



Central Florida YMCA

FOR IMMEDIATE RELEASE

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CONTACT: Mason Moore
(407) 849-0100
mmoore@fhnnet.com

**CENTRAL FLORIDA YMCA TO BREAK GROUND
ON NEW AVALON PARK YMCA FAMILY CENTER**

Local Residents and Media are Invited to Attend Groundbreaking Ceremony

ORLANDO, FL...The Central Florida YMCA will break ground on its new Avalon Park YMCA Family Center on Saturday, December 9th. The new 8,700-square-foot Family Center is located in Avalon Park's Town Center at 12001 Avalon Lake Drive in Orlando. It is scheduled to open in March 2007.

Central Florida YMCA will celebrate the groundbreaking with a special ceremony on December 9th at 6:30 p.m. Leading the groundbreaking are Central Florida YMCA President Jim Ferber and Avalon Park developer Beat Kahli. In addition to the groundbreaking, the ceremony will include refreshments, holiday gifts and the chance to win a prize package including a free six-month All-Y family membership and two seasons of youth sports registrations for each child in the family.

The new Family Center will include:

- 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
- Men's and women's locker rooms
- Youth sports leagues
- Adult sports leagues
- Swim lessons
- YMCA's Healthy New You program
- Volunteer opportunities

"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 will offer residents state-of-the-art facilities and programming, conveniently located in their neighborhood."

For more information regarding the groundbreaking ceremony, please call (407) 381-2512.

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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.