



# 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)  
Swim Lessons

## **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  
Swim Lessons  
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](http://www.lansingymca.org)