



YMCA OF GREATER GRAND RAPIDS

FACILITY HOURS

David D. Hunting YMCA

Hours:
 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

Hours:
 M-F: 5:00 am – 7:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: CLOSED

Visser Family YMCA

Hours:
 M-F: 6:00 am – 8:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: CLOSED

Lowell YMCA

Hours:
 M-F: 7:00 am – 7:00 pm
 Sat: 7:00 am – 2:00 pm
 Sun: CLOSED

Ionia County YMCA

Hours:
 M-F: 6:00 am – 1:30 pm &
 7:30 pm – 8:30 pm
 Sat: 7:00 am – 12:00 pm
 Sun: CLOSED

HEALTH CHECKS

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

REQUIRED WAIVER

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

GROUP FITNESS CLASSES

Join us IN PERSON or VIRTUALLY. Reservations are required for indoor group exercise classes. Check our mobile app or the website for class schedules. www.gymca.org/schedules

FACILITY ACCESS POLICY

- The Y will be open to members only, including members from other Ys.
- Members ages 11 and older are welcome; All members ages 5-10 may workout with their parent under existing membership guidelines. Stroller walking on the track is permitted at designated locations. **KidZone is open and available for reservations.**
- 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 Phase 4 requirements 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: Seasonal 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 & Family Pools, No Open Swim or Swim Lessons	●	●	●	
Massage	●	●	●	
Racquetball/Squash Courts	●	●	●	
KidZone: By Reservation Only	●	●	●	
Water Fountains: Bottle Fill Only	●	●	●	
Outdoor Playgrounds	●	●	●	
Full-Time Licensed Childcare	●	●	●	
Licensed Child Care & School Age Care	●	●	●	
Day Camps: Branch & School Based	●	●	●	
Coffee Service, Towel Service	●	●	●	
Chapels	●	●	●	
Teen Center	●	●	●	
Facility/Group Rentals	●	●	●	
Steam Rooms/Hot Tubs / Saunas	●	●	●	
Rockwall	●	●	●	

- OPEN, with restrictions
- CURRENTLY UNAVAILABLE