

Y NOW!

A Renewed Campaign for Hillsborough YMCA



ENHANCED POOL AREA & LOCKER ROOMS

Aquatics and the YMCA go hand in hand. Swimming for exercise, health, and wellness. Swim lessons that offer lifesaving skills and safety. Pools that provide access to all and an opportunity for recreation.



At Hillsborough YMCA, the pool is the cornerstone of the facility. Through our Y NOW! Campaign, we have upgraded our locker rooms, improved lighting, and plan to modernize the natatorium for enhanced efficiency.



Our aquatics offerings serve many needs and interests, and include:

- Family and Open Swim
- Masters Swimming
- Water Exercise
- Swim Lessons
- Safety around Water
- Swim Teams
- Lifeguard and CPR Training Courses



The Y is at the forefront of promoting water safety, preventing drownings, and making progress raising awareness of the vital importance of teaching children how to swim. We know from the CDC that drowning is the leading cause of death for children ages one to four. We are committed to providing lessons for children of all ages in order to save lives and avert tragedy.



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Swimming saved my life. When I was 5 years old, I nearly drowned in a lake. After that, my parents took me to the Y to learn to swim and over the years I have developed a love for the water.

When my wife and I retired, we became more involved at Hillsborough YMCA. My wife had a back injury and she does Aqua Exercise to stay healthy. As a scuba instructor, I do laps to keep my swim skills strong. After the pandemic, it was difficult to open the pool because of lifeguard shortages so I got certified and became a lifeguard. Now, when I guard the pool during Aqua Exercise, I think it's so cute when all the participants wave at me.

We've been truly impressed with the Y's programs for all ages – for children, families, seniors. The Y is focused on the needs of our community, it helps everyone stay healthy, and it builds friendships that extend beyond the walls of the Y. That is the reason we donate to Hillsborough YMCA. **The Y is so important in our lives and in the community."**

- CRAIG RODRIGUEZ
Hillsborough YMCA Member & Lifeguard



For all these reasons and more, we have updated the locker rooms, sauna, and lighting. The next phase of our plan includes enhancing efficiency through a new HVAC system and improving safety features with a double-door emergency exit to the outside of the building from the pool area.