



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

ENRICHING LEARNING

As our region's largest provider of trusted childcare, the Y will provide educational opportunities 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 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.

PREVENTING DROWNING

Through swim lessons and education, the Y will help people in our community be safe around water.

» Aquatics programs ensure children of all ages and abilities and families learn to safely enjoy activities in and around water and build life-saving swimming skills.

» Lifeguard/AED certifications grow aquatics professionals, ensuring safe access to water.

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

ADVANCING WHOLE HEALTH

The Y will remove physical, financial and logistical barriers to wellness advancement.

» 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.

» **Youth Sports** instill confidence, emphasize teamwork, and promote the joy of healthy activity. **Adaptive** programs engage youth and adults of diverse physical and mental abilities in healthy recreation, building confidence and connection.

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

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.