



## *30 Things to know about the Page Mill YMCA*

1. The Page Mill Y first opened November 15, 1979.
2. We are not just a fitness center. Our Page Mill Y community has helped build and strengthen Palo Alto and its surrounding communities for 30 years.
3. Page Mill Y was initially established to serve the growing Palo Alto and Silicon Valley business communities. We are proud of our mission to serve the needs of adults as well as children.
4. The Page Mill Y was the second branch established in the original YMCA of the Mid-Peninsula association (now part of the YMCA of Silicon Valley).
5. Page Mill Y members and volunteers have raised \$500,000 via our Community Support Campaign in just the last 10 years.
6. 100% of the dollars raised every year in Page Mill Y's Community Support Campaign have gone to assist local children and families in need.
7. Volunteers at Page Mill were among the leaders who helped establish the East Palo Alto YMCA.
8. The Page Mill Y was the first Y branch to bring Stanford Hospital's Living Strong, Living Well exercise program for cancer survivors to the community.
9. After pioneering the Living Strong, Living Well exercise protocol for our community, the Page Mill Y also assisted Stanford with implementing the LSLW program at eight other regional YMCA branches from San Mateo to San Jose.
10. The LSLW program at Page Mill has served close to 350 cancer survivors since its inception in 2002.
11. The LSLW program is free of charge to cancer patients and supported through the generosity of donors to our Community Support Campaign.
12. The Page Mill Y has helped six thousand children through the East Palo Alto YMCA youth programs.
13. The Page Mill YMCA has provided hundreds of children with gifts via our Annual Giving Tree event during the Christmas/Chanukah season.
14. Page Mill Y's all-volunteer Board of Directors has donated thousands of hours in assisting the Page Mill YMCA to better serve our members and our surrounding community.
15. The Page Mill Y is a home for Nobel Prize winners. Three Nobel Laureates are members!

16. The Page Mill Y also serves former Secretaries of State. One of our members has served the U. S. government in that capacity.
17. The Page Mill is the only YMCA Branch in Silicon Valley open 365 days a year.
18. The Page Mill Y is the only branch that offers free Child Watch services to our members.
19. Page Mill supports our large senior population with programs to improve their health through our circuit training programs.
20. Page Mill Y hosted the first racquetball clubs in the Silicon Valley.
21. Our Page Mill Y co-hosted the National Senior Games in the summer of 2009 by serving as the racquetball competition venue.
22. The Page Mill serves Racquetball Hall of Famers and former Olympians.
23. The Page Mill Y provides over 60 free group exercise classes per week.
24. The Page Mill Y has a full-time nutrition counselor on its staff.
25. All Page Mill Y trainers are not only certified in exercise and first aid, but also in CPR.
26. The Page Mill Y offers not only personalized training sessions but a special 12-week fitness program for clients who want a more tailored approach to exercise.
27. The Page Mill branch is the only Y with a private wellness studio specifically designed to host its 12-week Express fitness program.
28. The Page Mill Y continuously monitors its group exercise offerings and adds new classes based on participant feedback.
29. Ample parking, towels, lockers, TV, Internet access, and hot beverages are all free of charge to the people we serve at the Page Mill Y.
30. Finally, the Page Mill Y is looking forward to serving our community for another 30 years! We invite you to get involved in our community service. Join us!



Page Mill YMCA  
We build strong kids,  
strong families, strong communities.