

# FACILITIES AT A GLANCE

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



Free with Y membership



Program Cost  
See Website for Pricing

## YMCA LOCATIONS

**OAK PARK YMCA**  
900 Long Blvd  
South Lansing

**PARKWOOD YMCA**  
2306 Haslett Rd  
East Lansing

**WESTSIDE YMCA**  
3700 Old Lansing Rd  
West Lansing