



Livonia Family YMCA

General Information

The Livonia Family YMCA Mission Statement:

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

Facility Hours:

Monday – Thursday 5:30 am – 10:00 pm
 Friday 5:30 am – 9:00 pm
 Saturday 7:00 am – 6:00 pm
 Sunday 7:00 am – 6:00 pm

Child Watch Hours:

Monday through Friday 8:00 am-1:00 pm
 Saturday 8:00 am-12 noon
 Mon. 4:00 pm-8:30 pm
 Tues, Thurs 4:00 pm-9:00 pm
 Wed, Fri 4:00 pm-8:00 pm

Brighthouse Room Hours

Monday – Friday 9:00 am-12noon*summer only
 Monday – Thursday 5:00 pm – 8:00 pm

Pool Hours:

Monday – Thursday 5:30 am –9:30 pm
 Friday 5:30 am – 8:30 pm
 Saturday 7:00 am – 5:30 pm
 Sunday 7:00 am – 5:30 pm

Holiday Hours:

January 1 New Years Day 8:00 am – 12:00 pm
 April 4 Easter Day Closed
 May 31 Memorial Day 8:00 am -12:00 pm
 July 4 Independence Day 8:00 am -12:00 pm
 September 6 Labor Day 8:00 am – 12:00 pm
 November 25 Thanksgiving Day 8:00 am – 12:00 pm
 December 24 Christmas Eve 5:30 am – 6:00 pm
 December 25 Christmas Day Closed
 December 31 New Year’s Eve 5:30 am – 7:00 pm

Pool closes 30 minutes and the Wellness

Center 15 minutes prior to building closure

Livonia Family YMCA Staff

Phone (734)261-2161

Executive Director: Laura Perlowski 209
Membership/Marketing Director: Eric Farquhar 203
Membership Specialist: Pat Woloszyk 204
Tennis Director: Jack Kingsbury 218
Tennis Pro: Bob Miller 219
Tennis Manager: Deanna Henderson 217
Wellness Director: Ericka Dawydko 208
Program Director (camp/sports): Marie Kaiser 216
Youth Sports Coordinator: Dorothy Kempainen 220
Gymnastics Coordinator: Lisa Fierk 207
Building Rentals, Financial Aid: Michelle Badolato 202
Business Office Manager: Jan Dziurlikowski 205
Building Generalist: Tim Morene 221
Aquatics Director:Michelle Robinson 213
Volunteer Coordinator: Julie Allen 223

Direct Ext.

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General Information

- All members are required to present their membership card in order to access the facility. Please swipe your membership card, when you enter the building.
- Children under the age of 13 must be accompanied by an adult or in a supervised program while in the facility.
- During inclement weather: Classes are canceled when Livonia Public Schools close. No refunds or credits will be issued if a class is canceled due to inclement weather
- Keep valuables with you at all times. The Livonia Family YMCA is not responsible for loss, damage or theft of any items.
- Smoking is prohibited on the Livonia Family YMCA property.
- No firearms or weapons are allowed in the Livonia Family YMCA.
- Appropriate attire must be worn at all times when using the Livonia Family YMCA. Shoes and shirts are required in all areas outside the locker rooms and pool areas. Only shoes with non-marking soles are allowed on the gymnasium floors, tennis and racquetball courts. Shorts and a shirt that covers the mid section and chest must be worn at all times in the wellness center and fitness classes
- Amendments to these policies and rules may be made without prior notification by management.
- **The following may result in immediate suspension:**
 1. Endangering the health and safety of another member, staff or volunteer
 2. Stealing or damaging YMCA or personal property
 3. Disruption of programs
 4. Refusing to following the behavior or teen center rules
 5. Frequently use of profanity, vulgarity, or obscenity
 6. Acting in a lewd manner
 7. Fighting

Guest Policy

- Guests may only enter the Livonia Family YMCA when accompanied by a member and register at the Front Desk.
- A member may host a maximum of two (2) guests at a time.
- A guest fee will be charged for guest usage of the Livonia Family YMCA.
- All guests must present picture identification and complete a registration and waiver of liability form prior to entry into the Livonia Family YMCA.
- A parent or legal guardian must accompany all guests under the age of eighteen (18) and present an authorization form for release of liability signed by a parent or legal guardian prior to using the Livonia Family YMCA.
- Guests must be with a member to use the facility
- Individuals may only be a guest 2 times each year.
- Teen Guests (13-17) for safety reasons do not have access to the wellness center.

