

FACILITIES AT A GLANCE

LOCATIONS		Parkwood	Oak Park	Westside
FITNESS				
Fitness Center	✓	◆	◆	◆
Equipment Orientation	✓	◆	◆	◆
Free Weights	✓	◆	◆	◆
Cardio Equipment	✓	◆	◆	◆
Group Fitness Classes	✓	◆	◆	◆
Indoor Track	✓	◆		◆
Personal Training	Ⓢ	◆	◆	◆
AMENITIES				
Basketball Court/Gym	✓	◆	◆	◆
Child Watch(Drop-In Care)	✓	◆		◆
Family Locker Rooms	✓	◆	◆	◆
Locker Rooms/Showers	✓	◆	◆	◆
Locker Rentals	Ⓢ	◆	◆	◆
Racquetball Courts	✓	◆	◆	◆
Youth Fitness Area	✓			◆
Sauna	✓	◆	◆	◆
Steam Room	✓		◆	◆
Teen Zone	✓			◆
Whirlpool	✓		◆	◆
AQUATICS				
Pool Location	✓	◆	◆	◆
Family Swim	✓	◆	◆	◆
Lap Swimming	✓	◆	◆	◆
Swim Lessons	Ⓢ	◆	◆	◆
Water Aerobics	✓	◆	◆	◆
CHILD CARE				
Child Care Center	Ⓢ		◆	
Preschool Center	Ⓢ	◆	◆	
FAMILY ACTIVITIES				
Parents Night Out	Ⓢ	◆		◆
Family Events	✓	◆	◆	◆
Open Skate	✓			◆
COMING SOON				
Rock Wall	✓			◆



Free with Y membership



Program Cost
See Website for Pricing

OAK PARK YMCA
900 Long Blvd
South Lansing

PARKWOOD YMCA
2306 Haslet Rd
East Lansing

WESTSIDE YMCA
3700 Old Lansing Rd
West Lansing