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Tampa YMCA Revitalizes Focus on Family Programming

Tampa, FL (Apr. 15, 2015) –When dealing with life’s daily demands, families need a place to spend quality time together without having to invest a lot of money or effort. The [Tampa Metropolitan Area YMCA](#) is expanding its focus on family-friendly programming to provide families across Hillsborough and East Pasco counties a place they can count on for support, all while improving their health and well-being, connecting with new friends and their local community. A membership at the Y provides families many opportunities to spend fun, quality time together, and engage in activities with other neighborhood families in safe, positive environments.

From movie nights, themed cookouts, and story time to pool relays, family fitness challenges and games around the pool, YMCA members have the opportunity to enjoy family time at the Y. **Free family events/activities are included in a YMCA membership** and are offered on select weeknights, Friday evenings and weekend afternoons at all 13 of the [Tampa YMCA family branches](#).

“Families are central to the communities we serve. They look to the Y to be that parenting partner for afterschool care in a safe environment, youth sports that keep their kids active, or swim lessons that teach their kids a lifelong skill,” says Tampa YMCA President & CEO Tom Looby. “We recognize our role in supporting families and are re-committing to them with quality, fun programming, which helps us strengthen families and our local Y communities even more.”

In its 125-year history, the Tampa Y has always supported local families, serving all ages, and infusing its core values of honesty, respect, responsibility and caring at all operational levels. The Y is a place where parents and caregivers can find life balance; children can reach their full potential; seniors can be active and find camaraderie; and families can connect and strengthen relationships. At the Y, kids have a safe, fun place to learn, play and stay healthy, surrounded by caring adults focused on reaching healthy living goals, making new friends and connecting with the community.

As part of its revitalized focus on family programming, the Tampa YMCA is offering a double bonus to new members, which include zero enrollment fees and a \$25 program discount to those who join between now and May 30th. The \$25 discount is valid until September 2015 and can be used with any YMCA program, including, but not limited to: summer camp, personal training, youth sports, and swim lessons, among others.

To learn more about the Tampa YMCA’s fun-filled activities families can enjoy together visit <http://www.tampaymca.org> or stop by [a local branch](#).

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About the Tampa Y

The Tampa Metropolitan Area YMCA is 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 160,000 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