



YMCA of South Hampton Roads

We build strong kids, strong families, strong communities.

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Grand Reopening of Expanded and Renovated Great Bridge/Hickory Family YMCA scheduled for June 20

Additional space helps kids, adults, seniors and families exercise together and create healthy lifestyles.

Great Bridge – For the past few months, the Great Bridge/Hickory Family YMCA has been in the midst of a greatly anticipated expansion and renovation to better serve its members. Facility usage and local demographics have proven the need for the expansion, which has been planned for some time.

“Thanks to the membership support of our community, we out-grew our space after our first year,” said Bill Zazynski, District Executive Director. “This project continues to establish the YMCA as a community asset – with over 4,000 households as members and an average of over 40,000 visits per month, the Y is a major destination in the Great Bridge and Hickory communities.”

The generosity of a major donor made the expansion both possible and affordable for the Y. Thanks to the foresight of volunteers and staff, the completion of the construction comes at a time when the YMCA is needed in our community more than ever before. Thanks to careful planning, the \$1.4 million dollar project was completed in phases to minimize inconveniences for members and program participants. Changes include:

- The addition of a new 3,500 sq. ft. Gymnasium
- Transforming the old gym into a two-story, state-of-the-art 10,000 sq. ft. Wellness Center with free weights, FitQuest circuits and over 90 pieces of cardio equipment
- The Wellness Center became the Group Exercise studio, allowing for more class participants
- The former Group Exercise studio is now additional ChildWatch space and a new, enlarged Group Cycling studio with additional bikes
- New, expanded Interactive Zone created in the current Strength Room

“This will allow families to spend quality time together under one roof, eliminating the need for the satellite location we’ve used for the past three years in the shopping plaza next door. The renovation of our Interactive Zone not only improves programs for youth and teens, but provides us a dedicated space for older adults to explore their mental and physical fitness during the day,” said Zazynski.

As a 501c-3 not-for-profit agency, no one is ever turned away from the YMCA because of the inability to pay for a program or membership. Financial Assistance is available for those who would otherwise not be able to afford the YMCA. In 2008, the Great Bridge/Hickory Family YMCA gave over \$281,000 in financial assistance to kids, families and seniors for activities such as swim lessons, summer camp, teen leadership programs, youth sports and memberships. Each year, the YMCA’s *We Build People* campaign raises funds for financial assistance scholarships. Our goal in Great Bridge this year is \$95,000. One hundred percent of all donations goes directly to support those in need.

To see the new floor plan and photos of the construction visit www.ymcashr.org. For more information about affordable membership, call 546-9622.

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 200,000 children and families each year. More than 19% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA’s doors are open to people of all ages, backgrounds, abilities and incomes.

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