



Simi Valley Family YMCA

# Capital Expansion Project



**T**he Southeast Ventura County YMCA has been serving the Simi Valley community since 1984. Its facility on the corner of Cochran Street and Galena Avenue welcomes people of all ages to participate and enjoy activities that help them grow and thrive together.

Simi Valley youth have participated in many programs including swim lessons, team sports and child care provided by the Y. High school youth have enjoyed and benefited from the Youth and Government and leadership programs. Families across the region have enjoyed the Y's special community events including Healthy Kids' Day, Trunk-or-Treat and Breakfast with Santa.

Simi Valley is a growing, active and thriving community of 125,000 residents. Located in the foothills of East Ventura, Simi Valley is now one of the most sought-after communities to raise a family or enjoy one's twilight years.

The current facility has served Simi Valley well over the years, however, it is no longer able to meet the community's growing needs and interests. A modernized and enlarged Y facility is essential to achieve the vision of becoming a community hub where all members of the community can come together to recreate and engage with friends and community members.

## A Call to Action

Youth in Simi Valley, as around the country, are facing unprecedented health challenges including mental health, declining fitness, rising obesity, poor nutrition and continuous learning recovery from the pandemic.

Adults are also experiencing health challenges including mental health, aging-related issues including diabetes, heart disease, stroke, loneliness and isolation.

The Simi Valley Family Y is well-positioned to help address these challenges and support youth and adults in pursuing their personal goals through:

- Physical fitness and sports
- Teaching healthy living and nutrition
- Fostering healthy relationships
- Support systems, safe spaces and the knowledge to meet the challenges of today

A market study conducted by the Y in 2022 found that there is no community center where families and all members of the community are welcome and activities exist for all ages.

Findings of the report outlined tremendous growth potential in engaging youth and teens in recreation, sports and enrichment activities. Adults and seniors are seeking activities to help them reach their health and well-being goals and social engagement interests. A new gymnasium, multi-purpose rooms and updated facilities will be integral in providing these activities and creating a community hub for all.

The Simi Valley Family Y's new facility will have the potential to reach 3,000 or more households to welcome everyone.



# Mission Driven and Dedicated to Inclusion

**MISSION STATEMENT:** The Southeast Ventura County YMCA builds relationships, impacts lives and strengthens community through youth development, healthy living and social responsibility.

All are welcome at the Y, where diversity is celebrated and the Y's values of caring, honesty, respect and responsibility bind everyone together.

## Supporting Youth and Families

In today's technology-driven world, it is harder for young people to develop the skills, assets and experiences to grow into healthy, well-adjusted, happy and productive adults. In many two-parent households, both parents have to work to provide for their children, while single parents are struggling to make ends meet and provide for all their children's needs. All families benefit from community partners like the Y - to help them support the healthy development of their children.

One of the learnings through the pandemic has been the value and impact of schools and Y's collaborating and mutually supporting youth in their academic pursuits as well as social and emotional learning and physical fitness. While many public schools do not have funding for physical education, the Y provides a variety of sports and fitness activities. A larger expanded facility will allow the Y to dramatically increase the after-school youth fitness and enrichment activities to meet this need.



## Caring for our Adults and Seniors

The Simi Valley Family YMCA welcomed adults and seniors back after the pandemic to safely socialize and resume their health and exercise activities. Many Y members have expressed what a blessing the Y has been for their health and well-being. With an enlarged facility, the Y is poised to expand and provide more space that will allow for adding innovative classes for adults and seniors to continue to exercise, socialize and thrive.



## Responding to the Community's Growth

The need for Y programs and activities has exceeded the current facility's capacity and design. The new enlarged and renovated facility will grow the Y's footprint from its current 23,000 square foot facility to a projected 40,000 square foot spacious design. The new space will include:

**Full-Size Gymnasium:** The new gymnasium will host basketball, volleyball, pickleball and other activities in addition to youth, adult and senior exercise, recreation and special event activities.

**Aquatics Center with Two Pools:** The aquatics center will be modernized and continue to offer a large lap pool and warm water pool for swimming, family swim, swim lessons and water exercise classes.

**Expanded Fitness Center with State-of-the-Art Equipment:** The new center will expand the equipment and footprint from 2,384 to nearly 4,000 square feet. This will allow for more of a variety of cardio equipment and strength training machines for all interests and abilities. Personal training will be available to help participants reach their fitness and wellness goals.

**Multi-Purpose Rooms:** The new facility will host three new activity rooms of varying sizes for exercise and recreational activities for youth and adults. This will allow for more classes to meet the interests of the community.

**Kids' Zone:** The new facility will have a more spacious indoor and outdoor space for kids to play while their parents or guardians are given the opportunity to focus on themselves.

**Locker Rooms:** The expanded facility will include the addition of a Family Locker Room located by the pool that will have 7 individual changing rooms. Each will have its own toilet, shower and sink to create more comfort and privacy for members and participants of all ages.

**Parking:** The Y has acquired a license to use the property next door to the Y and will be converting it to additional parking. The current parking lot will be renovated to accommodate the growing number of families utilizing the facility. The beloved outdoor space for activities and community events will be retained.



## Project Funding

Project costs are estimated at \$7.5 million. The Y is currently in the quiet phase of pre-campaign fundraising to launch the project. Contributions will be sought from individuals, businesses, foundations and public funding sources. Determination of the campaign's goal and final project, and funding plan will be determined in early 2025. Construction is anticipated to begin by mid 2025 and completion by early 2027.



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