

**FOR IMMEDIATE RELEASE**

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**Renovated YMCA to Celebrate Re-Opening Friday**

**Downtown Berkeley YMCA opens Youth & Family Fitness Center and Interactive Wellness Zone to meet the health challenges in our community caused by growing obesity crisis.**

**BERKELEY—January 30, 2009—**The Downtown Berkeley YMCA will celebrate the completion of its Ready, Set, Grow: Earthquake Safety & Expansion Project beginning on Friday, January 30. This weekend-long event will highlight the seismic and green improvements made to the facility, as well as the creation of two new rooms designed to combat child obesity and strengthen families. Features of the renovated YMCA include the creation of a new Free Weight Center and Cardio Center, energy efficient lighting, recycled building materials and no-VOC paint.

Media opportunity: Festivities will begin with a ribbon cutting at 12:00 noon outside the new Interactive Wellness Center. The public is invited to attend the free re-opening festivities from Friday, January 30, to Sunday, February 2, which will include tours, health and wellness information, class demos, and youth and family activities. The renovated and expanded Downtown Berkeley YMCA will help meet the needs of residents in the communities of Berkeley, Albany, Emeryville, El Cerrito and Kensington. The Downtown Berkeley YMCA is located at 2001 Allston Way in Berkeley.

The Ready, Set, Grow: Earthquake Safety & Expansion Project is part of the Berkeley-Albany YMCA's commitment to serving more youth, teens, and families in Berkeley, Albany, El Cerrito, Kensington and Emeryville.

**About the Berkeley-Albany YMCA:**

The Berkeley-Albany YMCA is a charitable, non-profit organization serving Berkeley, Albany, Emeryville, El Cerrito and Kensington since 1903. Reaching more than 23,000 people annually through four branches and more than nine program sites, the YMCA provides a wide range of programs and services in child care, youth development, education, family support, wellness and outdoor experiences. More information may be found at [www.baymca.org](http://www.baymca.org)

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