



Discover Your Y

WESTSIDE YMCA 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-12pm Closed PM	8:30am-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	8:30am-12pm	2pm-4pm
OPEN GYM	12-5:30pm 9pm-10pm	5am-11am 1pm-10pm	12-5:00pm 8:30pm-10pm	5am-11am 1pm-5pm	12-8pm	4pm-8pm	7am-9am
SKATERINK	5am-6:30pm	5am-7pm Vixens 7p-10p	5am-6:30pm	Open Skate	Open Skate	7am-8am 8am-10am FI Hockey 10am-7pm	7am-9am 9am-1pm Vixens 1pm-6pm
ROCK WALL	6pm-8pm	6pm-8pm	6pm-8pm	6pm-8pm	Closed	11am-1pm	3pm-5pm
SPLASH&PLAY	9am-8:30pm	9am-8:30pm	9am-8:30pm	9am-8:30pm	9am-7:30pm	9am-6:30pm	9am-5pm
WATERSLIDE	7:15-8pm	7:15-8pm	7:15-8pm	7:15pm-8pm	5:00pm-6:30pm	1pm-4pm	1pm-4pm
ADULT BBALL		11am-1pm		11am-1pm			9am-11am
PICKLEBALL	8:00am-Noon	7am-10:30 am	8:00am-Noon	7am-10:30 am	8:00am-Noon		
ADULT HOCKEY**	6:30pm-Close		6:30pm-Close				
ADULT VBALL**				5PM-10PM			11am-6pm

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



Sports Leagues

Get your game on/Youth and Adult Leagues

Youth Basketball
Womens Volleyball
Co-Ed Volleyball

Adult Hockey
Contact AJ Moore
Sports Coordinator
517.827.9665
amoore@ymcaoflansing.org



BRING YOUR GAME!

TOT WATCH & KIDS GYM GUIDELINES

Tot Watch and Kids Gym are available to members. Please check in at the Welcome Center to verify membership and pick up pass.

TOT WATCH

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.

KIDS GYM

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

Please direct any questions or concerns regarding our Tot Watch & Kids Gym 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. Ages 9-12.

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. 17 & under must have parent or guardian fill out waiver.
- Waivers expire December 31 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.