



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y provides the opportunities to **ACHIEVE, CONNECT**
and **BELONG** in ways that build communities that thrive.

ANNUAL GIVING

2025 GOAL: \$3.3 MILLION

YOUTH DEVELOPMENT

As our region's largest provider of trusted childcare and enrichment programs, the Y will enhance learning to address achievement gaps and social-emotional health.

» **Early Childhood Education (ECE)** programs meet the growing need for quality, full-day pre-school with subsidies and financial assistance, so all children can be kindergarten-ready. **Before/After-school** programs wrap around the school schedule to provide the reliable care and enrichment activities families need.

» **Summer Day Camp** engages children in building new skills, confidence and belonging, while supporting working parents. **Power Scholars Academy (PSA)** offers free, full day summer enrichment for students needing extra support in math, reading and social-emotional skill-building.

» **Achievers, Ignite, and Leaders' Club** help teens envision their bright future, build supportive peer networks, and develop the character and life skills to become tomorrow's leaders.

PSA scholars build social-emotional skills while gaining 1 month in math and .5 months in literacy!
A reversal of the typical two-month "summer slide."

More than half of children in Y After-school programs attend for free or with a subsidized rate, allowing their caregivers to work while they learn.

HEALTHY LIVING

The Y will advance whole health and support drowning prevention while removing physical, financial, and logistical barriers to wellness activities.

» **Youth Sports** instill confidence, emphasize teamwork, and promote the joy of healthy activity. **Aquatics** programs ensure children and families learn to safely enjoy activities in and around water and build swimming skills for a lifetime.

» **Wellness** initiatives support managing chronic health conditions, developing healthy habits and achieving fitness goals. **Senior** programs focus on movement, fall prevention, socialization and cognitive function.

» **Adaptive** programs engage youth and adults of diverse physical and mental abilities in healthy recreation, building confidence and connection.

Nearly 7,000 second grade students learn to safely enjoy water activities through the free Y Learn To Swim program.

Through Y Aging Strong, over 300 seniors have free access to social and physical activities to help improve health outcomes and quality of life.

SOCIAL RESPONSIBILITY

Through inclusive and accessible memberships and programs, the Y will promote equity and serve as a connector to the resources individuals need to thrive.

» Income-based **Financial Assistance** and subsidized memberships and programs ensure that everyone can benefit from the Y.

» Compassionate, multi-lingual **Social Needs Navigation** experts use the YMCA-led **Help1RVA** system to connect community members to housing, food, transportation, employment, healthcare, childcare and more. Our **Welcome Center** offers immigrants and newcomers culturally-minded programs such as ESL classes, GED preparation and citizenship workshops.

Families received 183 tons of fruits, vegetables, and pantry items via monthly Y mobile food distribution.

A 50% increase over the prior year.

More than 12,000 volunteers gave 65,000 hours in service to their community through the Y.