



"We're here to creatively fulfill our mission with programs that build healthy spirit, mind and body for all."

Keaton Finch
Executive Director
Taylor Bend YMCA



Taylor Bend Family YMCA a place to connect and grow.

"Programs that build healthy spirit, mind and body for all." It's more than a simple slogan. It affirms the mission of Taylor Bend Family YMCA to help build in its members a balanced, healthy, satisfying lifestyle.

The experience begins at the entrance to the area's fastest growing YMCA where a set of colorful murals depicts life along the James, Nansemond and Elizabeth rivers. "I wanted to emphasize this idea of coming together in spirit, mind and body by using the community of three rivers as a theme," explained artist Carole Harrell. "These canvases show that the Y is not just a place for physical

activity, but it's also a place to connect."

The Taylor Bend Family YMCA is dedicated to building meaningful connections within families as it draws members from western Chesapeake, northern Suffolk, and nearby Portsmouth to its 45,000 square foot facility. Health, fitness and educational programs are offered for all ages from toddlers to senior citizens and include such activities as group exercise, aquatics, cycling, sports, cardiovascular fitness, parent-child Y Guides, strength training, massage therapy, dance lessons and much more.

For the health-seekers in the community, the YMCA offers a structured, personalized exercise program called FitQuest that provides guidance and motivation. FitQuest is specialized to an individual's age, interests, needs and abilities. It also helps track

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progress, boost results and record milestones that earn participants prizes for goal achievement.

The Interactive Zone offers members a unique opportunity for an exhilarating full-body workout while playing video games. Equipment in this area includes Dance Dance Revolution, Gamebikes and many other interactive activities that keep youth excited about fitness, and stimulates mental and physical coordination for adults.

Targeted to school-aged children, SPARK (Sports, Play and Active Recreation for Kids) coordinates physical exercise activities and teaches important values such as positive sportsmanship and teamwork. "One of our strategic initiatives is to reach children and teens with activities that stress that fitness can be fun," said health and fitness director Teresa Mowry. "We are taking the lead in helping to combat a national epidemic of obesity among youth."

Other programs designed for youth include physical education classes for home-schoolers (HYPE), Group Exercises Kids Only (Geko) and Middle School Madness.

"I feel truly blessed to be part of something so exciting," declared executive director Keaton Finch. "We continually tell people 'this is your Y,' because we do want that connected, family community feeling." She added, "We're here to creatively fulfill our mission with programs that build healthy spirit, mind and body for all."

The Taylor Bend Family YMCA is located at 4626 Taylor Road in Chesapeake. ■

