



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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The Y Invests \$2.9 Million to Make Winter Park a Stronger, Healthier and More Connected Community

Celebrates the Grand Re-Opening of the Winter Park Y with Ribbon Cutting Ceremony

ORLANDO, FL ... The Y has invested \$2.9 million to make Winter Park a stronger, healthier and more connected community through the renovation of the [Winter Park Y](#) (1201 N. Lakemont Avenue) where the community will come together on Thursday, September 15, for a grand re-opening celebration from 4-7:30 p.m. The event offers a chance to see the difference community support, local volunteers and scholarship dollars continue to make in leading the fight against chronic illness and for healthier communities.

The community celebration will feature live entertainment, a ribbon cutting ceremony, food and beverages, prizes, poolside party and cookout for kids, sneak peek of new program offerings, personal training demonstrations and a Business After Hours event in Phelps Park hosted by The Winter Park Chamber of Commerce.

The newly renovated Winter Park Y now offers enhanced amenities and programming space to connect neighbors and promote healthy lifestyles.

Renovations to the Winter Park Y, which added 3,110-square-feet to the facility, include:

- New Welcome Center (front desk) to provide better service to members.
- New social gathering areas to connect with old friends and make new ones.
- Improved wellness amenities with the addition of a new indoor cycling studio.
- Addition of family locker rooms to provide a convenient place for the family to change.
- Upgraded men's locker rooms and new women's locker rooms with larger saunas and steam rooms.
- Addition of environmentally friendly features such as specially designed landscaping and energy efficient windows to provide natural light throughout the facility and save on electricity use.

Programming at the Winter Park Y includes:

- Child Development programs for kids grade K-5.
- After school Teen fitness, youth sports leagues and mentoring programs.
- Summer and Specialty Camp programs.
- Adult sports leagues and group fitness classes.
- Aquatics programs, including swim lessons, water aerobics and lap swim.
- Safe Start, a survival swimming program for infants.
- Volunteer opportunities in coaching, fundraising, boards and local committees.
- Coach Approach, our new program being introduced to keep members active and adhere to a regular exercise routine, done at home or at the Y, that is manageable, realistic and customized to your needs.

“Our goal was to create a vibrant gathering place for Winter Park neighbors while also providing increased services and amenities that enables the every day practice of healthy living,” said President and CEO, James W. Ferber. “We now have more space for programming that will help us continue to strengthen the Winter Park community and make it an even greater place to live.”

About the Y

The [YMCA of Central Florida](#) is one of the area’s largest nonprofits committed to strengthening the local communities it serves. It is a diverse organization of men, women and children joined by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Each day 25,000 Central Florida residents are impacted by the Y when a mentor inspires a child, individuals make healthy choices and a community comes together for common good. In 2010, this YMCA Association of over 1,800 employees across 6 Florida counties impacted over 225,000 residents and invested, during a down economy, \$10.2 million in its local communities through neighborhood improvement projects. Also, this Y provided \$9.2 million in financial assistance to children and families that resulted in lasting personal and social change.

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