

A young girl with dark hair, wearing a pink shirt, is smiling and forming a heart shape with her hands. The background is a bright blue sky. The image is framed by a large, stylized "Y" shape that is part of the overall design.

# HEART OF THE COMMUNITY

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A campaign to build  
**A NEW YMCA FOR THE UPPER CAPE**



**SINCE 1966, YMCA CAPE COD HAS BEEN COMMITTED TO  
BUILDING A BETTER COMMUNITY – WORKING WITH OUR  
NEIGHBORS TO BE A CATALYST FOR POSITIVE CHANGE.**

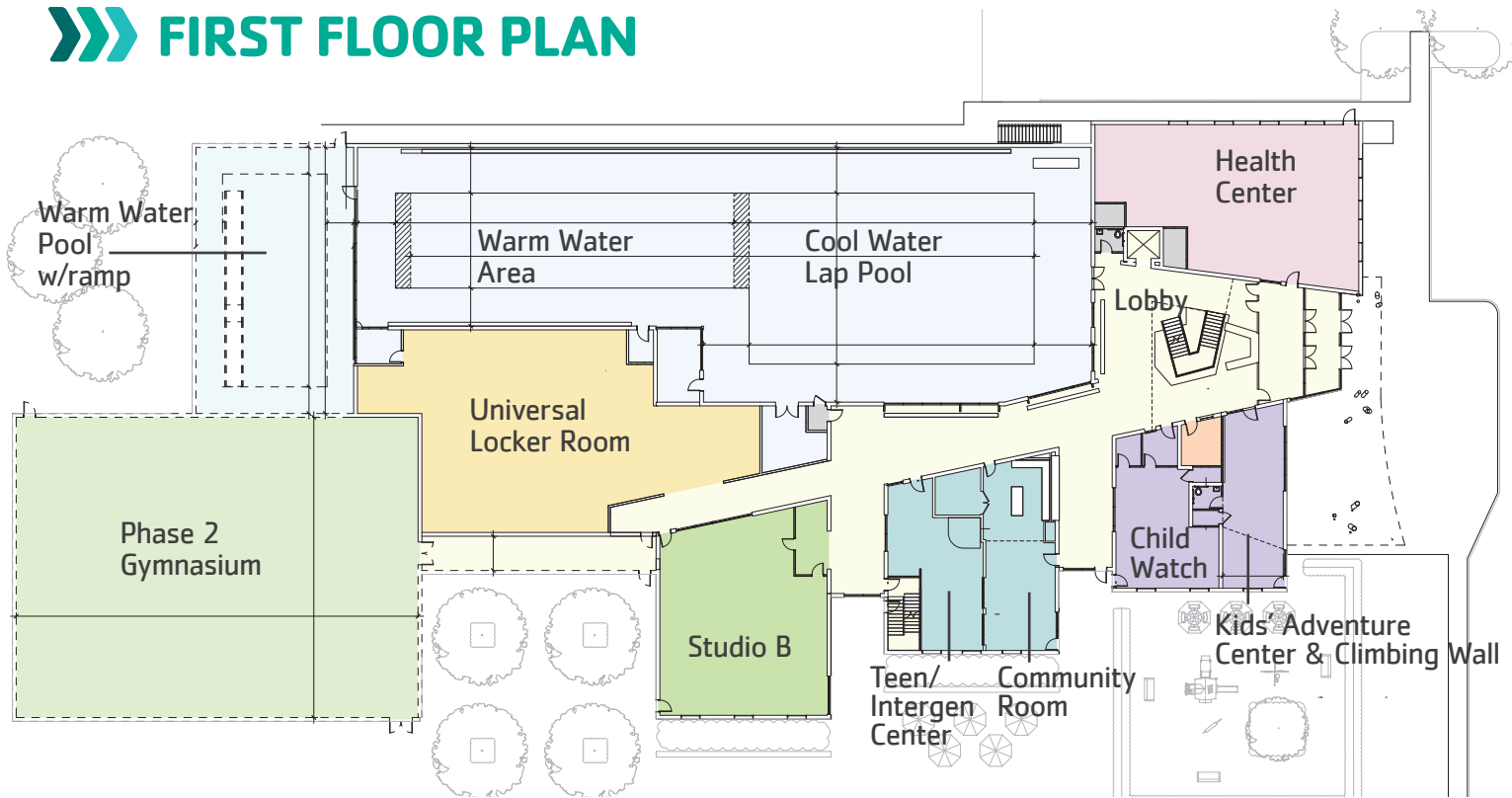
**TODAY, WE RENEW OUR COMMITMENT WITH OUR  
PLANS TO BUILD A NEW Y TO TRANSFORM THE  
LIVES OF CHILDREN, FAMILIES AND ADULTS OF  
THE UPPER CAPE.**

