

FACILITIES AT A GLANCE

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

(517) 827-9622