

SISKIYOU FAMILY YMCA

SPIRIT, MIND & BODY

SPECIAL POINTS OF INTEREST:

- **STRONG COMMUNITIES CAMPAIGN!**
- **RAFT GUIDE TRAINING**
- **SPRING DANCE RECITAL- JUNE 1**
- **NEW SATURDAY AEROBIC CLASSES**
- **NO AEROBIC CLASSES OR OPEN GYM MON. JUNE 1**



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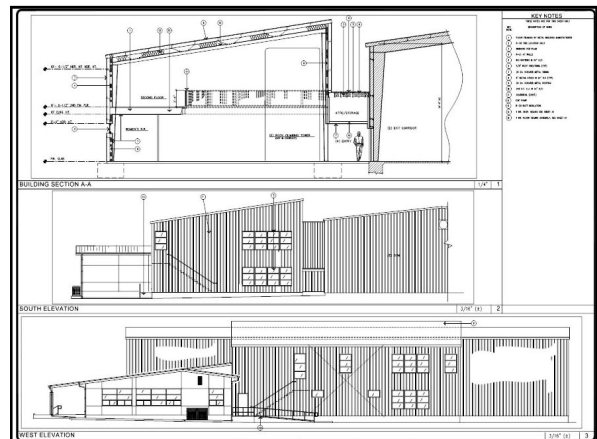
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YMCA Phase III Improvements Just Around the Corner!

By Janet Zalewski

This summer the YMCA will undergo a 6,000 square foot expansion to the YMCA facility. The new "wing" will be a two story structure that will include a "Kid's Fitness Center", indoor rock climbing and gymnastics, all under one roof. The building will complete another phase of the YMCA's Facility Master Plan that has been in the works for the last 7 years. Other Phases include the Activity Center and Fitness Trail which were completed in 2006 and an Indoor Swimming Pool which is in the development stage.

Right now the YMCA facility sorely lacks the space and equipment for children to exercise. The adult "fitness center" is not suitable, and cannot allow youth under 13 years old to work out using the adult equipment. So, unless a child is involved in an "organized sports program" there is little opportunity for them to get "real exercise" at the Y. Many children shy away from sports competition and as a result get little or no exercise. Other kids try to "sneak into" the adult fitness center - they really do want to exercise!
"It made sense to move ahead with the Kid's Fitness Center when we received the gift of



the Climbing Tower from the Mt. Shasta Ski Park" said Janet Zalewski YMCA Executive Director. "We put together a design plan and started seeking funds for construction. This is a very low budget project with the majority of funding provided by The Ford Family Foundation and The McConnell Foundation. In addition, we have received local support, committed "in-kind" gifts and volunteer laborers who are committed to build this building."
"We expect that when completed and equipped, this facility will get kids moving!" said Zalewski, "High-tech video and play station compatible cardio machines will complement other "strength training" and flexibility equipment to add to the overall exercise experience. Kids will find that becoming fit can be fun."

"We expect that an over-

weight kid whose parents have persuaded them to come to the YMCA to play basketball and get some exercise will look in the Kids Fitness Center and Climbing Gym and see really cool stuff to play on and go try it out. We expect later that week the same kid will ask their parents if they can go play at the YMCA on Saturday instead of sitting on the couch watching TV at home. We expect the very same kid will meet other kids who are playing on exercisers, or rock climbing, or working out on the kids treadmills and make new friends who like exercising too."

The YMCA hopes to submit plans to the City for approval during the month of April and to seek out contractors who will be able to work with the YMCA to make this project happen with the funds that are available.