



YMCA of Broward County

Lauderhill Community YMCA at Lauderhill Middle School



In Partnership with



Project Description

The Lauderhill Community YMCA at Lauderhill Middle School represents an innovative public-private partnership dedicated to providing health and wellness programs for school staff, students, parents and the community. The YMCA of Broward County is extending its reach within Broward County to make this happen with partners who share the same vision. The Broward County School Board, Waste Management and YMCA have all joined together to make this facility a reality. This three-way partnership and pioneering concept will provide new programs and services for the community.

Lauderhill Middle School and the YMCA have partnered for years by offering afterschool and summer day camp programs for the students. Expanding this partnership to include a permanent presence for YMCA program offerings was a natural next step in the relationship. Through the generous gift of \$75,000 from Waste Management, the YMCA opened a new wellness center for the students, faculty and community residents. This is the first on-site YMCA wellness center, located in a public school in South Florida. This collaborative effort by the school district, YMCA, and corporate sponsor Waste Management, has transformed the way programs and services can be offered to strengthen a community.

Through this partnership, the school has dedicated classroom space to develop the “Y-Zone”. Classroom space has been converted to create a state-of-the-art Waste Management Wellness Center and Group Exercise Studio. This wellness center includes cardio and strength training equipment. Instructor led programs such as personal training, hip hop, zumba, and yoga classes will also be offered to the students, faculty, and community residents. Additional space has been designated to create a teen center with equipment and program space to attract students at the end of the day and on weekends.

The YMCA of Broward County is a volunteer-driven and supported non-profit 501(c)3 community based organization. The mission is to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all. The YMCA will continue to be the foundation for strengthening communities.



Project Partners

YMCA of Broward County
Sheryl Woods, *President/CEO*

Waste Management of South Florida
Tim Hawkins, *Vice President*

Broward County School Board
James Notter, *Superintendent*

FACT SHEET

Lauderhill Middle School:

Teachers/Staff - 70

Students - 600

Schools in Lauderhill Zone - 8

Lauderhill Demographics:

Population 67,633

White 15.6%

Black 74.9%

Latino 7.5%

Median age 34.4

Median Household Income \$37,790

Timeline:

Phase I - Waste Management Wellness Center and Group Exercise Studio open to Teachers and Staff

Phase II - Waste Management Wellness Center and Group Exercise Studio open to Students and Community
- Teen Center opens August 2010

Vision:

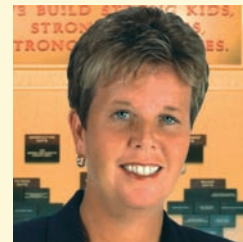
- Identify community partners to support the vision
- Enhance and enrich school academic programs
- Increase enrollment at school
- Become a model for duplication
- Potential for grant funding
- Become the hub for the community to gather, socialize and participate
- Community leadership - local neighborhood associations engaged and involved
- Student involvement - community projects and teen leadership board

Benefits of the Model:

- Maximize community resources with shared space creating new partners
- Year-round, full-day usage of facility amenities
- Provide additional quality programs
- Address teen obesity epidemic
- Increasing communication among staff, students, families and community
- Captive audience of students and faculty
- Engage other agencies and non-profit organizations

Opportunities to Get Involved:

- Funding
- Program Sponsor
- Volunteer Development
- Advisory Board Member
- Program Partners



Sheryl Woods, President/CEO
YMCA of Broward County



Tim Hawkins, VP, Waste Management; Debbie Metzger, VP of Operations, YMCA of Broward County; Tony Spadaccia, Government Affairs, Waste Management; Shea Ciriago, Director of Financial Development YMCA of Broward County



Waste Management Wellness Center



Lauderhill Middle School student exercise class



YMCA of Broward County

Lauderhill Community YMCA at Lauderhill Middle School
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www.ymcabroward.org

The Lauderhill Community YMCA

The Vision Becomes a Reality



- **Building Partnerships:** No one can do it alone. Through collaborative efforts, additional programs and services can be provided to a community. Partnerships will enable organizations to come together to leverage and maximize human capital and financial resources to better serve the community. The school district provides the capital assets and venue; the YMCA provides the program and volunteer expertise; while Waste Management provides the financial resources to complete the projects vision of serving teens and families.
- **Pioneering a Concept:** The Lauderhill Community YMCA is the catalyst for a county-wide YMCA initiative to change the face of afterschool enrichment programs. Programs that incorporate the 40 Developmental Assets have proven to enhance the overall development of teens. The 40 Developmental Assets are concrete, common sense, positive experiences and qualities essential to raising successful young people. These assets have the power during critical adolescent years to influence choices young people make and help them become caring, responsible adults.

