



# LIVESTRONG<sup>®</sup> AT THE YMCA



LIVESTRONG<sup>®</sup>

FOUNDATION

“ The best thing about the program is that you can't fail. It's designed for you to succeed, and believe me, after diagnoses, biopsies, surgery, chemo and radiation, you just want to succeed at something. ”



## SMALL-GROUP CANCER SURVIVORSHIP PROGRAM

LIVESTRONG® at the YMCA is a beacon of hope for those navigating the challenging journey of cancer. With your support, our 12-week program, led by certified YMCA instructors, provides two weekly sessions of cardiovascular conditioning, strength training, and balance exercises. Donors like you contribute to comprehensive fitness assessments, fostering transformative experiences for individuals living with, through, or beyond cancer. Your generosity enables us to empower survivors, promoting healing, recovery, and a renewed sense of hope through the vital strength gained in our compassionate community setting.



73

participants in LIVESTRONG®  
at the YMCA in 2023



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# BLACK ACHIEVERS

“ The program is providing great opportunities for my grandchildren as they explore college and career opportunities. The summits allow them access to professionals/mentors in their areas of interest. Special thanks to all the volunteers, special guests, and staff! ”



## COLLEGE AND CAREER READINESS PROGRAM

Black Achievers is a powerful force for empowerment and opportunity, and your support makes it all possible. This program, backed by generous donors like you, provides mentorship, skill development, and community engagement for aspiring middle and high school students of color. Guided by dedicated mentors and educators, the program is committed to nurturing personal growth and academic success among young Black achievers. Your contribution plays a crucial role in creating a supportive environment where future leaders can flourish, shaping a more inclusive and promising future for our community. Join us in transforming lives through the YMCA's Black Achievers program.



**\$40,774**

in scholarships awarded  
to seniors in 2023



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# YOUTH SPORTS

“ Both of my kids saw huge gains in skills this year and had fantastic coaches and were able to play with friends. ”



## YOUTH SPORTS LEAGUES AND SKILLS CLASSES

YMCA Youth Sports Leagues embody the spirit of community and active engagement, and your support is essential in making these opportunities accessible for all families. Through your generous contributions, we not only enable young athletes to develop skills, teamwork, and a love for physical activity but also extend vital financial assistance to families in need. Your donations ensure that every child can participate, regardless of their economic circumstances. With dedicated coaches and mentors, the leagues are committed to nurturing both athletic and valuable life skills, fostering an inclusive environment where youth can learn, grow, and thrive.



**4,794**

youth participated in leagues and skills classes



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## WATER SAFETY & SKILLS

“ My children have attended swimming classes and have excelled since they first began. I have seen my son going from crying every swim class due to fear, to jumping into the pool each chance he gets. I have seen my daughter’s growth in swimming as well. ”



## WATER SAFETY & SKILLS DEVELOPMENT

The YMCA's water safety program and swim lessons offer essential aquatic education, empowering young learners with vital swimming skills and instilling a lifelong awareness of water safety under the guidance of expert instructors. With your generous donations, we create a nurturing environment where every child can learn, grow, and embrace the numerous benefits of aquatic education, fostering a confident and safe approach to the water. Join us in making a positive splash in shaping the future of these young swimmers.



**3,127**

youth participated in swim lessons and the YMCA's water safety program



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# POWER SCHOLARS ACADEMY®

“ My son loves being in this program. It gives him the opportunity to learn and develop mentally, emotionally and intelligently. ”



## SUMMER LEARNING PROGRAM

This program empowers young minds with essential academic skills and fosters a love for learning during the summer break. Expert instructors guide students through a dynamic curriculum that not only bridges educational gaps but also cultivates personal growth and confidence. Your generous contributions help create a stimulating and supportive environment where every child can thrive academically, setting the foundation for a brighter future. Join us in making a positive impact through the enriching journey of the YMCA Power Scholars Academy® summer learning program.



**140**

students showed an average of three months gain in reading and math in 2023



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# AFTER SCHOOL AND CAMPS

“ Staff are amazing with the kids and very hands on. Excellent communication with parents. My son looks forward to camp every day. ”



## AFTER SCHOOL AND CAMPS

These programs give parents and caregivers a safe and nurturing haven for their children beyond school hours, offering a diverse array of engaging activities under the guidance of dedicated staff. From academic assistance to exciting recreational opportunities, children in our care are encouraged to explore, learn, and develop vital skills. Your generous contributions enable us to cultivate a positive and inclusive environment, fostering growth and creating lasting memories for every child. Join us in championing out-of-school time experiences for the children in our community.



1,419

kids attended after school and  
summer day camps in 2023

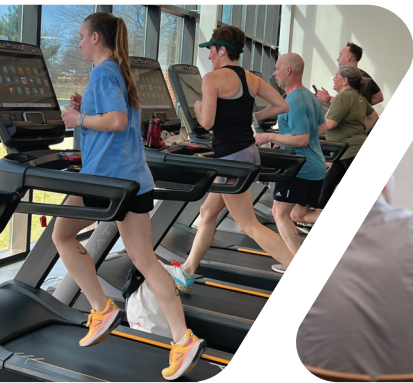


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## FINANCIAL ASSISTANCE

“As a single father of two kids, your financial assistance has been very instrumental in helping me afford after school care and summer camp for my kids. It has also allowed me to enroll my son in soccer skills classes.”



## FINANCIAL ASSISTANCE

By providing financial support, the YMCA promotes inclusion and equal opportunities for all community members to engage in activities that contribute to their physical, mental, and social well-being. This inclusive approach not only enhances individual lives but also fosters a healthier and more connected community.

Know someone who could benefit from assistance? If your total household income is \$55,000 or less, you are eligible for financial assistance on YMCA membership and programs. Financial support is provided based on eligibility at levels of 25%, 50% and 75% of membership monthly rates; financial assistance for programs is provided up to 50% of the cost of programs based on eligibility.



**\$566,171**

allocated to support children,  
adults, and families in 2023



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