

# Lakewood Family YMCA

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The YMCA mission is to put Christian principles into practice through programs and services that build healthy, spirit, mind and body for all.

Our facility offers: Full size gymnasium, group exercise classes, state-of-the-art fitness center, active older adult programs, heated swimming pool, swim lessons and water aerobics classes, sports leagues and youth sports activities, child watch services as well as child care for preschool and before and after-school.