At the heart of the Lake View YMCA is the power to transform—both yourself and the world around you.

A CLOSER LOOK
At the Lake View YMCA, we believe that personal goals are starting points, not limits. Ami Trosley joined the Y in 2014 when a friend with an upcoming wedding asked her to choose a bridesmaid’s dress that made her feel beautiful. The self-proclaimed “chronic elevator taker” was living life on the sidelines because of her size and wanted to start a positive new chapter of her own. Ami scheduled a fitness consultation with Yvonne Tierney and began YMax Training that March with the initial goal of losing 50 pounds.

“When I got invested in my training and saw how different my life could be, everything changed,” Ami says. She lost 125 pounds, 85 inches and eight pants sizes, and replaced them with a newfound sense of confidence, pride and passion for life. Today, you typically find Ami at the Y four or five days a week doing strength training on her own or enjoying the friendly competition of Yvonne’s Friday morning full body conditioning class. “I have met a great group of women who inspire and motivate me, and it’s hard to imagine this journey without them,” she says. “YMax has helped me exceed my own expectations and I know it can do the same for other people, too.”

Getting healthy and improving your fitness level are vital activities that should also be fun and inclusive. That’s why we’ve designed our programs to meet the needs of all of our members, no matter their age or skill level. At the Y, we provide a friendly and caring environment focused on helping you and your family gain strength, endurance, energy and self-confidence.

THE Y MEETS COMMUNITY NEEDS
At the Y, we strengthen communities through youth development, healthy living and social responsibility because we believe in nurturing the potential of every child and teen, improving our community’s health and well-being, and giving back and providing support for our neighbors. When you support the YMCA, you do so knowing that we provide an environment in which youth and families develop the skills and relationships needed to be healthy and active in their communities.

Visit lakeviewymca.org to learn more.
HELP US GROW  
STRONGER TOGETHER  
You can change a life by making a gift to the Lake View YMCA. The impact of your gift will be felt when:

• A teen develops communication skills that help her land a summer job.

• A father spends time with his child while coaching basketball.

• A woman lowers her health risk factors because of the personal attention she received with her exercise and nutritional goals.

Make a Gift. Change a Life.  
To learn more call the Lake View YMCA at 773.248.3333 or make your gift today at donate.ymcachicago.org.

ABOUT THE YMCA OF  
METROPOLITAN CHICAGO  
The Lake View YMCA is part of the YMCA of Metropolitan Chicago. We’re a nonprofit well-known for our 22 centers, five resident camps, and health and fitness programs. But we’ve also moved wellness beyond the gym to prepare our next generation with the physical, academic and social skills they need to thrive. Our neighborhood base helps strengthen communities through programs offered at hundreds of sites citywide. This work promotes academic readiness, character development, violence prevention, and fitness and healthy living. Come to the Y for personal fitness, sign up for a family program, or play a more active role in our community service mission. When you join the Y, you’re part of something big.

Learn more at ymcachicago.org

12/2015

THE LAKE VIEW YMCA  
As a nonprofit organization committed to youth development, healthy living and social responsibility, the Lake View YMCA has been proud to help our neighbors learn, grow and thrive for more than 85 years.

Between the the splash of a swim lesson, the whistles of summer camps and the smile that says “you’re welcome,” the Lake View YMCA strengthens bodies, minds and communities. Where some see obstacles, we see opportunities for our members, volunteers, program participants and staff to make a difference.

Since 1928 the Lake View YMCA has served the Lakeview community of Chicago, located on the city’s north side. Today, for more than 11,600 members and 50 volunteers, the Lake View YMCA is a destination where local children and families have the opportunity to discover who they are and what they can achieve, and where people of all ages, interests and abilities can build and maintain healthy habits.

11,600  
Y Members

$87,500 in  
annual community  
support

More than 50  
volunteers

87 years of  
serving our  
community

Lake View YMCA | 3333 North Marshfield Avenue, Chicago, IL 60657 | 773.248.3333 | lakeviewymca.org