

NEWS RELEASE

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U STREET'S FAMED Y REOPENING SUMMER 2013 AS PART OF 14W

YMCA Anthony Bowen will feature a sweetgreen and robust programs for healthy living, connection, and more

[WASHINGTON, MAY 16, 2013] – In Summer 2013, a historic landmark will be reintroduced to the U Street Corridor as the destination for healthy living, education and fun. YMCA Anthony Bowen was founded in 1853, and is being redeveloped with wellness, learning, nutrition, support services, entertainment and a sweetgreen all under one roof. Situated in the heart of a vibrant, cultural community, the Y's programs and partnerships will serve the diverse needs of U Street and Shaw residents. YMCA Anthony Bowen is part of the anticipated 14W project, which features apartments, restaurants and retail.

"The YMCA is a must," shares Virginia Ali, Co-Founder and Owner of Ben's Chili Bowl. "I'm just absolutely excited about the new structure. We need a bigger, better YMCA to facilitate the growth of our community."

Think state-of-the-art equipment, fresh nutrition and exercise programs, a 6-lane indoor pool, a sweetgreen, lively events, and enriching youth programs. From TRX, 2-story rock climbing and aerial yoga classes to cooking lessons lead by premier chefs with ingredients from the Y's garden wall, there will be programs to support all aspects of growth. The added frills are the weekly events open to the community, such as poetry readings, talent shows, health seminars, movie nights, comedy, fitness demos and a "best of" series. Exciting partnerships are underway and exclusive hard hat tours are being scheduled up until the opening.

The Youth Academy will offer day camps, child care, hands-on arts and STEM classes, and more. This Y will also serve as the headquarters for [YMCA DC Youth & Government](#), [the Y's childhood obesity prevention program](#), and [Darkness to Light child sexual abuse prevention training](#).

When YMCA Anthony Bowen first opened its doors in 1853, it had no space of its own. Instead, the world's first African American Y used rented space and donated rooms for their educational, social and religious meetings. In 1912, the Y built its own facility at what is now the historic 12th Street branch. YMCA Anthony Bowen has a long legacy of nurturing great minds, such as the 12th Streeters (one of the first African American pro teams), poet Langston Hughes, Supreme Court Justice Thurgood Marshall, Dr. Charles Drew, and many others. The new location at 14th & W Streets, NW will be part of Cultural Tourism's Greater U Street Heritage Trail.

The Y's launch team has partnered with Central Properties and is already positioned in the community to meet its neighbors at 13th & V Streets, NW. To learn more about pre-opening and Grand Opening benefits, call 202-232-6936 or stop by to meet them.

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ABOUT THE YMCA OF METROPOLITAN WASHINGTON

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. We've been connecting and supporting men, women and children in Greater Washington for 160 years – regardless of age, income or background. Anchored in Washington, DC, southern MD, and northern VA,

the YMCA of Metropolitan Washington creates a positive difference in the lives of more than 200,000 people each year through its 17 branches and program centers. We have the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. For more information, visit www.ymcadc.org or follow us at www.facebook.com/ymcadc.

ABOUT SWEETGREEN

Sweetgreen is re-defining the concept of fresh-casual cuisine. With a menu of sustainable food including salads and organic frozen yogurt with unique and seasonal toppings, Sweetgreen makes choosing to eat healthy and delicious food, simple. Founded in 2007 by Georgetown University seniors Nicolas Jammet, Jonathan Neman and Nathaniel Ru, Sweetgreen has grown from a single location to 15 current, open locations in the Washington, DC-metro and Philadelphia areas. For more information, visit www.sweetgreen.com.