In keeping with the Livonia Family YMCA mission of providing programs that help people grow in Spirit, Mind and Body, the Livonia Family YMCA has established a code of conduct. Guests should practice the character development values of caring, honesty, respect and responsibility towards members, other guests and staff. Guest shall abide by the posted guidelines and regulations in activity areas.

Financial Assistance

The YMCA offers affordable programs and services designed to benefit people of all incomes and backgrounds. Fees are based on the actual cost to provide each program. The YMCA uses contributed funds from the Strong Kids Campaign to ensure those unable to pay the stated fees are able to participate. If fees are a concern, please inquire at the Courtesy Counter for a scholarship application form. All records and inquiries are kept confidential.

Lost and Found

The YMCA is not responsible for lost or stolen items. Please inquire at the Courtesy Counter if a personal article has been lost. Lost and found articles will be held for 30 days before being donated to a local charity.

Cell Phone Policy

For consideration and safety: Please do not use your cell phone in the wellness center or in the locker rooms.

If you need to keep your cell phone with you while you are working out, please turn it to vibrate and remove yourself to the lobby if you need to have a conversation. Cell phone use is distracting for members near you and can cause injury if you lose focus.

Phones should be turned off completely in locker rooms for the protection of all YMCA members. The possibility of photos taken on phones and downloaded immediately to internet sites is an unfortunate concern.

Photography

Photography anywhere in the YMCA is prohibited by YMCA members or visitors unless accompanied by a staff person and with special permission granted by the executive director.

Registration Information

A Program Membership is required to participate in any YMCA class or program. Registration continues until all available spaces are filled.

New YMCA participants must register the first time in person at the YMCA.

Walk-In Registration

Registration can be taken at the courtesy counter at the YMCA.

On-Line Registration

Access via website at www.ymcadetroit.org or at the terminal in the lobby.

Refund Policy/Make-up classes/Class cancellation

- All participants must be registered for class prior to beginning of class. There is no proration for missed classes.
- Makeups will only be allowed with prior approval from the program director based on availability within the same session.
- During inclement weather: Classes are canceled when Livonia Public Schools close. No refunds or credits will be issued if a class is canceled due to inclement weather.
- A credit for the unused portion of the program will be issued to be used for future programs if a cancellation is due to medical reasons. A doctor's note is required.
- If the Livonia Family YMCA has to cancel a class, an alternative class can be signed up for or we will issue a full refund at your request.
- All programs will have a \$15 processing fee if canceled before season/program starts. No refunds will be given after the season/program starts.
- Soccer leagues U9 and up: All refunds will be assessed a \$20 processing fee. No refunds will be given after the season starts.
- Swim team, gymnastics team and tennis leagues: Remaining balance will be refunded (minus \$15 processing fee) with a doctor's note or proof of moving.
- Credit Card refund can only be issued to same card used for payment.
- Un-designated is a credit to your Livonia Family YMCA account to be used for future activities.

Membership Cancellation Policy

30-day notification from draft date is required.

Any member rejoining the YMCA within 12 months of their original cancellation date will pay a full joiners fee. They will be unable to benefit from any promotional offer that may be in place at the time of rejoining.

30-days notification is required for all account changes including add/removal of members, draft payment changes, suspensions, and change of membership types.

- The membership department will be available Monday thru Friday from 9:00 am to 8:00 pm and Saturday 10:00 am – 5:00 pm.
- You must come in person to complete a form. No faxes, phone calls or emails.

Suspension Guidelines

The YMCA of Metropolitan Detroit will enable its members to ‘suspend’ their membership privileges due to temporary work relocations, medical necessities, and/or extended vacations. In order to ‘suspend’ their membership privileges the member must complete a membership suspension request form available at the branch via the Membership Development Director.

For approved suspension requests:

- Membership privileges may be suspended for a maximum period of three consecutive months per calendar year. A member may suspend his/her membership once in any 12 month period.
- The suspension may be reviewed at 3 month intervals and extended at the discretion of the Executive Director.
- During the period of suspension all facility access/usage is denied.
- During the period of suspension a monthly charge equal to 25% of the monthly membership dues will be charged. These fees must be paid in advance or through monthly EFT. At the end of the suspension period (maximum 3 months) normal billing will automatically resume at the then applicable rate.

Family Locker Room/Locker Rooms

- All children 13 years and younger must use the family locker room.
- Parents/guardians should supervise children in the family locker-room
- Showers should be completed in to exit the building by posted closing times
- Place towels in bins after usage.

