

Find Yourself at the Livonia Family YMCA

The Livonia Family YMCA helps people discover their potential through programs that strengthen the spirit, mind and body. Human potential is rich, diverse, and dynamic—much like the YMCA, its members, programs and places. The genius of the YMCA is that it is many things to many people.

How will the Y help you discover your potential?



SUPPORTING HEALTHY LIFESTYLES



YMCA programs provide a wide range of opportunities to get active and engaged, have fun and be a part of the YMCA's healthy lifestyle movement. Our YMCA branch offers more than 100 classes each session, from Health & Fitness and Aquatics, to Gymnastics, Preschool, Youth and Teen Sports as well as Day Camp. We also offer a robust Tennis Program, Personal Training and Martial Arts.

Becoming a Member

The Livonia Family YMCA serves some 7,500 members from Livonia, Westland, Garden City, Redford Township, Plymouth, Northville, Detroit and beyond. Various membership opportunities are available for individuals, families and corporations to participate in the YMCA.

The YMCA Difference



For more than 150 years, the YMCA has invested in the community's strongest asset—people. Through our annual Strong Kids Campaign, the Livonia Family YMCA raises funds to help ensure everyone can participate in the YMCA regardless of their ability to pay. In recent years, the Livonia Family YMCA has raised more than \$75,000 annually as part of the Strong Kids Campaign scholarship fund.

Volunteers are an integral part of the YMCA. YMCAs are first and foremost volunteer organizations. To put it in perspective, not every YMCA has a building, but every YMCA has volunteers. The Livonia YMCA has more than 400 volunteers—coaches, policy makers, advocates, fundraisers, instructors, and more—all helping ensure that the YMCA is meeting the unique needs of our community. Volunteers are at the heart of every YMCA and that is why YMCAs are at the heart of community life in more than 10,000 communities nationwide.

Be Our Guest

To learn more about membership opportunities at the Livonia Family YMCA, contact us at **(734) 261-2161** and ask for a Membership Development Team member. We'll treat you to a day at the YMCA and provide you with a tour of the facility.

About the Livonia Family YMCA

The Livonia Family YMCA is located on a beautifully wooded site that fronts Stark Road, just next to Frost Middle School.

The 100,000 square foot branch includes:

- Tennis house, with 5 indoor and 5 outdoor courts
- Field House with basketball court and two half-size basketball courts
- Gymnastics Studio, fully equipped with spring floor, balance beams, high bars, vault and preschool instructional area
- Indoor racquetball courts
- Brighthouse Media Room with individual study tables, computer and Internet access, personal storage cubbies for tutored children, and a relaxation corner equipped with plush carpet and furniture
- Fitness Studio, fully-equipped for a full range of group exercise classes and small group personal training
- Wellness Center with a full line of cardio equipment including treadmills, elliptical trainers and stationary bikes, strength training and free motion equipment and the Fitlinx computer system for managing personal fitness plans
- 6-lane, 25-yard swimming pool, and small 3-foot-deep recreational pool
- Men's, and Women's locker rooms with whirlpools and saunas
- Family & ADA locker rooms
- YMCA Child Watch, a dedicated, supervised space for preschoolers to play while parents enjoy the facility



OUR MISSION:

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.





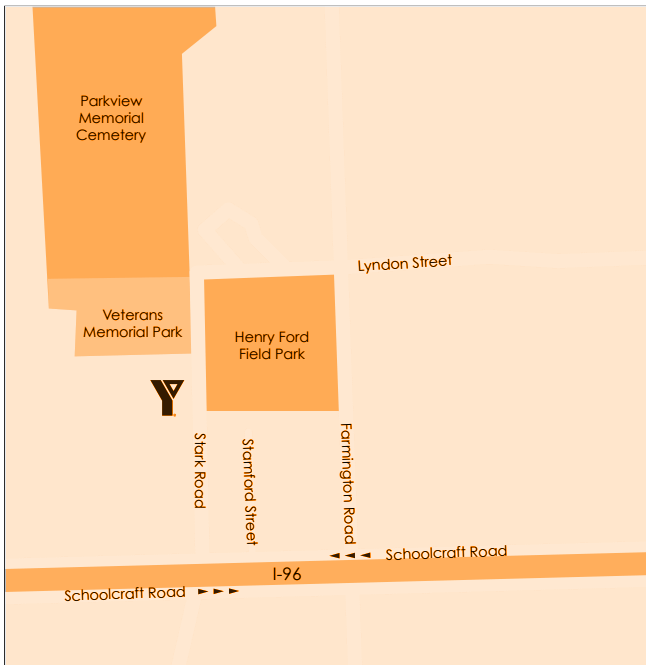
Livonia Family YMCA

14255 Stark Road
Livonia, MI 48154

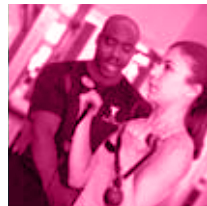
Phone: (734) 261-2161

Fax: (734) 261-0888

www.ymcadetroit.org



THERE'S NEVER BEEN A BETTER TIME



TO FIND YOURSELF AT THE

