



Central Florida YMCA

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**CENTRAL FLORIDA YMCA TO CELEBRATE GRAND OPENING
OF NEW AVALON PARK YMCA FAMILY CENTER**

ORLANDO, FL...The Central Florida YMCA will officially open the doors to its new Avalon Park YMCA Family Center on Saturday, April 14th during its Healthy Kids Day event. The new 8,700-square-foot Family Center is located in Avalon Park's Town Center at 12001 Avalon Lake Drive in Orlando.

Central Florida YMCA will celebrate the grand opening with a special ceremony and ribbon cutting on April 14th at 11 a.m. Leading the celebration are Central Florida YMCA President Jim Ferber and Avalon Park developer Beat Kahli. The new Family Center includes:

- State-of-the-art cardio & strength training equipment
- Personal training
- Child development center
- Free group exercise classes including step, yoga, studio cycling and Latin cardio
- Summer camps
- After school programs
- Men's and women's locker rooms
- Youth and adult sports leagues
- Swim lessons and water safety classes
- YMCA's Healthy New You program

"We are offering the community YMCA services that uniquely meet the needs of Avalon Park," states Central Florida YMCA president and CEO, Jim Ferber. "The new Avalon Park YMCA Family Center offers residents state-of-the-art facilities and programming, conveniently located in their neighborhood."

For more information regarding the grand opening celebration, please call (407) 381-2512.

Established in 1885, the Central Florida YMCA is one of the largest nonprofit community organizations in Central Florida. With 24 Family Centers in Orange, Seminole, Osceola, Lake, Brevard and Marion counties, the YMCA gave over \$9.2 million in financial assistance, membership, and program subsidies to over 30,000 kids, teens, adults, and seniors in 2006. Committed to the community, with its nine Neighborhood Centers for Families, 13 middle school after school sites, 22 elementary after school sites, 16 senior outreach programs and four Teen Achievers centers, the YMCA maintains its mission to improve lives of all in Central Florida.