

The Farmville Herald
An Inside Look at Southside Virginia
Family YMCA's New Building
April 30, 2008

Work is progressing nicely on Southside Virginia Family YMCA's spacious new building on Commerce Road.

Special kick-off ceremonies are scheduled for May 10 (and the community is welcome to stop by for a tour and share in a host of scheduled activities), but *The Herald* was treated with an inside look of the new facility that represents a vast expansion over its current cramped facility on Farmville's Third Street.

The new Y will feature, among other amenities, an inside pool complete with zero entry access, a waterfall mushroom and slide and enough room for four competitive lanes to race in.

The new fitness center, a vast expansion in space and available equipment, includes ten treadmills and 10 elliptical machines for cardio workout enthusiasts. Those making long runs can also tune into one of six wall mounted high definition televisions with the use of headphones. Heavy lifters can also enjoy a collection of new machines and free weights.

There's also a room tailor made for aerobics, complete with a wooden floor with some give, a teen center that will have computer and game-playing access, a meeting space and child care center. Outside the building, there's a play area for young children.

And regular visitors will also enjoy access to shower and locker areas that the old building could not offer.

