



WESTSIDE DAILY SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Activity	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YMCA Hours	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-10:00pm	5:00am-8:00pm	7:00am-7:00pm	7:00am-6:00pm
Pool	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-7:30pm	7:00am-6:30pm	7:00am-5:30pm
Tot Watch	8:30am-12:00pm 4:30pm-8:00pm	8:30am-12:00pm 4:30pm-8:00pm	8:30am-12:00pm 4:30pm-8:00pm	8:30am-12:00pm 4:30pm-8:00pm	8:30am-12:00pm CLOSED PM	8:30am-12:00pm	2:00pm-4:00pm
Kids Gym	4:30pm-8:00pm	4:30pm-8:00pm	4:30pm-8:00pm	4:30pm-8:00pm	CLOSED	8:30am-12:00pm	2:00pm-4:00pm
Open Gym	12:00pm-5:30pm	5:00am-11:00am 1:00pm-5:00pm	12:00pm-5:00pm 8:30pm-Close	5:00am-11:00am 1:00pm-5:00pm	12:00pm-Close	2:30pm-7pm	7:00am-10:00am
Skate Rink	5:00am-6:00pm	5:00am-7:00pm	5:00am-6:00pm	5:00am-6:00pm	5:00am-6:00pm	10:00am-7:00pm	1:00pm-6:00pm
Rock Wall	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	6:30pm-8:00pm	CLOSED	11:00am-1:00pm	2:00pm-5:00pm
Splash & Play	9:00am-8:30pm	9:00am-8:30pm	9:00am-8:30pm	9:00am-8:30pm	9:00am-7:30pm	9:00am-6:30pm	9:00am-5:00pm
Waterslide	12:30pm-3pm 7:30pm-8:30pm	12:30pm-3pm 7:30pm-8:30pm	12:30pm-3pm 7:30pm- 8:30pm	12:30pm-3pm 7:30pm- 8:30pm	12:30pm-7:00pm	1:00pm-6:00pm	1:00pm-5:00pm
Adult Bball	League Only 6:00pm-10:00pm	11:00am-1:00pm		11:00am-1:00pm			10:00am-12:00am
Pickleball	8:00am-12:00pm		8:00am-12:00pm		8:00am-12:00pm		
Rink Programs	Adult Hockey 6:30pm-Close	MSU Hockey 8:30p-9:30p	Adult Hockey 6:30pm-Close	MSU Hockey 8:30p-9:30p		Floor Hockey 8:00am-10:00am	
Adult Volleyball				5:00pm-10:00pm			11:00am-6:00pm

* Schedule subject to change with or without notice.*



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Rock Wall

Climbers must be 44+ inches to visit rock wall.
All climbers must have a wavier on file before climbing.
17 years and younger must have parent/guardian fill out wavier
Waivers are valid through December 31st of each year.
Athletic shoes required.
(No sandals, boots, heeled or opened-toed shoes)
No skirts or dresses allowed.

Guest Policy

Member may bring one guest per visit.
The guest must remain with the member at all times.
Each guest must have a picture ID and sign-in.
All first time guest will be entered into our computer for future visits.
You may be asked to keep your ID at the desk.
You are expected to adhere to all of our rules and regulations here at the YMCA.
We are not responsible for any lost or stolen items.
You are expected to pay our guest fee:
12yrs and under - \$5 / 13yrs-17yrs - \$10 / 18yrs and up - \$15

Fitness Center

Members must be 13 years or older to use fitness center
Jump Start - A FREE fitness orientiaon
Please re-rack weights and wipe down machines after use

Contact Us

Executive Director: Todd Fisher - 517.827.9675 - tdfisher@ymcaoflansing.org
Senior Program Director: Jason Helman - 517.827.9666 - jdhelman@ymcaoflansing.org
Fitness Director: Joy Berwald - 517.827.9677 - jberwald@ymcaoflansing.org
Membership Director: Melissa Whiteman - 517.827.9674 - mwhiteman@ymcaoflansing.org
Aquatics: Jordan Eustace - 517.827.9678 - jeustace@ymcaoflansing.org
Group Sales: Allison Salinas - 517.827.9664 - groupsales@ymcaoflansing.org
Sports Coordinator: AJ Moore - 517.827.9665 - amoore@ymcaoflansing.org

Youth Fitness Center

9-12 years of age, Must have an adult (18+)

Pool Rules

AGE GUIDELINES

0-4 years old must have an adult 18 years or older no more than an arms length away from their child in the water
5-7 years old must have an adult 18 years or older sit poolside.
8-12 years old must have a parent in the building and pass the swim test.

RULES & GUIDELINES

Please take a soap shower before entering the pools.
Proper swim attire is required. No cut-offs, sweats, cotton shorts, t-shirts are allowed, but must have swim suit with liner underneath.
Children 12 & under will be given a bracelet identifying them as a swimmer or non-swimmer.
Only Coast Guard approved life jackets are allowed. Children wearing life jackets must remain within an arms-length of an adult (18+) at all times.
Pool will be closed for 30 minutes after the last lightening strike or roll of thunder.
No food or glass containers are allowed on the pool deck.



BE IN THE KNOW ON THE GO!
WITH YMCA OF LANSING TEXT ALERTS

Text "YMCA"
To 31996

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"YMCA OF LANSING, WESTSIDE BRANCH"

