

# Walnut Creek Family YMCA

YMCA of Greater Des Moines



**YSTRONG FUTURES**  
Preparing for the Next Generation

## Walnut Creek Family YMCA

Built in 1980 to address the needs of the western suburbs, the Walnut Creek Family YMCA has grown to more than 10,000 members. The branch offers a comprehensive menu of programs for the entire family including aquatics, fitness, youth and adult sports, teen leadership clubs, parent-child programs, pre-school programs, and summer day camp. Its facilities include an indoor pool, fitness center, youth gym, basketball gymnasium, indoor running track, indoor cycling room, and aerobics studio.

To help us to continue to serve our members and participants with high-quality programs, especially members with physical disabilities, we are embarking on a campaign to update the Walnut Creek Family YMCA.

- Locker room improvements, including the expansion of family locker rooms, will improve the experience of members and help us serve members with special needs.
- New heating and cooling systems and plumbing, while not visible to members, will keep them more comfortable and help us to be more energy efficient, saving money on heating and cooling that can be put to better use in programs and services.

*This is the pool HVAC hot water heating element. Half of the elements are completely corroded from chemicals; we are not currently able to use this part of the system.*



*The rusted outside of the system showing deterioration of all parts of the system.*



**“Bringing my son to the YMCA to swim is one of my favorite things to do. Soon he will be older, but still too young to go into the locker room by himself. I look forward to the locker room improvements. Having adequate space in a family locker room will give me, and my son, peace of mind.”**

Kathryn Pritchard Bernau,  
Walnut Creek YMCA member



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## Creating a Barrier-Free YMCA

With the proposed renovations to the Walnut Creek Family YMCA, more people than ever will be able to participate in the YMCA — especially people with disabilities and older adults.

- A ramp will be added to the pool to help people ease into the water. In addition, the new HVAC system will make the air in the pool less humid, which will help adults and children with respiratory challenges.
- The men's and women's locker rooms will be expanded with wider doors and aisles, and accessible showers will be added.
- Three family locker rooms will be added that allow a person who needs the help of a spouse, parent or assistant to change clothes with privacy.
- The Wellness Center will offer new equipment that is specially designed for people with disabilities.
- The elevator will be upgraded and additional parking spaces for people with disabilities and seniors will be added.

These changes will help the the YMCA truly live our mission to build healthy spirit, mind and body for all.

**"I work at the YMCA and am happy that the new locker rooms will be more accessible for my daily use. I am confident that the improvements will make my work here so much easier and more convenient."**

Eric,  
YMCA Staff



**"It means so much to me to be able to swim and use the pool with my friends at the Y. The new ramp and accessible locker room will make it easier for me to get in and out of the water and to maneuver through the locker room with my walker."**

Barbara Sloan,  
Long-time YMCA member



**"I am looking forward to the new locker room facilities. I am grateful that the YMCA is taking into consideration the needs of their members and making the new locker rooms more handicap friendly and accessible. I swim at the YMCA daily and look forward to better equipped facilities so I can continue to be independent."**

Rose Petra,  
Long-time YMCA member

