



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October 12, 2011

Great news for our members and community. We are expanding and growing!

The Shasta Family YMCA team is excited to announce one of the most significant remodels in our history, creating a space that greatly expands the classes and programs we offer and better meets the needs of our members and broader community. The work will begin (permits pending) by the end of October, with plans to have Phase I finished by early January and all finished by mid-February – “A New Year, A New Y, A New You!”

The new design will maximize existing space to serve the greatest number of people. Our facility plans go hand-in-hand with a major expansion of fun and healthy group activities on land and in the water. The Y is a place where families and friends can play and be active together. Whether the activities are physical like sports or exercise classes, or recreational like swimming or art, the Y brings people together.

This is what our remodel means to you:

- **More choices all day.** 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 land and water 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.

According to IHRSA, the fitness industry's only global trade association, "group exercise programming is experiencing phenomenal growth...people are moving back to socially based forms of exercise... Socially-based exercise is up."

The Y is at the forefront of this trend by providing you and all of our members and community with more choices – from boot camp to yoga from low-impact and high-impact aerobics to strength training classes from aquatic exercise to dance-style classes.

- **Organized, time-efficient exercise experience.** Your time is important, so we've planned the new weight and cardio room to be more efficient. Renovations include 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 into this room and mezzanine to provide a free flow of movement from one workout location to another. And, we are proud that this room will be ADA compliant, making it accessible to everyone – all part of the Y mission.
- **All-in-one wellness.** Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y is so much more than just working out. Beyond our fitness facility, we will begin to provide more educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.
- **A commitment to basketball.** Basketball is and remains a valued Y tradition. While converting our north basketball court to offer more variety in exercise and wellness programs to serve the greatest number of people, we remain fully committed to meeting the needs of our basketball playing members. To that end, we are working collaboratively with

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members to develop a fair, member-focused system. Some of the details are still to be developed, but there are currently a few firm plans. First, the south gym (closest to the entry) will now be dedicated to basketball and a limited number of large group activities. Second, we are exploring the possibility of adding an outdoor court with help from community volunteers. Third, we plan to start a new scheduling and reservation system so we can meet the needs of all members who wish to play basketball. And finally, thanks to a collaborative agreement with Turtle Bay Elementary School, we also will be growing our popular Youth Basketball League using the school's courts. The Y continues to support Special Olympics and has offered its players their regular practice time plus an extension past our normal operating hours. As we continue to develop the final plans, Ray Phillips, Director of Member Services, is organizing a short-term member committee to help us design an inclusive approach using the expertise of the people who know best – our member-players. Ray and his committee will welcome any suggestions!

- **Accessible to all.** The new expansion will be entirely ADA compliant, with a comfortable flow between strength and cardio equipment.
- We will **stay open during the remodel** with as little interruption to your routine as possible.

Now more than ever, our community needs the YMCA. According to the University of Wisconsin's Population Health Institute, Shasta County is one of the least healthy communities in California. The Y is uniquely positioned to serve our community and ultimately decrease adult and childhood disease and obesity rates through a rich array of group activities and wellness programs for all fitness levels.

We are deeply grateful for your membership and ongoing support of the Shasta Family YMCA and are excited to better serve you in the future. We are dedicated to our mission and its three key focus areas: nurturing the potential of kids, helping people live healthier, and supporting our neighbors. These are fundamental to strengthening community.

To learn more about the project please see me or any Y staff, review the Q & A included with this letter, visit our new website at www.sfymca.org, join us on Facebook at www.facebook.com/TheShastaFamilyYMCA, and read our display board in the Y lobby.

To your health and happiness!

Al Boren, CEO
Shasta Family YMCA

Chris Jones, Chair
Shasta Family YMCA Board of Directors

Our Mission:

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