Locker Rentals

- Locks must be removed daily, unless registered.
- Sign up at the Front Desk for locker rental. Locker rentals can be paid in full for the year or set up as a draft.
- Full-length lockers are for day use only.
- Half size lockers can be rented for \$4 per month and small lockers for \$3 per month.
- You must provide your own lock.

Sauna

- You must be 15 years old or older to use the sauna.
- Shower with soap before use.
- Maximum duration thirty minutes.
- Please do not pour water on the sauna rocks.

Whirlpool

- You must be 15 years old or older to use the whirlpool.
- You must wear a bathing suit in the whirlpool.
- No life guard on duty.
- No diving.
- Temperature does not exceed 104 degrees.
- Long exposure may result in nausea, dizziness or fainting.
- Elderly persons, pregnant woman and those with health conditions requiring medical care should consult a physician before entering the whirlpool.

Wellness Center

- Members are highly encouraged to take advantage of their free FitLinxx orientation. Please see a Wellness Center attendant to schedule an appointment.
- Members aged 13 to 17 years are permitted to use the Wellness Center. Refer to Wellness Center Teen Rules.
- Small hand towels are available while exercising in the Wellness and aerobics room.
- Proper workout attire for a family atmosphere is required.
 - No jeans, belts, keys, rubber suits/excessive layers, or sandals.
 - Clean athletic footwear
 - Shorts and a shirt that covers the mid section and chest must be worn at all times in the wellness center and fitness classes
- No Guests under the age of 18 are permitted.
- Use equipment correctly and return everything to its proper place.
 - Re-rack free weights
 - Do not slam weight stacks or drop free weights on the floor.
- Be courteous of other members and allow them to “work-in” when performing multiple sets on weight machines.
- Please respect others and wipe down equipment after use.
 - Ask the attendant on duty for a spray bottle and rag.
 - Please do not use clean towels to wipe equipment.
 - Return used towels to basket when finished.
- Gym bags and coats must be kept in a locker.
- Cell phones may not be used while on any exercise equipment.
- 20 minute limit on cardio machines during active time periods.
- Plastic bottles with caps only, No Glass!
- Please follow all directions of the Wellness attendant in an emergency or power outage.
- No horseplay, running, bouncing basketballs, disruptive behavior, or safety violations will be tolerated. Violators may be asked to leave.
- Only YMCA Personal Trainers and Wellness Staff are allowed to train members.

Wellness Center Teen Rules: For all 13 to 17 year old teen members

- Teen members must sign in at the Kiosk with their FitLinxx ID upon entering the Wellness Center.
 - FitLinxx ID will become inactive if no workouts have been completed within 90 days of the sign up date.
 - If a Teen's FitLinxx ID becomes inactive the Teen must meet with Wellness Staff to have it re-activated and a small orientation may be required at that time or scheduled for a later date to ensure proper use and knowledge of the FitLinxx and Wellness Center equipment.
- Teen members must have an orientation prior to the use of the Wellness Center.
 - 13 & 14 year olds are required to have a minimum of 2 FitLinxx orientations and 15-17 years olds require one orientation.
 - 2ND orientation to be completed no later than 30 days from 1st orientation date.
 - If a Teen is interested in using the free weights a separate Free Weight orientation with a Wellness Staff person qualified to teach the free weights is required.
 - 13 & 14 year olds must complete both of their FitLinxx orientations to schedule a Free Weight orientation.
- Teen members interested in changing their FitLinxx workout program must get approval from the Wellness Staff and also be modified in FitLinxx to reflect the changes.
- Teen members are restricted to using weight levels that permit a maximum of 10 repetitions per set to be completed.
- Teen members are not permitted to perform any power lift moves: i.e. power clean, clean & jerk, power snatch, etc.
 - Any workouts provided by a coach for sports training will not be allowed for use unless approved by both the Wellness Staff and the Wellness Director.
- Teen members are not permitted to bring a guest into the Wellness Center.
- Teen members are expected to follow the general rules of the Wellness Center.
- Not following any of the fore mentioned rules could lead to loss of privileges to the use of the Wellness Center.

Wellness Center: Family Fitness

- Designed for parents with children ages 11 and 12 years old.
- Available hours: Friday 5:00 pm – 9:00 pm & Sunday 3:00 pm – 8:00 pm
- Family cardio equipment orientations available by appointment: Friday at 7:00 pm & Sunday at 3:30 pm
- Parent must complete a policy and consent form with your child's schedule and complete a cardio equipment orientation with the Wellness Center attendant prior to using the room.
- Orientation will include the use of Fitlinxx interactive tracking system.
- Parents must be on the cardio equipment next or closest to your child. No child can be left unattended.

