

FACILITIES AT A GLANCE

LOCATIONS		Parkwood	Oak Park	Westside
FITNESS				
Fitness Center	✓	◆	◆	◆
Free Weights	✓	◆	◆	◆
Cardio Equipment	✓	◆	◆	◆
Group Fitness Classes	✓	◆	◆	◆
Indoor Track	✓	◆		◆
Personal Training	\$	◆	◆	◆
AMENITIES				
Basketball Court/Gym	✓	◆	◆	◆
Family Locker Rooms	✓	◆	◆	◆
Locker Rooms/Shower	✓	◆	◆	◆
Locker Rentals	\$	◆	◆	◆
Raquetball Courts	✓	◆	◆	◆
Youth Fitness Area	✓			◆
Sauna	✓	◆	◆	◆
Steam Room	✓		◆	◆
Whirlpool	✓		◆	◆
AQUATICS				
Pool Location	✓	◆	◆	◆
Family Swim	✓	◆	◆	◆
Lap Swimming	✓	◆	◆	◆
Swim Lessons	\$	◆	◆	◆
Water Aerobics	✓	◆	◆	◆
CHILD CARE				
Child Care Center	\$		◆	
Preschool Center	\$	◆	◆	
COMING SOON				
Child Watch(Drop-In Care)	✓	◆	◆	◆
Rock Wall	✓			◆
 Free with Y membership		 Program Cost See Website for Pricing		

YMCA LOCATIONS

OAK PARK YMCA
900 Long Blvd
South Lansing
517.827.9700

PARKWOOD YMCA
2306 Haslett Rd
East Lansing
517.827.9680

WESTSIDE YMCA
3700 Old Lansing Rd
West Lansing
517.827.9670

www.lansingymca.org/join