

# HELPING YOU LIVE BETTER

Your YMCA membership is good at all branches—DeWitt, Downtown, Westside, Oak Park, Parkwood and Mystic Lake Camp. You have full access to all YMCA of Lansing programs, classes and activities, including those that are unique to individual branches.



	Downtown Wellness	Oak Park	Parkwood	Westside	DeWitt
Active Older Adult Program	◆	◆	◆	◆	◆
Adult Sports & Leagues	◆	◆	◆	◆	◆
Aerobics	◆	◆	◆	◆	◆
Basketball Court/Gym		◆		◆	
Before & After School Programs		◆		◆	
Café				◆	
CPR/First Aid Programs	◆	◆	◆	◆	◆
Dance Classes	◆	◆	◆	◆	◆
Extreme Skating Area				◆	
Family Activities	◆	◆	◆	◆	◆
Family Changing Locker Rooms		◆	◆	◆	◆
Fitness Center	◆	◆	◆	◆	◆
Fitness Equipment Orientations	◆	◆	◆	◆	◆
Free Weights	◆	◆	◆	◆	◆
Gymnastics		◆	◆		
Interactive Gaming Room			◆		
Jump Start	◆	◆	◆	◆	◆
Kids Gym		◆	◆	◆	
Locker Rental	◆	◆	◆		◆
Massage Services	◆				
Men's & Women's Locker Rooms	◆	◆	◆	◆	◆
Party Rentals/Lock-ins		◆	◆	◆	
Personal Training	◆	◆	◆	◆	◆
Pool		◆	◆	◆	
Preschool Activities		◆	◆	◆	
Racquetball Courts		◆	◆	◆	
Rock Climbing				◆	
Roller Skating Rink				◆	
Running Track			◆	◆	
Sauna/Steam	◆	◆	◆	◆	◆
Splash & Play/Waterslide				◆	
Summer Day Camps		◆	◆	◆	
Swim Lessons		◆	◆	◆	
Teen/Pre-Teen Fitness Area		◆		◆	◆
Teen Programs	◆	◆	◆	◆	◆
Tot Watch Babysitting		◆	◆	◆	◆
Water Aerobics		◆	◆	◆	
Whirlpool		◆		◆	
YMCA Child Care		◆			
Youth & Teen Sports		◆	◆	◆	
Youth Overnights		◆	◆	◆	
Youth/Teen Activity Center		◆	◆	◆	