Aerobics and Fitness

- Members must be 13 years of age to participate in Fitness classes. Registration required.
- Members should return all aerobic studio equipment to the designated storage areas at the completion of class.

Gymnasium

- Food and drink are not permitted in the gym. Water only.
- Please treat others as you wish to be treated. No swearing, horseplay and/or rough activities allowed.
- Respect the parents, coaches, volunteers and officials.
- Please do not hang on the basketball rims.
- Please stay off of the gymnastics equipment.
- No one should climb, run, jump on the mats or spring boards in Lower Gym.
- Please do not bounce basketballs outside of Field House and other designated basketball gymnasiums.
- High school and Men's basketball leagues: Players can only use facility during games or practices, unless you have a full facility membership.

Gymnastics

- All gymnasts must have a signed copy of the rules with them, along with a completed medical card on the first day of class.
- Gymnasts with long hair must have it pulled back neatly out of their face.
- Gymnasts should wear a leotard or athletic shorts and tank top. Please no T-shirts as they can get tangled up while a coach is spotting or can get caught on the apparatus. Please no jeans as they can damage the equipment. Bare feet or socks are okay.
- All cell phones must be turned off or turned on vibrate while in the gym. This is a safety issue and helps to ensure the quality of the class.
- No flash photography in the gym. This can distract the gymnasts and cause injury.
- No parents, siblings or other guests allowed into the gymnastics area at ANY time unless requested by the instructor.
- While you are welcome to watch, please avoid "coaching" your child from the sidelines. It can be distracting to your child and other children in the class. If you have questions or concerns about your child's progress, your instructor will be happy to speak with you outside of class.
- No bouncing balls inside the gymnastics area. This is extremely distracting to both gymnasts and instructors.
- No food in the gym. Gymnasts are encouraged to bring water bottles with them, especially during the warmer summer months.
- Please take younger gymnasts to the bathroom before class. Gymnast's can not go to the bathroom alone and children ages 5 & under must be with an adult.

YMCA of Metro Detroit Swimming Pool Guidelines.

To ensure the safety of our members and guests, the following rules will be strictly enforced by staff:

- The Lifeguard is in charge of the pool at all times and has final say in all rule interpretations.
- The YMCA is a family facility, the use of profane language or the disrespect of staff, members or guests will not be tolerated.
- One whistle blast from the Lifeguard, all patrons must STOP, LOOK and LISTEN to the guard.
- Two whistle blasts from the Lifeguard, all patrons must EXIT the pool IMMEDIATELY.
- In case of lightning or thunder the pool will close for 30 minutes after the last visible lightning strike/thunder.
- Breath holding activities are not allowed.
- Every swimmer must take a soap shower before entering the pool.
- Every swimmer must wear a swimsuit that has a lining. Street shoes, undergarments, cutoffs and/or gym shorts are not allowed.
- Running and horse play are prohibited on deck and in the pool.
- Food or drink is not allowed on deck, except water in plastic containers and in designated areas.
- Any swimmer under 18 years old must take 1 of the 2 swim tests during recreational swims. Adults may be asked to take a swim test at the lifeguard's discretion.
 - Deep end test.**
 1. Swim one length of the pool or equivalent.
 2. Tread water without touching the pool sides and bottom for 1 minute.
 3. Deep Water Plunge: Swimmers must jump into the deep end and recover to the surface.
 - Shallow Water Test:**
 1. Float on back and roll to front.
 2. Recover from floating position to standing position.
- Swimmers who cannot pass either test or refuse to take either test must use a PFD (Personal Flotation Device). Parents with multiple children may work/play with one child one on one (without a PFD) while the other children must remain within arm's reach and in PFD.
- Only Coast Guard Approved PFD's are permitted during recreational swims. The use of PFDs is restricted to the shallow end of the pool.
- During recreational swim, swimmers under 48 inches MUST have a parent/guardian in the pool area. Parents must keep any child that did not pass the deep end swim test within arms length at ALL times. All groups/birthday party participants will have to pass the required swim test, and adults/chaperones must be in the water with their group.
- Children who are not fully toilet trained must wear a swim diaper.
- For the comfort and safety of our members and guests the Lifeguard may restrict the use of pool toys, instructional equipment and other recreational equipment at any time. Pool toys are to be used only in the shallow end of the pool.
- Lap Swimmers must circle swim. Swimmers may swim side by side if both swimmers agree.
- Photography allowed only with the prior approval of the Aquatic Supervisor.
- If diving is allowed at the facility, diving is allowed only in designated areas.

