIRTUALLY starting October 12th. Reservations will be required for indoor group exercise classes. Check our mobile app or the website for class schedules. www.grymca.org/schedules

FACILITY ACCESS POLICY

- The Y will be open to members only, age 11 and older; All children 5-10 may workout with their parent under existing membership guidelines. Stroller walking on the track is permitted at designated locations.
- No guests or day/week guest passes at this time.
- Come ready to work out. Bring towel, water bottle, mat and mask.

RESTRICTIONS APPLY

Six feet distance is required. Facility capacity limits and restrictions apply. Members are required to wear a mask at all times, except while swimming. Please disinfect all equipment. This form will be updated once new hours of operation have been released.

WHAT IS AVAILABLE DURING PHASES?	PHASE 1	PHASE 2	PHASE 3	PHASE 4
Fitness Floor	●	●	●	
Free Weight Area	●	●	●	
Track	●	●	●	
Gyms: No Competitive Games	●	●	●	
Outdoor Field Space	●	●	●	
Virtual Fitness Classes	●	●	●	
Restrooms	●	●	●	
Healthy Outside Group Exercise Classes	●	●	●	
Personal Training, by appointment	●	●	●	
Family Locker Rooms: Limited access. Showers Available.	●	●	●	
Indoor Group Exercise & Cycling Studios	●	●	●	
Men's, Women's Locker Rooms & All Showers	●	●	●	
Pools: Lap Pools Only	●	●	●	
Chapels	●	●	●	
Racquetball/Squash Courts	●	●	●	
KidZone.	●	●	●	
Teen Center	●	●	●	
Facility/Group Rentals	●	●	●	
Outdoor Playgrounds	●	●	●	
Steam Rooms/Hot Tubs	●	●	●	
Rockwall	●	●	●	
Coffee Service, Towel Service	●	●	●	
Massage	●	●	●	
Water Fountains: Bottle Fill Only	●	●	●	
Full-Time Licensed Childcare	●	●	●	
Licensed Child Care & School Age Care	●	●	●	

- OPEN, with restrictions
- CURRENTLY UNAVAILABLE

New Hour Starting November 1st:

David D. Hunting YMCA
M-F: 5:00 am - 9:00 pm
Sat: 7:00 am - 2:00 pm
Sun: 12:00 pm - 4:00 pm

Mary Free Bed YMCA
SpartanNash YMCA
Wolverine Worldwide Family YMCA
M-F: 5:00 am - 7:00 pm
Sat: 7:00 am - 2:00 pm
Sun: Closed

Visser Family YMCA
M-F: 6:00 am - 8:00 pm
Sat: 7:00 am - 2:00 pm
Sun: Closed

Lowell YMCA
M-F: 7:00 am - 7:00 pm
Sat: 7:00 am - 2:00 pm
Sun: Closed