



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Important Things To Know About Your YMCA

Our Focus Areas

Youth Development

- In our Preschool Program, young children are nurtured in a supportive, educational atmosphere.
- Vulnerable teens in the Minority Achievers Program are empowered to build bright futures.
- School's Out provides children a safe environment where they can learn and thrive.
- At Summer Camp, kids experience the great outdoors while reducing summer learning loss.

Healthy Living

- **Let's Go!: Family Fitness and Nutrition** helps children and their families develop healthy eating and physical fitness habits...for life!
- At the no-cost initiative **LIVESTRONG®** at the YMCA, cancer survivors and their loved ones are given support to reclaim their lives and rebuild their health.
- We are dedicated to providing no-cost feeding programs, in partnership with other community organizations, to support local families.
- Swim lessons teach children critical water safety skills while showing them a fun way to exercise.

Social Responsibility

- In Spartacus, repeat juvenile offenders learn the value of giving back as they take steps towards graduating high school and avoiding future negative court involvement.
- Through Y Access, we provide financial aid to families and individuals who otherwise wouldn't be able to access our resources.
- As a Global Center of Excellence, our Y strives to meet the diverse needs of the populations we serve.



Did you know?

- Your Y is a charity! We enjoy IRS status as a 501(C)(3) organization.
- The YMCA of Central Massachusetts started in 1864 in one room in the iconic Mechanics Hall in downtown Worcester.
- Your Y has five branches and two, rural summer day camps across 57 cities and towns in Central Massachusetts.
- We're more than just gym, swim and childcare – we offer low- and no-cost programming to support everyone from cancer survivors to disadvantaged teens to active older adults.
- At many of our afterschool and summer camp programs, feeding initiatives are in place to support families in our community.
- As an organization, we are proud to state that we provide over \$2 million in community benefit through financial assistance, program subsidies and open community space.