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New YMCA Branch to Open in New Haven

(New Haven, CT January 7, 2015) Leaders at the Central Connecticut Coast YMCA announced that they have acquired the assets of a local wellness center allowing the Y to open a new Branch in New Haven. The new Elm City Y is located at 900 Chapel Street overlooking the historic New Haven Green and will offer health and wellness programs and services as part of its core mission to promote healthy living to all.

The Central Connecticut Coast YMCA and New Haven Fitness recently finalized their agreement resulting in the Y's purchase of the wellness center that has been in operation for the past seven years. New Haven Fitness members have become members of the Y and now have access to any of the thirteen Y Branches serving New Haven, Bridgeport and the twenty-three neighboring towns and cities.

"This is a fantastic opportunity to expand the Y's mission by creating new opportunities to promote healthy living" reported Y Board Chairman, Dan O'Donnell. "By growing our Y physical activity, nutrition education, and diabetes prevention programs, we'll be making great strides in improving the health of the communities we serve." Membership dues for New Haven Fitness members will not increase in 2015.

Tyler McCauley, co-owner of New Haven Fitness since its beginning has agreed to become the Executive Director of the new Elm City Y. "I am thrilled that New Haven Fitness is going to become a Y and I'm very excited to start my YMCA career," said McCauley this week.

The Wellness Center within the Y will be named in honor of legendary YMCA leader, and McCauley's grandfather, Duke Faubert. "We are very excited that Tyler has agreed to become our new Y's Executive Director and that we're going to be able to keep his outstanding team of wellness professionals with us" reported Y CEO, David Stevenson. "I think that this is going to be a great marriage."

This is New Haven's second Y Branch in the city. The New Haven YMCA Youth Center located at 50 Howe Street offers child care, school-readiness, after-school, aquatic, youth sports, and youth drop in services. Since its beginning in 1859, the YMCA has been providing programs and services in New Haven. "We have successfully served New Haven for 155 years because we have remained true to our mission and have continued to meet the changing needs of those we serve" stated Stevenson. "We focus our work on three core areas including youth development, healthy living, and social responsibility and the new Elm City Y will help us reach out, inspire and support healthy living habits. Two thirds of American adults are overweight or obese and one in three adults is pre-diabetic. The new Elm City Y will allow us to work with more people in battling the terrible consequences of an unhealthy lifestyle."

As a new service, Y members will now be able to use the aquatic center at the New Haven Y Youth Center during specific times.

About Us: The Central Connecticut Coast YMCA is a community service agency dedicated to addressing community needs that enrich families, promote health and wellness, develop youth and build self-esteem for all. YMCA membership and participation is open to everyone regardless of race or ethnic background, religious preference or ability to pay. In 2013, the CCC YMCA served 87,000 kids, families and adults in twenty-five towns and cities. Approximately 32,000 youth participated in child care, youth sports, summer camping and Youth in Government programs. 7,441 children took advantage of the Y's instructional swimming lessons and water safety education programs; 46,304 youth and adults participated in health, wellness, education, physical activity and diabetes prevention programs and services. With a team of social workers and an inventory of 415 apartments, the Y continued to serve as the largest provider of affordable and supportive housing in the state. The CCC YMCA also provided \$2.8 million in direct financial assistance to approximately 5,691 children, individuals and families. The Central Connecticut Coast Y is based in downtown New Haven, now, with twelve Y branches in Greater New Haven and Greater Bridgeport while also operating YMCA Camp Hi-Rock, a 1,000 acre residential and day camp in Mt. Washington, Massachusetts. **W** cccymca.org **P** 203 777 9622

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