



# Healthy Starts Here

## Westside Community YMCA

Spring April 1-June 1

	M	TU	W	TH	F	SA	SU
<b>YMCA HOURS</b>	5am-10pm	5am-10pm	5am-10pm	5am-10pm	5am-9pm	7am-9pm	7am-8pm
<b>TOT WATCH</b>	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-1pm	2pm-4pm
<b>KID'S GYM</b>	4:30pm-8pm	4:30pm-8pm	4:30pm-8pm	4:30pm-8pm	Closed PM	9am - 1pm	2pm-4pm Skate Rink
<b>YOUTH FITNESS CENTER</b>	5:00pm-7:00pm	5:00pm-7:00pm	Family Time	Family Time	Family Time	Family Time	Family Time
<b>OPEN GYM</b>	5am-8am 12pm-5:30pm	5am-11am 1pm-5:30pm	5am-8am 12pm-5:30pm	5am-11am 1pm-5:00pm	5am-8am 12pm-9:00pm	Youth Basketball January -March	7am-11am
<b>ADULT GYM</b>	Pickle Ball 8am-12pm	Pickle Ball 8:30-10:30a Men's Bball 11-1pm	Pickle Ball 8am-12pm	Men's Basketball 11am-1pm	Pickle Ball 8am-12pm	-	Men's Basketball 11am-1pm
<b>SKATE RINK</b>	Adult Hockey 6pm - 10pm	Family 7:00pm-8:30pm	Adult Hockey 5pm - 10pm	Open Skate 5am - 6pm	Open Skate 5am - 9pm	Open Skate 1pm - 9pm	Open Skate 1pm - 6pm
<b>ROCK WALL</b>	6pm-8pm	6pm-8pm	6pm-8pm	6pm-8pm	Closed	11am-2pm	2pm-6pm
<b>LAP SWIM</b> <small>(Please see lap pool schedule for details)</small>	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-9:30pm	5:30am-8:30pm	7am-8:30pm	7am-7:30pm
<b>OPEN SWIM</b> <small>(Please see lap pool schedule for details)</small>	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-8:30pm	11am-8:30pm	9:30am-7:30pm
<b>SPLASH &amp; PLAY</b>	9am-8:30pm	9am-8:30pm	9am-8:30pm	9am-8:30pm	9am-8:30pm	9am-8:30pm	9am-7:30pm
<b>WATER SLIDE</b>	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm	5:30pm-8:15pm	2pm-6pm	2pm-6pm

Calendar subject to change.

### CELEBRATE YOUR BIRTHDAY WITH THE WESTSIDE Y

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

Tot Watch and Kids Gym are available to members ages two months to ten 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.

### TOTWATCH

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

Children, six months to five years, may stay for a period of up to one and a half hours in Tot Watch.

### KIDSGYM

Children, four years to ten years, may stay for a period of up to one and a half 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 and will need to pick up their child immediately.
- For safety and sanitary reasons, children must wear socks while participating in Tot Watch and Kids Gym.

## 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. If a guest would like to utilize the fitness center they need to come in with a member and pay the guest fee to obtain a youth fitness center pass.

## 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 a parent or guardian complete their waiver. Waiver expires December 31st each year.
- Athletic shoes are required (no sandals, boots, heeled footwear or 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 arm's 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 at any time. 5-7 years old must have an adult 18 years or older sit poolside.

8-10 years old must have a parent in the building. 11 & over may swim unsupervised.

### SWIM TEST

All children 12 & under wishing 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 a length of the pool on their front, rolling to their back and swimming the remaining half length of the pool on their back and treading 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.

### LAP LANES

Lap lanes 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 years old must be swim tested prior to going down the slide. No floatation devices 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 those who are ages 13 & up.