



Discover Your Y

WESTSIDE YMCA

Daily Schedule

| | M | TU | W | TH | F | SA | SU |
|-----------------------------|------------------------------|--------------------------------|------------------------------|---------------------------|--------------------------------------|-----------------------|-----------------------|
| YMCA HOURS | 5am-10pm | 5am-10pm | 5am-10pm | 5am-10pm | 5am-8pm | 7am-7pm | 7am-6pm |
| TOT WATCH | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm 4:30pm-8pm | 8:30am-12p Closed PM | 9am-12pm | 2pm-4pm |
| KIDS GYM | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm 4:30pm-8pm | 8:30am-12pm Closed PM | 9am-12pm | 2pm-4pm |
| YOUTH FITNESS CENTER | Open | Open | Open | Open | Open | Open | Open |
| OPEN GYM | 5am-7am 4pm-close | 5am-11am 4pm-close | 5am-7am 4pm-close | 5am-11am 4pm-close | 5am-7am 4pm-close | All Day | 7am-10am |
| ADULT GYM | | Adult Basketball 11:30-1:30 | | Adult Bball 11:30-1:30 | | | Mens Bball 10-12 |
| SKATERINK | Adult Hockey 6:30pm-close | Open Skate 7:00pm-close | Adult Hockey 6:30pm-close | Open Skate 6pm-close | Open Skate 6pm-close | Open Skate 1pm-7pm | Open Skate 1pm-6pm |
| ROCK WALL | 6pm-8pm | 6pm-8pm | 6pm-8pm | 6pm-8pm | | Closed | Closed |
| LAP SWIM | 5:30am-9:30pm | 5:30am-9:30pm | 5:30am-9:30pm | 5:30am-9:30pm | 5:30am-7:30pm | 7am-6:30pm | 7am-5:30pm |
| OPENSWIM | 1pm-4pm 7pm-9:30pm | 1pm-4pm 8:15pm-9:30pm | 1pm-4pm 7pm-9:30pm | 1pm-4pm 8pm-9:30pm | 9am-11:30am 1pm-4pm 5pm-7:30pm | 11am-6:30pm | 9:30am-5:30pm |
| SPLASH & PLAY | **9am-8:30pm | **9am-8:30pm | **9am-8:30pm | **9am-8:30pm | **9am-7:30pm | **9am-6:30pm | 9am-5pm |
| WATERSLIDE | 1pm-4pm 7:15pm-8pm | 1pm-4pm 7:15pm-8pm | 1pm-4pm 7:15pm-8pm | 1pm-4pm 7:15pm-8pm | 5:30pm-6:30pm | 1pm-4pm | 1pm-4pm |

****Splash and Play Buckets will not be on during classes/lessons****

Calendar subject to change.

CELEBRATE YOUR BIRTHDAY AT THE WESTSIDE YMCA
It will be party to remember for all ages!

- Swimming
- Skating
- Rockwall

Contact Allison Salinas
Group Sales Coordinator
517.827.9664 • groupsales@ymcaoflansing.org



FUN WITH A SPLASH OF CONFIDENCE
Swim Lessons are Life Lessons

- Develop Coordination for other sports
- Enhance Brain Development
- Stronger Social Skills
- Increase Memory and Learning Potential

For More Information Contact
Theresa Sheridan 517.827.9678
tsheridan@ymcaoflansing.org



TOTWATCH & KIDSGYM GUIDELINES

TotWatch and KidsGym are available to members age 2 months to ten year old. If a guest would like to utilize the Tot Watch and Kids Gym areas they will need to come in with a member and pay for a youth guest pass.

TOTWATCH

Infants, two to six months, are limited to an hour visit in Tot Watch.

Children, 6 months to 5 years, may stay for 1 1/2 hours in Tot Watch.

KIDSGYM

Children, 4 to 10 may stay up to 1 1/2 hours in KidsGym.

Please direct any questions or concerns regarding our Tot Watch & KidsGym to Melissa Whiteman, Membership Director.

- Parents and guardians are required to stay in the building and must be accessible in the event of an emergency.
- If a child becomes very upset during their visit, parents will be contacted by Y staff to pick up their child
- For safety and sanitary reasons shoes/and or socks must be worn in kids gym and tot watch

YOUTH FITNESS CENTER - Must be with an adult unless Fitness Attendant is on duty

The Youth Fitness Center is available to members ages 9-13 at no additional charge.

ROCKWALL SAFETY GUIDELINES

- Climbers must be 44 inches or taller to visit the rock wall. All climbers must have a waiver on file before climbing.
- Children 17 & under must have parent/guardian complete waiver. Waiver expires December 31st each year.
- Athletic shoes required (no sandals, boots, heeled footwear open-toed footwear).
- No skirts or dresses allowed.

POOL RULES & GUIDELINES

- Please take a soap shower before entering the pools.
- Children 13 & under will be given a bracelet identifying them as a swimmer or non-swimmer.
- Only Coast Guard approved life jackets are allowed. Children wearing life jackets must remain within an arms-length of an adult (18 years or older) at all times.
- No diving in any pool.
- No food or glass containers are allowed on the pool deck.

AGE GUIDELINES

0-4 years old must have an adult 18 years or older no more than an arm's length away from their child in the water

5-7 years old must have an adult 18 years or older sit poolside.

8-12 years old must have a parent in the building.

SWIM TEST

All children 12 & under wanting to use the lap pool or slide must be swim tested. The swim test shall consist of jumping in at the deeper end of the lap pool, swimming half the length of the pool on their front, rolling to their back and swimming the remaining half length of the pool on their back and then tread water for 30 seconds. Children who pass the test will be given a green bracelet to identify them as a swimmer. All non-swimmers must wear a red bracelet.

LAPLANES

Laplanes are for ages 10 & up who wish to swim 25 yards non-stop. Lap swimmers may be asked to share or circle swim at the lifeguard's discretion.

WATERSLIDE

Children must be 42 inches tall to go down the slide.

Children under 10 must be swim tested prior to going down the slide.

No floatation devices are allowed on the slide.

Swimmers must lie on their back or sit on their bottom. No turns or twisty moves. No head first entries into the catch pool.

WHIRLPOOL

The whirlpool is for ages 13 & up.