# »» BUILDING THE HEART OF THE COMMUNITY



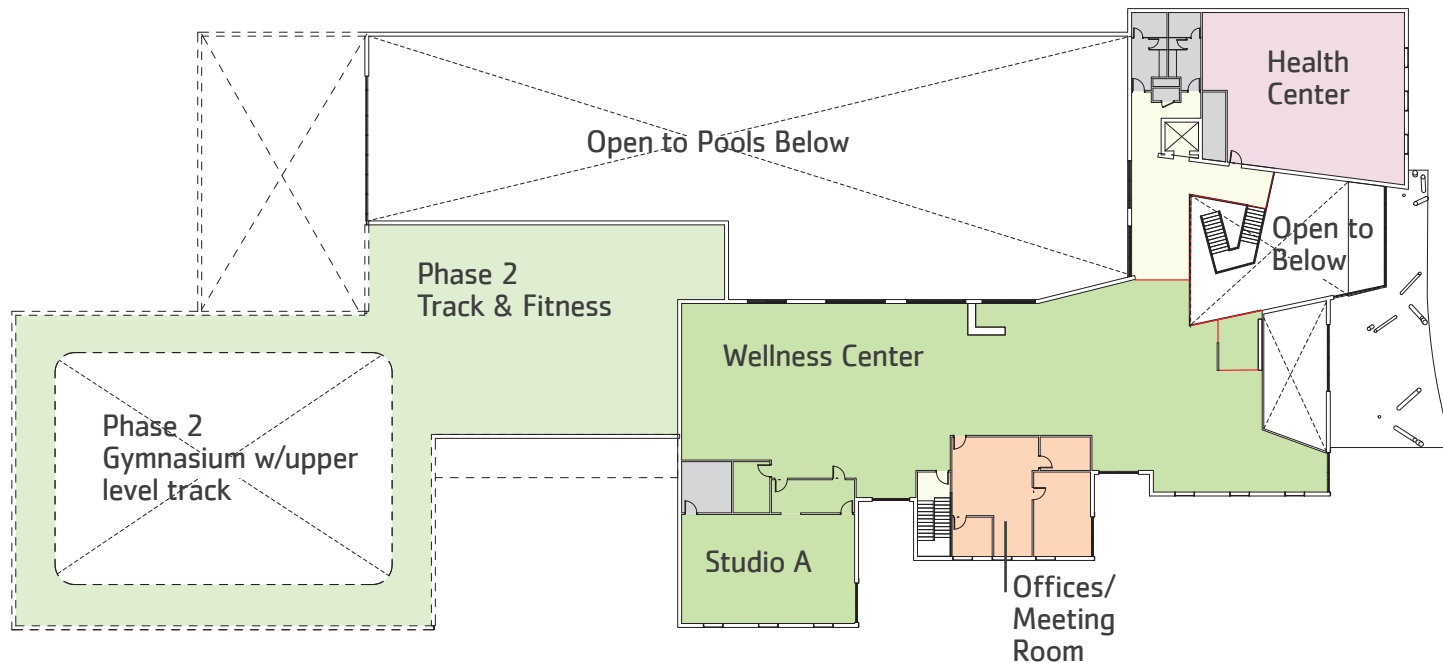
CONCEPTUAL RENDERING

# ►►► FIRST FLOOR PLAN



CONCEPTUAL RENDERING

# »»» SECOND FLOOR PLAN



CONCEPTUAL RENDERING



# »» SOCIAL CONNECTION SPACES



## THE PLANS

- Lobby with comfortable seating
- Community/Multipurpose Rooms
- Intergenerational/Teen Center
- Social Connection Spaces

## THE PURPOSE

- Provide a **welcoming, social gathering space** for people to connect.
- Foster an environment where **families can spend quality time** together.
- Offer **space for parents and spouses** to comfortably wait while their family members are participating in classes.
- Create opportunities for **group meetings, education and senior socialization.**



# YOUTH AND TEEN SPACES



## THE PLANS

- Child Watch/Kids' Adventure Center
- Intergenerational/Teen Center
- Outdoor Camp Space

## THE PURPOSE

- Create a **space for teens** where they can be engaged in healthy activities, surrounded by positive role models.
- Provide a year-round **safe haven for youth** where they can play, learn, and grow in a nurturing environment.
- Offer **peace of mind to parents**, knowing their kids are in the best care.



# WELLNESS CENTER



## THE PLANS

- Fully ADA compliant
- State-of-the-art wellness, strength, and cardio equipment

## THE PURPOSE

- Create a **welcoming and modern environment** that encourages members to connect with each other and try new activities.
- Ensure all people in our community have access to the range of programs and services that **improve healthy outcomes**.
- Offer a **fully accessible Wellness Center** for members with disabilities or mobility challenges.





# GROUP EXERCISE STUDIOS



## THE PLANS

- Studios for mind, spirit, and body classes
- Senior Wellness Programs

## THE PURPOSE

- Create a **peaceful and inviting space for holistic wellness classes**, such as Yoga and Tai chi.
- Provide comfortable space for participants in our **chronic disease programs**, such as Diabetes prevention, LIVESTRONG at the Y, and Pedaling for Parkinson's.
- Provide an environment for members to **connect with one another** around the activities that improve their physical and social health.

# »» AQUATICS



## THE PLANS

- Warm water pool
- Lap pool with movable bulkhead (adjusts from 25 meter to 50 meter training pool)

## THE PURPOSE

- Reduce the **incidence of drowning** in our community by teaching children to be safer in and around water **via the addition of a swimming pool.**
- Flexibility to offer **short or long course training.**
- Provide **opportunities for family fun, wellness and safety** in the water.
- Offer **aquatic therapy and low-impact exercise to seniors** and others with chronic diseases.

# »» GYMNASIUM AND TRACK (PHASE 2)



## THE PLANS

- Full-size gymnasium
- Walking/running track

## THE PURPOSE

- Provide a safe place for **children at all skill levels** to participate in positive, healthy activities – learning teamwork and sportsmanship.
- Provide a place for **adults to stay physically active** and be social.
- Bring the **community together** to observe and cheer on their team.



# »» PARTNERSHIP SPACE



## THE PLANS

- Community Health Center of Cape Cod partner space
- Collaboration space with other organizations

## THE PURPOSE

- Continue to forge and foster partnerships that **maximize our unique strengths** to better serve the community.
- Expand **community health program opportunities**, such as primary care, nutrition education, health screenings, support groups, programs for children and teens focused on healthy eating, substance abuse prevention, and health tips and more.







## **YMCA CAPE COD**

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