

# FACILITIES AT A GLANCE

LOCATIONS		Parkwood	Oak Park	Westside
<b>FITNESS</b>				
Fitness Center	✓	◆	◆	◆
Free Weights	✓	◆	◆	◆
Cardio Equipment	✓	◆	◆	◆
Group Fitness Classes	✓	◆	◆	◆
Indoor Track	✓	◆		◆
Personal Training	\$	◆	◆	◆
<b>AMENITIES</b>				
Basketball Court/Gym	✓	◆	◆	◆
Child Watch(Drop-In Care)	✓	◆	◆	◆
Private Changing Rooms	✓	◆	◆	◆
Locker Rooms/Showers	✓	◆	◆	◆
Locker Rentals	\$	◆	◆	◆
Racquetball Courts	✓		◆	◆
Multi-Use Sports Courts	✓			◆
Sauna	✓	◆	◆	◆
Steam Room	✓		◆	◆
Rock Wall	✓			◆
Whirlpool	✓		◆	◆
Golf Simulators	\$			◆
<b>AQUATICS</b>				
Pool Location		◆	◆	◆
Family Swim	✓	◆	◆	◆
Lap Swimming	✓	◆	◆	◆
Swim Lessons	\$	◆	◆	◆
Splash Pad	✓			◆
Water Aerobics	✓	◆	◆	◆
Waterslide	✓			◆
<b>CHILD CARE</b>				
Child Care Center	\$		◆	

✓ 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

[www.lansingymca.org/join](http://www.lansingymca.org/join)

(517) 827-9622