

For Immediate Release

**South Dade Family YMCA GROWS to Meet Community Needs**  
*Facility Expansion Response to Community Desire  
for Better Health through Family Recreation*

(Miami) April 7, 2009 – The YMCA of Greater Miami announced plans to serve more families in the community through the expansion of its South Dade Family Branch. The expansion includes the addition of an outdoor swimming pool, indoor gymnasium, a wellness center, a kids adventure center, and a teen/senior center.

“Long-term planning and community input has been vital in shaping our plans to rebuild the YMCA’s South Dade Branch as a focal point for families and residents of our community,” says Alfred Sanchez, president and CEO of the YMCA of Greater Miami. “By incorporating the features the community has asked for, we also will be able to serve three times as many residents and families.”

Results of a 2007 market study by Phil Balducci & Associates, Inc. showed that a majority of South Dade residents want the upgraded YMCA to offer a swimming pool and swim lessons; cardio equipment, weight machines and free weights; an aerobic studio and walk/run track; nutrition, diet and weight loss programs; family programs, youth sports, with a concentration on soccer and basketball; and summer camp.

“The findings of the research and community dialogue we conducted led us to incorporate social, fitness, and educational programming that meets the demands and needs of a community that seeks better health through recreation,” added Sanchez. “This renovation will give more community residents access to physical activities that promote a healthy lifestyle.”

Based on the suggestions and desires of the community, the South Dade Family YMCA will add an outdoor swimming pool with water play area and offer wide-ranging aquatics programming; an indoor gymnasium for all weather play; an extensive wellness center with cardiovascular equipment, resistance training equipment and free-weights; two group exercise studios; an outdoor sports court; a teen/senior center that can also serve as a multipurpose space; locker rooms that include a family change area; a kids adventure center with a play yard; and a supervised child watch center.

During the renovation period, which is anticipated to begin spring 2010, members will be able to use the existing wellness center and group exercise space. Youth basketball and preschool soccer also will continue on site until practices are temporarily relocated to other community locations during construction. Tennis play is anticipated to continue until spring 2010 as well, but will no longer be offered at the South Dade Family Branch once construction begins.

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To better service the growing number of YMCA members, new parking areas will be developed. “On certain nights our popular youth sports program draws many families, so it’s important that our plans address parking,” says Kevin Bolding, District Vice President and Executive Director of the South Dade Family Branch. “We believe in being good neighbors and providing sufficient and safe parking for our members.”

The YMCA purchased the property located at 9355 SW 134 Street in Miami in 2002. Previously a private tennis facility, the YMCA has already converted much of the property to meet the numerous requests of the community, including outdoor basketball courts, a preschool soccer field, a group exercise studio, and a wellness center with cardiovascular and weight equipment.

“We had to make some hard decisions through this process, and have now developed a South Dade Family YMCA that can serve more people in more ways than ever before,” says Sanchez. “The YMCA is dedicated to building strong kids, strong families and strong communities, and we are honored to be able to serve the residents of South Dade through family programs.”

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