The Developmental Asset framework is categorized into two groups of 20 assets.

- **External Assets:** These are the positive experiences young people receive from the world around them. These 20 assets are about supporting and empowering young people, setting boundaries and expectations, and providing positive opportunities and constructive use of young people's time. External assets identify important roles that families, schools, congregations, neighborhoods, and youth organizations can play in promoting healthy development.
- **Internal Assets:** These identify characteristics and behaviors that reflect positive internal growth and development of young people. These 20 assets are about developing positive values and identities, building social competencies and increasing a commitment to learning. The internal developmental assets will help young people make thoughtful and positive choices and, in turn, be better prepared for situations in life that challenge their inner strength and confidence.
- **Developing Youth:** The Lauderhill Community YMCA will be the foundation for innovative afterschool program curriculum development. The Y-Zone, dedicated YMCA space located within a wing of the school, will be a place for teens, faculty, and families to gather to not only achieve their health and wellness objectives, but also a place to encourage dialogue, develop positive relationships and friendships, and strengthen the community spirit. The Y-Zone Teen Center is created for students to develop positive peer relationships and leadership skills. All programs will be strength-based and focused on what is “right” in young people’s lives.

This school has been designated as a magnet school for Pre-Med/Health and Wellness. Through an intentional integrated curriculum, students will focus on and learn about living a healthy lifestyle. The magnet program will also give students a chance to learn about and experience the potential career opportunities available to them as adults. Students will prepare for careers in health-related professions.

- **Emphasizing Health and Wellness:** All participants will develop a healthy lifestyle through physical activity, education and participation. Fun and interactive activities will be scheduled to promote health and wellness. Classes in personal fitness, making healthy food choices, family and teen programs will be designed for participants.
- **Bringing Generations Together:** This new facility will be known as the place to go for teens, families and communities. As a new gathering place for the community, programs will be specifically developed to engage and strengthen the family unit. Intergenerational programs will also be incorporated to connect students with Lauderhill’s aging population through avenues that encourage communication across generations.

The Lauderhill Community YMCA

Looking Out for the Future

“I am proud that the YMCA of Broward County selected one of our District's schools as the site of the first in-school YMCA in South Florida. This is a great fit with the District's Strategic Plan, Goal 2, Wellness.”

Jim Notter, Superintendent of Broward County Schools

“Our students, and the Lauderhill community as a whole, will benefit from this fantastic new facility. This project is an example of the great things that can happen through partnerships.”

Benjamin J. Williams, School Board Member - District #5

“I would love to see this partnership become a leader in health innovations. The vision of this partnership is to involve our staff, students, parents and eventually our community to live a healthier lifestyle and be able to exercise and attend classes right on our campus.”

Jeannie B. Floyd, Principal of Lauderhill Middle School

“Waste Management is extremely pleased to partner with the YMCA of Broward County and Broward County Public Schools to bring the Waste Management Wellness Center to the Lauderhill YMCA to serve the students, teachers, parents and residents of the Lauderhill/Lauderdale Lakes communities.”

Tim Hawkins, Vice President of Waste Management of South Florida

“The YMCA provides a great service not only to the school, but also to the community. I love being able to work out before and after school. The YMCA has changed my way of living and helped me to adapt to a healthier lifestyle.”

Joy Robinson, Teacher at Lauderhill Middle School

“The Waste Management Wellness Center in the Lauderhill Community YMCA will help me stay fit for life and keep me healthy. Their programs will not only build up muscles but it can teach us other things like good communication skills and how to work with one another.”

Alexis Ross, Student at Lauderhill Middle School

“It's always important to reinforce what is learned at school, which is why we are also offering classes on healthy living for parents. We'll also offer fitness dance classes such as Zumba, Yoga and Hip Hop. Our ultimate goal is to provide the community with a place to get healthy and stay healthy!”

Jocelyn Boyd, Operations Director for Lauderhill Community YMCA and faculty trainer for the “40 Developmental Assets” program



YMCA of Broward County
Association Office
954.334.9622

Greater Hollywood YMCA Family Center
954.989.9622

Parkland YMCA Family Center
954.384.9622

L.A. Lee YMCA Family Center
954.467.2444

Lauderhill Community YMCA
754.322.3608

Pembroke Pines YMCA Family Center
954.727.9622

Sheinberg Family YMCA of Weston
954.424.9622

Children's Advocacy YMCA
954.623.5555

Corporate Wellness Center
BankAtlantic

www.ymcabroward.org