

Family Fun for Everyone!



At the YMCA we strengthen more than muscles.

The Farmington Area YMCA welcomes everyone. There are family membership plans for as low as \$28/mo. and exciting programs for adults and children. Whether you choose a swim class in our olympic pool, burn off a few extra calories in an exercise class, jog around our indoor track, tone your muscles in the wellness center, play a game of racquetball or watch your child learn a new gymnastics move....our caring staff will make your experience an enjoyable one.

The YMCA has something for everyone. We're your family place!

Try the YMCA Week **FREE**

All full privilege YMCA members and any residents of Farmington, Farmington Hills, Nool, Walled Lake, and West Bloomfield area invited to try the YMCA FREE! Just drop in to any of the programs listed below that you may have an interest in. JOIN the FUN. At the YMCA there are activities for the whole family.

(Mon. (Sept. 2) Closed for Labor Day)

Tuesday (Sept. 3)	Wednesday (Sept. 4)	Thursday (Sept. 5)	Friday (Sept. 13)	Saturday (Sept. 7)	Monday (Sept. 9)	Tuesday (Sept. 10)	Wednesday (Sept. 11)	Thursday (Sept. 12)	Friday (Sept. 13)	Saturday (Sept. 14)
Older Adult Exercise 8:00 a.m. Low Impact Aerobics 9:00 a.m. Mom & Tot Swim 10:00 a.m. Pre-School Gymnastics 4:00 p.m. Youth Gymnastics 5:00 p.m. Adult Aerobics 6:00 p.m.	Adult Aerobics 6:30 a.m. Low Impact Aerobics 9:00 a.m. Step Aerobics 10:00 a.m. Pre-School Swim 10:00 a.m. Adult Water Exercise 11:00 a.m. Youth Swim 4:30 p.m. Adult Aerobics 6:00 p.m.	Older Adult Exercise 8:00 a.m. Low Impact Aerobics 9:00 a.m. Mom & Tot Swim 10:00 a.m. Pre-School Gymnastics 4:00 p.m. Youth Gymnastics 5:00 p.m. Adult Aerobics 6:00 p.m.	Adult Aerobics 6:30 a.m. Low Impact Aerobics 9:00 a.m. Step Aerobics 10:00 a.m. Pre-School Swim 10:00 a.m. Adult Water Exercise 11:00 a.m. Youth Swim 4:30 p.m. Adult Aerobics 6:00 p.m.	Older Adult Exercise 8:00 a.m. Pre-School Gymnastics 9:30 a.m. Youth Gymnastics 10:30 a.m. Youth Swim 10:30 a.m.	Adult Aerobics 6:30 a.m. Low Impact Aerobics 9:00 a.m. Step Aerobics 10:00 a.m. Pre-School Swim 10:00 a.m. Adult Water Exercise 11:00 a.m. Youth Swim 4:30 p.m. Adult Aerobics 6:00 p.m.	Older Adult Exercise 8:00 a.m. Low Impact Aerobics 9:00 a.m. Mom & Tot Swim 10:00 a.m. Pre-School Gymnastics 4:00 p.m. Youth Gymnastics 5:00 p.m. Adult Aerobics 6:00 p.m.	Adult Aerobics 6:30 a.m. Low Impact Aerobics 9:00 a.m. Step Aerobics 10:00 a.m. Pre-School Swim 10:00 a.m. Adult Water Exercise 11:00 a.m. Youth Gymnastics 5:00 p.m. Adult Aerobics 6:00 p.m.	Older Adult Exercise 8:00 a.m. Low Impact Aerobics 9:00 a.m. Mom & Tot Swim 10:00 a.m. Pre-School Gymnastics 4:00 p.m. Youth Gymnastics 5:00 p.m. Adult Aerobics 6:00 p.m.	Adult Aerobics 6:30 a.m. Low Impact Aerobics 9:00 a.m. Step Aerobics 10:00 a.m. Pre-School Swim 10:00 a.m. Adult Water Exercise 11:00 a.m. Youth Swim 4:30 p.m. Adult Aerobics 6:00 p.m.	Older Adult Exercise 8:00 a.m. Pre-School Gymnastics 9:30 a.m. Youth Gymnastics 10:30 a.m. Youth Swim 10:30 a.m.

**Watch for your
FALL PROGRAM SCHEDULE in the mail!**

Fall Classes begin September 16 • Registration starts Sept. 9, 9 am-9 pm

NO INDIVIDUAL
is denied
YMCA Services.
Financial assistance
for those who qualify.

553-4020

¼ Mile North of 12 Mile
On Farmington Road

The YMCA
puts Christian Values
to practice
in programs that
build a healthy
body, mind and spirit.