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YMCA Celebrates 125 Years of Impacting Lives in Tampa Bay

Tampa, FL (February 28, 2014) – Since 1889, the [Tampa Metropolitan Area YMCA](http://www.tampaymca.org) has been responding to Tampa Bay's most critical social needs and positively impacting the lives of youth, adults and families. To celebrate its 125th anniversary this year, the Tampa Y is promoting a \$1.25 join fee offer from March 1st–15th.

In addition, Tampa YMCA members are encouraged to participate in a 125th Anniversary Wellness Challenge during the month of March. The Tampa Y didn't get to be 125 years old by sitting still. The traditional principles of the Y – spiritual, mental and physical development – are built on getting involved and being active. And the future depends on community members staying that way. Under the 125th Anniversary Wellness Challenge, members must work out a minimum of 125 minutes a week each week of March. All those who successfully complete the challenge will receive a free 125th anniversary commemorative towel.

"Since its inception in 1889, the Tampa YMCA has focused on community service, either by opening our doors to those in search of leading healthier lives or through outreach activities that take us beyond our Y walls and into the surrounding community," says Communications Director Lalita Llerena. "The Tampa Y excels at strengthening the foundations of community by supporting whole families, serving all ages, and infusing our core values of honesty, respect, responsibility and caring at all operational levels."

Today, the Tampa Y includes ten family facilities, four wellness centers, two golf facilities, a Community Learning Center in Sulphur Springs, an outdoor adventure camp in Riverview, a youth and family center in Carrollwood and 33 afterschool program sites. Through these sites and dozens of community outreach projects, the Tampa Y serves more than 167,000 children, teens, active older adults, cancer survivors, chronically-ill community members, at-risk youth, infants, toddlers and families each year.

The Tampa Y has come a long way in its first 125 years and eagerly looks forward to strengthening the community for another 125 years. To learn more about the Tampa Y visit www.tampaymca.org or contact Lalita Llerena at 813-224-9622 ext. 1240/lalita.llerena@tampaymca.org.

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](http://www.4star.org) and one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the

Association, 19 facilities engage more than 167,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org