

# INVESTING IN OUR COMMUNITY

## YMCA OF GREATER SPRINGFIELD IMPACT 2022

Since 1852, each day, we welcome individuals into the YMCA of Greater Springfield facilities where they are doing more than just utilizing a gymnasium and pool. They are taking part in programs that are dedicated to youth development, healthy living, and social responsibility.

### **A Helping Hand**

We work diligently to ensure that no one is turned away due to the inability to pay in full for programs and services and has the opportunity to learn, grow, and thrive. The YMCA also offers our Y-AIM teen program and our **LIVESTRONG® at the YMCA** cancer surviving program free to all participants. To accomplish all this, we rely on donations from the community, grant funds, and government contracts to provide financial assistance to those who otherwise could not afford to participate in our programs and to attend our free programs.

**\* \$659,697 in financial assistance and free programming provided**

### **Volunteerism & Community Collaborations**

Volunteers and dedicated partners remain steadfast in helping the YMCA of Greater Springfield thrive and serve the community.

**\*164 Volunteers shared their time and talent**

### **Educational Programs**

Our two nationally-accredited learning centers—in Springfield and Wilbraham—provide high-quality early education programs to help nurture the potential of every child and ensure student success for some of our youngest YMCA members.

**\*183 Children served daily at YMCA early learning centers**

We offer before-school programs to school-age children over multiple throughout the region and our facility to provide a variety of age-appropriate activities for participants, including homework help, sports, arts and crafts, outdoor play, science, story time, and much more.

**\*891 Children served daily through YMCA before and after school programs**

### **Summer Camp & Programs**

Long summer days are made even better through YMCA of Greater Springfield day camps, offered at Camp Weber in West Springfield and Stony Brook Acres in Wilbraham. These traditional day camps help youth gain an appreciation for the outdoors and develop relationships and skills that will last a lifetime. The YMCA also provides summer enrichment activities at Fun City – Downtown Springfield Learning Center and the YMCA North End Youth Center.

**\*824 Youth and teens were enrolled in summer camp programs**

**Y-AIM/Teen Programs**

Y-AIM (Achieve academically, Inspire to attend college, and Move toward personal growth) provides talented, underachieving, at-risk teens with a dedicated support system throughout their integral educational years to help ensure successes like graduating high school, attending college, and finding gainful employment. The YMCA of Greater Springfield works together with Springfield Public Schools, Big Y Foods, MassMutual, and other area business partners to help youth become motivated, ambitious, and productive through the Y-AIM program.

**\*100 Youth being served in Y-AIM**

**Wellness Programs**

We strive to help all individuals meet their health and wellness goals through a variety of programs, as well as use of our pool, gym, wellness centers, group exercise classes, personal training sessions, nutrition seminars, and expertise and care of our professional wellness staff.

**\*More than 10,000 members/participants benefitted at the YMCA**

**Aquatics Programs**

We're proud to offer top-notch instruction, as well as recreational and specialty programs for all ages and abilities, including parent-child classes, preschool/youth swim lessons, water exercise, and lifeguard/CPR/AED training courses. Many graduates of our lifeguard program go on to work at the YMCA, public pools, camps, and recreational facilities in the area.

**\*Swim Lessons for Adults-82, Parent/Child-355, Youth-956**

**LIVESTRONG® at the YMCA**

LIVESTRONG® at the YMCA is a life-changing program that provides a wellness outlet to adult cancer survivors dealing with the lingering effects of treatment. The 12-week offering consists of small group exercise classes and lifestyle programming at no cost to the participant.

**\*686 LIVESTRONG graduates since the program started in 2010**

**MOCHA**

MOCHA is a movement working to improve the wellness of men of color in the community. It aims to empower men of color to play an active role in their health care through health education and wellness classes.

**\*over 400 participants attended MOCHA related events**

**Active Older Adults**

From aquatics and group exercise classes to meet & greets, our senior citizens take full advantage of the offerings at the Y, ensuring opportunities to connect with others and participate in meaningful social activities throughout the area.

**\*946 Active Older Adult members**

**Veterans & Military Families**

Our Veterans and Military Families also take full advantage of the offerings at the Y, ensuring opportunities to connect with others and participate in meaningful social activities throughout the area. We thank them for their service to our country.

**\* 847 Veterans & Military Family members**