



Alleghany Foundation Supports New YMCA

For years, the Alleghany Highlands YMCA swim team dreamed of making a splash in their home pool, but the pool at the Boys Home facility was too small for competitive swimming. Today, thanks to funding sources like The Alleghany Foundation, the new Alleghany Highlands YMCA is a dream come true, and the Dolphins celebrated by hosting their first-ever swim meet against Farmville on February 9th.

“There are no words to convey what hosting our very first home meet meant to everyone involved with this team,” says Kathy Wilson, former Dolphins head coach and parent volunteer. “This new facility just takes my breath away. For years, when we’d travel to other YMCA’s, we’d experience what we came to call ‘Y envy’. Now, it’s our turn to inspire ‘Y envy’ in others.”

“There has been such a sense of excitement throughout the community surrounding our first, at-home swim meet, and the opening of the new Alleghany Highlands YMCA,” says Teresa Hammond, president of the YMCA board of directors. “We want to relay our sincerest gratitude to The Alleghany Foundation for helping the YMCA achieve our goals for this beautiful, state-of-the-art facility. We would not be where we are today without the tremendous support of the Foundation and all the other governmental, business, and community organizations who contributed to our success.”

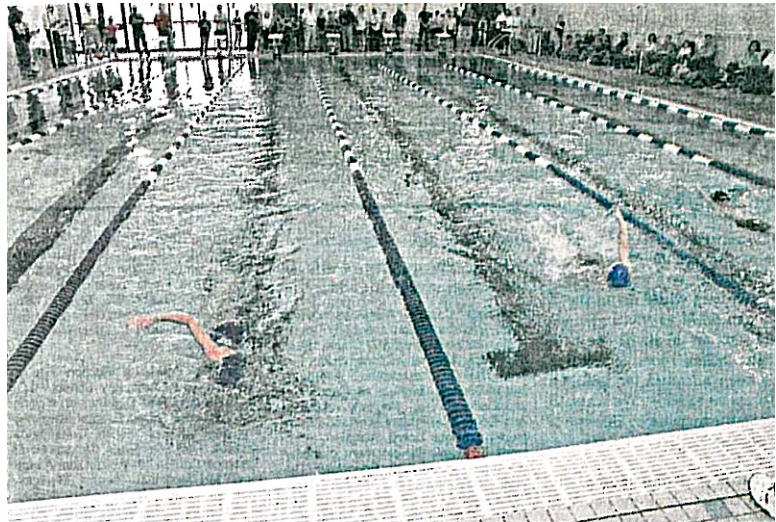
The Alleghany Foundation has awarded the YMCA five grants totaling nearly 4 million dollars towards construction of the new facility, and provided 100% of the funding for the indoor, suspended walking track encircling the gymnasium.

“The new “Y” was designed to allow for future expansion,” says Hammond, “and we originally thought a walking track would be incorporated at a later date. However, it became clear early on that it would be much more cost effective to construct the track in the first phase of the building project. We are fortunate that The Alleghany Foundation saw the value of an indoor track for the health and fitness of the community and offered their full support.”

YMCA executive director, J.B. Bufkin, notes that the walking track is handicap-accessible, and a good choice for individuals just beginning an exercise program. “The track has been an extremely popular feature all around, especially among seniors. Walking is a safe activity for any fitness level, and our members enjoy the social benefits as well.”

Bufkin believes the social benefits of exercise can be just as important as the physical benefits. “Often, it’s the social interaction that inspires people to keep moving.”

The new, 37,000 square-foot facility provides many opportunities for both. In the aerobics studio, a variety of fitness classes are offered throughout the day including Step & Sculpt, Hip Hop Aerobics, Yoga, Pilates, Cardio Kick and Martial Arts.



For those who prefer an individualized fitness program, the new facility offers a range of cardiovascular equipment and free weights, as well as access to supervised workouts with certified personal trainers. And the full-size gymnasium, along with an aquatics center with whirlpool and sauna, ensure a wide selection of fitness and recreational activities for kids and adults alike.

Bufkin wants families with special needs or young children to know that they, too, can come out and enjoy the activities at the YMCA. “We have a child watch area which is free for members while using the “Y”, and available to visiting non-members for a small fee. Separate locker room space has also been adapted for families with special needs. We want to welcome everyone to become a part of the YMCA.”

According to Teresa Hammond, it’s the tremendous outpouring of support from organizations like The Alleghany Foundation that has allowed the YMCA to embark on this new dimension of service. “The ability to provide a full range of programming opens the door for the “Y” to be become a centerpiece in the community, a place where people can come together and enjoy energizing activities and events.”

“The Alleghany Foundation feels meeting the health, fitness and recreational needs of our residents is an important part of improving quality of life in the Alleghany Highlands,” says Beth Webb, executive director. “The Foundation is proud to be a part of the YMCA’s effort to impact our community in such a positive way.”

Since its inception, the foundation has granted nearly \$26 million to the following 501(c)(3) non-profit organizations with the purpose of improving the quality of life in the Alleghany Highlands:

Alleghany County
Alleghany County Parks and Recreation
Alleghany County Public Schools
Alleghany County Sheriff's Office
Alleghany County United Fire and Rescue Association
Alleghany Health District
Alleghany Highlands Arts & Crafts Center
Alleghany Highlands Arts Council
Alleghany Highlands Community Services Board
Alleghany Highlands Economic Development Authority
Alleghany Highlands Economic Development Corporation
Alleghany Highlands Free Clinic
Alleghany Highlands Genealogical Society
Alleghany Highlands YMCA
Alleghany Historical Society
Alleghany Humane Society
Alleghany Mountain Radio
American Diabetes Association
American Red Cross
Appalfolks of America
Art Museum of Western Virginia
Bath County
Bath County Health Department
Bath County Historical Society
Blue Ridge Public Television
Boiling Springs Elementary School
Boiling Springs Fire Department
C.O.P.E.
C & O Historical Society
Callaghan Elementary School PTO

Charles P. Jones Memorial Library
City of Covington
Clifton Forge Little League
Clifton Forge Main Street
Clifton Forge Nursery School
Clifton Forge Public Library
Clifton Forge Volunteer Fire Department
Covington City Schools
Covington Fire Department
Covington Rescue Squad
Dabney S. Lancaster Community College
Diabetes Education Support Group
Falling Spring Elementary School PTO
Falling Spring Fire Department
Falling Spring Rescue Squad
Greater Alleghany Highlands School Health Consortium
Jackson River Enterprises
Jackson river Technical Center
League of Older Americans
Mill Mountain Theatre
Mountain Soil and Water Conservation District
Mountain View Elementary School PTO
Rockbridge Area Community Services Board
Safehome Systems
Science Museum of Western Virginia
Scott Hill Foundation, Inc.
Sharon Elementary School PTO
Sharon Volunteer Fire Department
Shenandoah Autism Center
Southwest Virginia AHEC
Southwest Virginia Second Harvest Foodbank
Special Olympics
Total Action Against Poverty
Town of Clifton Forge
Town of Iron Gate
Unified Human Services Transportation System (RADAR)
West Virginia School of Osteopathic Medicine
Western Virginia Emergency Medical Service Council