



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer 2017 | Parkwood Y

Youth & Family Activities: June 12-September 1, 2017

Check out our Website for Summer Camp Information!

	M	TU	W	TH	F	SA	SU
<b>YMCA HOURS</b>	5:30am - 10pm	5:30am - 10pm	5:30am - 10pm	5:30am-10pm	5:30am -8pm	7am -7pm	7am -6pm
<b>TOT WATCH</b> (2 mo - 5 yrs)	8:30am-11:30am 5:30pm - 8pm	8:30am-11:30am 5:30pm - 8pm	8:30am-11:30am 5:30pm - 8pm	8:30am-11:30am 5:30pm - 8pm	8:30am-11:30am Closed PM	9am -11:30am	Closed
<b>KID'S GYM</b> (4-9 yrs)	5:30pm - 8pm	5:30pm - 8pm	5:30pm - 8pm	5:30pm - 8pm	Closed	9am - 11:30am	Closed
<b>LAP SWIM</b> (number of lanes may vary)	5:30am-8:25am 11:30am-1:15pm 3:30pm-9:00pm	5:30am-8:55am 11:30am-1:15pm 3:30pm-9:00pm	5:30am-8:25am 11:30am-1:15pm 3:30pm-9:00pm	5:30am-8:55am 11:30am-1:15pm 3:30pm-9:00pm	5:30am-8:25am 11:30am-1:15pm 3:30pm-7:30pm	7am-6:30pm	7am-5:30pm
<b>FAMILY SWIM</b> (lanes(s) available for play)	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-5:30pm	3:30pm-7:30pm	11:45pm-6:30pm	11:30am-5:30pm

Calendar subject to change. Updated 6/1/17

## CELEBRATE YOUR BIRTHDAY WITH THE PARKWOOD YMCA

It will be a party to remember for all ages! Kids will have 1.5 hours of action packed birthday fun.

- First half hour: Play in Kids Gym led by Y staff.
- Second half hour: Kids will enjoy cake and open presents. The Y will supply the cake balloons, decorations, tableware, beverage AND a t-shirt for the birthday boy or girl.
- Last half hour, it's SWIM TIME in the pool.

Note: Sports themed parties are available by request.

YMCA Member: \$110/10 kids  
Guest: \$150/10 kids



## FOR THE BEST SUMMER EVER....

Check out our camp offerings here at Parkwood and also Camp PA-WA-PI in Williamston.

## KIDS' NIGHT OUT

Kids will enjoy a fun-filled night at the YMC while enjoying the pool, Kids' Gym, Xergames, pizza and much more. NEW themes each month.

One Friday a month starting in September.

YMCA Members: \$7      Guests: \$15



# PARKWOOD YMCA POOL GUIDELINES

## GENERAL POOL GUIDELINES

- Please shower before entering the pool.
- Diving is allowed at the deep end of the pool only. No flips or backward jumps.
- Use of floatation devices and toys are limited to the shallow end of the pool. (Noodles, balls, dive rings are allowed in family swim area. Kickboards and barbells are for class/lap swim use only.)
- No glass containers or food allowed in the pool area.
- Competitive or repetitive breath holding is not allowed at any time.
- Please respect the Lifeguard(s) on duty. They have sole responsibility for the safety of everyone in and around the pool area.

## FOR MEMBER & GUEST SAFETY

- **Swim Test:** Anyone under 13 will be swim tested. Test consists of swimming one length of the pool (1/2 on front & 1/2 on back) without touching side or bottom of pool. Treading water in the deep end for 30 seconds. Participants will be banded either red or green.
- **Green Band** = Allowed to swim in all pool areas.
- **Red Band** = Allowed only in shallow end of pool.
- **Life Vests.** Swimmers under 42 inches tall must wear a coast guard approved vest if they can not pass the swim test and be accompanied by an adult in the pool age 18 or older.
- Children up to 4 years of age must be accompanied by an adult in the pool age 18 or older.
- Children age 5-8 must be accompanied by an adult age 18 or older who shall remain on the pool deck.

Please direct any questions or concerns regarding the pool to Theresa Sheridan, Aquatics Director,  
[tsheridan@ymcaoflansing.org](mailto:tsheridan@ymcaoflansing.org), 517-827-9684

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## TOT WATCH & KIDS GYM GUIDELINES

Tot Watch and Kids Gym are available to member's ages two months to nine years 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 the youth guest pass fee to obtain a pass.

### TOT WATCH

- Infants two months - six months are limited to a ONE hour visit
- Children seven months to five years may stay for a period of up to TWO hours
- Maximum Capacity = 20 children.

Older siblings will be allowed on M/W/F and will be supervised by staff in the courts or on the playground.

### KIDS' GYM

- Staff supervision provided for ages 4-9 years
- Parent's must supervise children age 3 & under
- For health & safety precautions, children must wear socks while participating in Kids' Gym.
- Maximum Capacity = 25 children

### Health & Safety Guidelines for both Tot Watch & Kids' Gym

1. Parents/guardians are to stay on the Y property and must be accessible in the event of an emergency.
2. If a child becomes upset during their visit, or if a diaper change is needed, parents will be contacted by Y staff and will be asked to pick up/change their child immediately.
3. No snacks are allowed in Tot Watch or Kids Gym
4. Children with visible illness symptoms including fever, coughing, rash, or excessive nasal discharge may not be admitted.

Please direct any questions or concerns regarding our Tot Watch & Kids Gym to Robert J. Gregory, Senior Program Director,  
[rgregory@ymcaoflansing.org](mailto:rgregory@ymcaoflansing.org), 517-827-9686