Child Watch

- Child Watch is for children three months to 7 years who are YMCA members.
- Visits are limited to two hours at a time. Free for full facility members and \$2.50 per hour, per child for program members.
Non-related children will be charged the program member rate per hour.
- A service fee of \$5.00 for each 15 minutes will be charged to anyone who leaves a child in Child Watch beyond the 2 hour limit.
- While children are in our care, a parent or grandparent must be in the building. A parent, grandparent, or adult sibling who is a Livonia Family YMCA member must sign-in or sign-out their children.
- A completed child information card must be on file before a child can be accepted.
- No food is allowed in child watch.
- Sick or ill children should not be brought to the Child Watch. If they have a fever, green or yellow discharge or other illness, please keep your child/children at home.
- Always have your membership cards and those of your children with you at each and every visit.
- Make sure your child/children have used the restroom, are freshly diapered and have been fed prior to bringing them into Child Watch.
- If the parent or grandparent who drops off the child will be having someone else picking up your child, their name **MUST** be on the emergency card. This would apply even if it is the other parent. Guardian must accompany child to the Child Watch-do not send them in alone
- Please remember, this is a drop-off child watch. If your child has difficulty getting adjusted, we will get the parent after a 10-minute time limit. Adjustment can vary with each child.
- Sign in at the Child Watch desk and let the staff know your location in the building.
- You are more than welcome to stay with your child their first few times to help them get acquainted. The amount of times you need to come in will depend on your child, and you are welcome to continue visiting until your child is comfortable with being left alone.
- What to bring: diaper bag, diapers and change of clothing, bottles, snacks, and juice (**NO JUICE BOXES**).
- Toys are provided by Child Watch and we ask that you do not bring in personal toys from home.
- No play knives, guns, or any weapons are allowed
- “G” rated movies are allowed
- No hard candies, suckers or gum are allowed

Racquetball

- Members may reserve free courts two days in advance at the Front Desk.
- We have two courts available for reservation.
- Members may only reserve courts for one hour at a time.
- Please leave your phone number, when reserving courts.

Tennis

- The Livonia Family YMCA has 5 indoor and 5 outdoor courts.
- Members can reserve courts at the Front Desk. Please call the Front Desk for court availability.
- Payment must be made prior to playing.
- Court cancellations must be made by calling the front desk at 734-261-2161 at least 24 hours prior to the reserved court time or the member will be responsible for the court cost.
- Walk on rates are available Monday – Friday 6:00 am – 5:00 pm
- Walk on rates are available 15 minutes prior to the scheduled hour and booked one hour at a time.
- Permanent Court Time can be arranged with Deanna Henderson in the Tennis House.
- League players must be current Tennis or Full Facility members. A program membership is not sufficient.

- Outdoor courts are free on a walk-on basis. If you would like to reserve a court, there is a \$4 per hour reservation fee.

Volunteer Opportunities

A cornerstone of the YMCA movement has always been volunteerism. Today, more than 300 volunteers contribute to the success of the Livonia Family YMCA. We believe in the importance of volunteerism and the significance of volunteer leadership in fostering caring communities. Volunteers help our communities grow stronger in spirit, mind and body. YMCA volunteers contribute their time and talent in a wide variety of roles including health and wellness, member services, child care, fundraising, family support, child and youth programs, mentoring/tutoring, facility maintenance and policy support. Many volunteer opportunities exist in the YMCA. If you are interested in becoming a part of the YMCA movement, let us know!

YMCA rental opportunities

The Livonia Family YMCA offers a fabulous location for all occasions. It is a great meeting place for:

- Church Groups • Birthday & Anniversary parties
- Business Groups • Bridal and Baby Showers
- Scout Troops • Graduation Parties

Extended use of the facility can include:

- Pool • Tennis courts
- Gymnasium • Gymnastics Center

Overnighters and after hour business parties are available for more exclusive use of the facility.

The Livonia Family YMCA is a great meeting place for small and home-based businesses. Perfect for team-building activities. Arrangements can be made to meet your specific needs. Call today for further information and availability, (734)261-2161

YMCA birthday parties

The Livonia Family YMCA is a great place to have a birthday party! Our 2-hour party packages include “Splish Splash Bash”, “Gym Jamboree” or we can create a party package to accommodate your needs. Pick up a birthday party brochure at the front desk for more information, or call (734) 261-2161.