



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REMODEL QUESTIONS AND ANSWERS

### What will be new at the Y?

The Y will have 5 group exercise rooms including dedicated group cycling and mind-body studios. With nearly 7,000 square feet of group exercise space, we can grow our classes to more than 500 a week from less than 100! With new offerings for all ages and fitness levels, there's a group for everyone.

We're renovating and adding a new mezzanine level in what's now the north basketball court (closest to the pool). All free weights, machine-based weights and cardio equipment will be organized together to provide a free flow of movement from one machine to another. And, the wellness area will now be ADA compliant meaning we are accessible to all.

### When will construction start and finish?

Construction will begin by late October and the entire project will be completed mid-February. The remodel will be done in two phases. The first phase, scheduled to be completed early January, includes converting the north basketball court into an efficient wellness center with a mezzanine that includes all free weights, machine-based weights and cardio equipment. Also, the new group cycling and mind-body studios will be open giving the Y three group exercise rooms! Phase II will start immediately with the development of two more studios, to be finished by mid-February, completing all 5 of our studios.

### Why Now?

There is no better time to expand than today. With the Y's strong ability to borrow, current low interest rates and available construction crews the timing is ideal for such an expansion. The Y is proud to be a leader in this economy and showcase our confidence and strength while generating much needed jobs in the construction field.

And the community needs the Y more than ever. According to the University of Wisconsin's Population Health Institute, Shasta County is one of the least healthy communities in California. Obesity is one of our community's biggest health problems. The Y is uniquely positioned to serve our community and ultimately decrease adult and childhood disease and obesity rates in our county. Our expanded facility will provide us with the space and tools necessary to tackle this growing problem. There is no time to waste.

### How does this fit with the Y's mission and three areas of focus?

Since its founding in 1851, the YMCA has successfully grown and changed to meet the current needs of its communities. The Y started by offering Young Christian Men a place for bible study and refuge and later expanded giving merchants and marines a "home away from home". The Y later began college student leadership development, night-school for working-class Americans and later began teaching every man and boy to swim. The Y's mission continued to grow and change and today is specifically focused on helping everyone build healthy minds, bodies and spirits. Obesity is one of our community's biggest health problems. So, it is with this mission in mind that the Shasta Family YMCA will grow and change again. Our expansion will help us better meet the health needs of our community. As in the past, the Y is looking ahead, planning for the future and taking action to improve our community's health and well-being.

### What new classes will be offered? I haven't exercised in years, will I fit in? I'm already in great shape, what's in it for me?

The Y will be expanding its fun and healthy offerings for all ages, interests and fitness levels. With 5 studios, the Y will start to offer beginning, intermediate and advanced classes in cardio, dance, strength and mind-body formats. The added space will allow us to offer current classes at more times and days. And, we'll experiment with new exercise formats to keep our members energized and connected. In addition to adding the exercise rooms, the Y will still have a diverse assortment of cardio equipment, free weights and machine-weights.

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**Will the Y stay open during the entire remodel?**

Yes. We will make every effort to minimize the construction's impact on your routine. At this time, we do not foresee needing to close the facility. It will take 3-5 days to move the exercise equipment to our new space. This means the free-weights, machine-weights and cardio equipment may not be available during this time. The group exercise rooms will be open and available to all and we encourage you to take this opportunity to try one of our new classes or programs.

**Why did you have to remove one basketball court? Will there be enough court time for me to play basketball?**

Due to cost and permitting restrictions, we had to stay within the Y's current walls. The new design will make the most of existing space to serve the greatest number of people.

We've already had input from some of our basketball court users, and from that, we're forming a more organized method for court usage. Ray Phillips, Director of Member Services, will also be organizing a member committee to help plan this new system. Thanks in large part to this feedback, we feel we will be able to develop a plan that will prioritize Y members, allow for open drop-in time and provide the necessary space for all Y sanctioned activities.

To keep the basketball courts open as much as possible for member reservations and drop-ins, we've reached out to Turtle Bay Elementary School and strengthened our already cooperative relationship. The school is happy to have the Y's Youth Basketball League practice and play on their courts. The Y's older youth will be using the TB Elementary School's courts, while our youngest players will continue to play and practice at the Y. And, the Y continues to support Special Olympics and has offered its players their regular practice time plus an extension past our normal operating hours.

**How will you be handling facility upkeep and maintenance?**

The Y has been proudly serving this community for more than 64 years – and 25 years in our current facility. Our building has needed a facelift. With this expansion comes a renewed focus on facility maintenance and cleanliness. We want to provide you with a clean, safe facility so we are forming a Property Management committee to assist and provide valuable feedback to our Director of Property Management, Darrell Jones. Your input is critical. Our property management staff is available daily to hear about equipment, pool, landscaping and facility maintenance questions or concerns. Please report any matters you have to Darrell, Member Services or any Y staff.

**How much did the project cost? How are you paying for it?**

The total construction cost of the remodel and parking lot is approximately \$600,000. The Y is fortunate to be financially strong and has taken necessary steps to ensure its ongoing sustainability. We've chosen not to fundraise for the remodel. In these challenging times, we are sensitive to the ongoing needs of other local non-profits and did not want to take additional money in this time of community need. The Y has the ability to borrow and has chosen to take advantage of favorable interest rates, and the availability of construction crews.

To keep the project within the Y's budget and culture, you'll find that the changes are practical, efficient and well-designed – not elaborate. We're providing a large, functional wellness area that will help members connect with one another while reaching their wellness goals. And, as we grow, we will continue to add services and comforts to better assist our followers on their journey to health and happiness.

**How can I learn more about the project?**

There are a number of ways to learn more. Please visit our new website at [www.sfymca.org](http://www.sfymca.org), join us on Facebook at [www.facebook.com/TheShastaFamilyYMCA](https://www.facebook.com/TheShastaFamilyYMCA), and read our display in the Y lobby. You are also welcome to contact Al Boren, Y CEO, or Ray Phillips, Member Services Director, at 246-9622.

**Our Mission:**

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