



# THE SANDS FAMILY YMCA

The new 75,000-square-foot facility, will allow the YMCA to fully realize its mission-critical potential of serving individuals of all ages and stages of life.



## is coming

A YMCA plays a central part in any community, and Canandaigua is no exception. Ground broke in late Spring of this year, with plans to open in the Fall of 2023.

MOVING TO A NEW LOCATION WITHIN CITY LIMITS  
AT THE CORNER OF NORTH STREET AND  
NORTH BLOOMFIELD ROAD



# COMMUNITY ISSUES & THE Y'S IMPACT

THE NEW Y WILL BE A PLACE FOR ALL TO THRIVE

## THE SANDS FAMILY YMCA WILL ...

- Be a community hub that offers many ways to support people in the community
- Help alleviate the impact of social isolation for veterans and seniors
- Offer health and wellness programming for ALL ages
- Provide high quality care for children through full-day childcare and summer camp
- Offer information about nutrition and healthy eating habits
- Give parents time to work out as their children enjoy supervised play
- Offer teens a safe and creative option after school
- Build strong bodies through evidence-based wellness routines
- Provide sensitive and experienced trainers to help those new to exercise

**THE SANDS FAMILY YMCA: A PLACE WHERE THE ENTIRE COMMUNITY CAN  
COME TOGETHER TO STRENGTHEN THEIR MINDS, BODIES AND SPIRITS**

**LEARN MORE AT [YMCAROC.CO/SANDS-FAMILY-YMCA](http://YMCAROC.CO/SANDS-FAMILY-YMCA)**



## A NEW YMCA THE TIME IS NOW

For 115 years, the YMCA on Main Street successfully served thousands of residents. Today, the community needs more. The Sands Family YMCA will offer greater accessibility for those with physical and mental challenges, more space for making friends and building community, more youth programming, more areas for seniors to connect, more opportunities for families to become healthier and stronger together, all with easy access due to abundant parking.

Membership will grow significantly, as residents of Monroe, Ontario and Yates Counties will be proud to have this state-of-the-art YMCA so close to home.



## CANANDAIGUA: A COMMUNITY OF HIDDEN DISPARITIES AND INEQUITIES AND A GROWING NEED FOR HEALTH, WELLNESS & YOUTH SERVICES

Canandaigua is more than meets the eye. Did you know that approximately 1/3 of Ontario County residents are not making ends meet? More families find themselves employed, but with income constraints that do not allow for adequate quality of life. That is where the Y steps in.

The new facility is being created to specifically address:

- A local childcare desert where there is not enough childcare to meet the needs of area families
- An aging population that will increase exponentially through the end of the decade
- Growing numbers of families facing negative social determinants of health
- Increasing rates of obesity at all ages
- Lack of healthcare access

THE Y WILL HELP THE COMMUNITY  
GET BACK TO WORK WITH  
QUALITY CHILDCARE AND DAY CAMP



# BUILDING STRONG COMMUNITIES THROUGH INCREDIBLE SPACES



Stunning aquatics center will feature a 25-yard, six lane lap pool, fun splash pad and separate warm-water family pool. Whirlpool and dry sauna will be on deck.

Large kitchen will offer cooking classes and support Y programming. Space will be available for rentals.



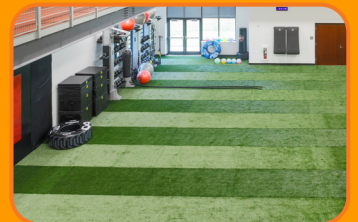
The community center will focus on active older adult programming weekdays, switching to a family hub in the evenings and on weekends.



Three group exercise studios featuring different levels of intensity will overlook the aquatics center.



16 times around the second-floor track clocks one mile! The track loops the two gyms and is easily accessible by stairways or elevator.



At just under 3,000 square feet, the turf gym will offer a recreational space for young families to play soccer, tumble, flag football and more. The main gym provides extensive space for pickleball, basketball and more.



At the **center of a vibrant community** is a population that prioritizes services that contribute to mental and physical health and well-being, as well as barrier-free opportunities for people of all ages and backgrounds to learn, grow and thrive.