



THERE'S SOMETHING FOR EVERYONE

INFANT/TODDLER (BIRTH – 3 YEARS OLD)

Basketball Courts (with adult)
Family Swim (with adult)
Oak Park YMCA Early Learning Center
Racquetball Courts (with adult)

PRESCHOOL & KINDERGARTEN (3-5 YEARS OLD)

Basketball Courts (with adult)
Camp Hugabee Summer Day Camp
Family Swim (with adult)
Oak Park Y Early Learning Center
Parkwood Y Kids Time Preschool Center
Racquetball Courts (with adult)
Swim Lessons

ELEMENTARY AGE (5-10 YEARS OLD)

Basketball Courts (with adult)
Family Swim (with adult)
Overnight Camp at Mystic Lake Camp(7&up)
Racquetball Courts (with adult)
Tae Kwon Do
Summer Day Camp
Swim Lessons
Youth Fitness Center (9-12)

MIDDLE SCHOOL (11-12 YEARS OLD)

Basketball Courts (with adult)
Family Swim (with adult)
Overnight Camp at Mystic Lake Camp(7&up)
Racquetball Courts (with adult)
Summer Day Camp
Tae Kwon Do
Youth Fitness Center (9-12)

FOR THE WHOLE FAMILY

Basketball Courts
Family Swim
Oak Park YMCA Triathlon-Team
Racquetball Courts
Tae Kwon Do

HIGH SCHOOL (13-17 YEARS OLD)

Basketball Courts (with adult)
Indoor & Outdoor Group Fitness Classes
Fitness Center and Equipment
Indoor & Outdoor Personal Training
Indoor Track
Lap Swimming
Oak Park YMCA Triathlon-Team
Overnight Camp at Mystic Lake Camp(7&up)
Racquetball Courts (with adult)
Specialty Certification Training
Tae Kwon Do

ADULT (18+ YEARS OLD)

Basketball Courts
Indoor, Outdoor, and Virtual Group Fitness Classes
Fitness Center and Equipment
Indoor, Outdoor, and Virtual Personal Training
Indoor Track
Lap Swimming
Oak Park YMCA Triathlon-Team
Racquetball Courts
Specialty Certification Training
Tae Kwon Do
Water Aerobics Classes

SENIOR (65+ YEARS OLD)

Basketball Courts
Indoor, Outdoor, and Virtual Group Fitness Classes
Fitness Center and Equipment
Fitness Challenges
Indoor, Outdoor, and Virtual Personal Training
Indoor Track
Lap Swimming
Oak Park YMCA Triathlon-Team
Racquetball Courts
Specialty Certification Training
Silver Sneakers Group Fitness Classes
Active Older Adult Classes
Tae Kwon Do
Water Aerobics Classes

To view what YMCA location these Programs/Amenities are available, please see back of page. To see specific Program/Class Schedules with dates and times please

go to our website at www.lansingymca.org