



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT CHANGES ARE BEING MADE TO THE LAKE HIGHLANDS FAMILY YMCA?

NEW square footage: (not including the outdoor pool) 15,517 new square feet, giving total new indoor square feet of 41,217 plus 4,200 square feet of outdoor fitness space

- Current square footage: 25,700

NEW parking lot (max qty vehicles): 205 – a 68% increase

- Current parking lot: 122

NEW Pool Size: 6-lane, 25-yard pool with depth from 4ft to 9ft, with diving blocks.

- Current pool size: 2-lane, 25-yard pool with an adjacent 50-foot by 25-foot rec pool

New and Expanded Amenities:

- A **larger fitness center** which will allow us to more than triple the amount of space and greatly increase cardio and strength equipment available for our members.
- **2 new dedicated large rooms for group exercise** including, but not limited, to the following formats: Kickboxing, Yoga, Pilates, ZUMBA, Tai Chi, Les Mills programs, cardio, classes for our Active Older Adults, and more. These new rooms will also allow us to offer a larger variety of group exercise classes for all fitness levels, as well as offer a larger number of classes throughout the week, more than doubling the number we can currently offer!
- A **dedicated state of the art cycle room with over 30 cycles**. We are excited to offer the new Les Mills The Trip to complement our other cycle offerings. Complete with high end sounds and video technology, Les Mills The Trip offers a one of a kind cycling experience for our members.
- A **new, expanded childcare room**, and available secondary space, will allow us to improve the quality of our ChildWatch services to take care of children while their parent(s) work out at the Y. In addition, we will have the ability to separate the children into young and older age groups to provide more age appropriate activities and equipment.
- A **renovated 6-lane indoor heated pool** which will allow us to expand swim lessons, swim team offerings, water aerobics, recreational swim, and lap swim for our members and participants.
- A **renovated basketball gym**, with group exercise and cycling being moved to other rooms, will allow us to offer more time for kids, teens, and families to play basketball throughout the week as well as expand our Pickleball availability.
- **Renovated locker rooms** and additional family change rooms.
- **Added seating areas throughout the Y** for members to spend time getting to know each other better and fostering strong relationships.
- An **outdoor family pool** with a slide and other fun aquatics elements, providing a destination for families to spend quality time together and make memories that last a lifetime.