



OHIO YMCAs

DID YOU KNOW?

At the YMCA, we're for youth development, healthy living, and social responsibility. Ohio YMCAs are in 163 diverse communities around the state, and they serve 872,000 children and adults.

Did you know we are the largest early and out of school-time learning provider in the state? Did you know that we serve thousands of meals to Ohio kids and families each day, helping more kids and families to be food secure? And did you know that we teach more kids how to swim than any other institution, which are lessons in safety, healthy living, and self-confidence?

IMPACTING OVER 163 COMMUNITIES

YOUTH DEVELOPMENT

YMCAs provide children under age six with critical early learning, and they provide school age kids with safe, dependable places to grow before and after school. Our early childhood and after school programs are crucial supports for working parents and ensure that our children are classroom ready.

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| Early childhood education (0-5 years) | 75,881 |
| School age care (6-12 years) | 74,977 |
| Day camp | 12,887 |
| Resident camp | 23,656 |

HEALTHY LIVING

The Y provides a supportive environment for families of all backgrounds, ages, and abilities where people can meet their health and well-being goals through exercise, nutrition, and chronic disease programs.

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| YMCA members | 871,698 |
| Members over age 65 | 118,832 |
| Youth sports participants | 40,453 |
| Youth swim lessons | 37,395 |

SOCIAL RESPONSIBILITY

Part of the Y mission is to give back to our communities and help everyone, regardless of income, be a member of the YMCA family. From the volunteers who give their time and energy to support our mission, to the amount of scholarship we give to families who cannot afford a membership, we strive to fulfill our responsibility to our communities every day.

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| YMCA volunteers | 18,817 |
| Financial assistance Ys give to low-income families | Over \$9,359,751 |

* Does not include federal and state assistance and other partnerships.



SUPPORTING OUR COMMUNITIES, ONE PERSON AT A TIME

YOUTH DEVELOPMENT

A lot of people can relate to Aliea. She and her husband work hard, Aliea attends college, and they are raising two little boys, Ali and Musa. Like so many parents, Aliea faced the challenge of struggling to pay for good child care. Aliea knows that "completing my degree will help me better provide for my family and having reliable child care is essential to that goal."

The Y was just what her family needed. The YMCA offers child care scholarships for families like Aliea's, which allows parents to work or continue their educations without sacrificing quality, loving care for their children.

"Since my children have been attending the Y child care center, I have noticed how much they've learned." Ali, 2½, is speaking more clearly, identifying colors, and singing songs. His imagination is taking off too — he is always playing make believe. His younger brother, Musa, 1½, is learning to follow directions and his vocabulary is expanding.

Still, it is not just their academic development that is growing. They have come to love their teachers and are interacting well with children their own ages. Mom is pleased to say, "Both of them have learned about caring for others and sharing. They love playing with the teachers and other children."

HEALTHY LIVING

David was exercising several times a week, and he was following the instructions from popular cooking programs by preparing meals with organic choices and olive oil. Unfortunately, David did not see the results he was looking for, despite his efforts. He struggled with his weight, ultimately learning that he was pre-diabetic and had high blood pressure.

David talked to a staff member at the YMCA about the YMCA Diabetes Prevention Program and appreciated the encouragement he received to try something new. Just weeks later, David was monitoring food labels and using a daily food log, and he was on track to a successful outcome. "I didn't have to start from ground zero, the program helped me put the pieces together," shared David.

In December, David's physical and medical tests proved how much his commitment to better health had paid off. Not only did he lower his high-risk counts across the board, but his overall body weight went down by more than 21%.

Today, David continues to maintain his new, healthy regimen of diet and exercise and remains diabetes free.

SOCIAL RESPONSIBILITY

My son Wesley and I have appreciated the help we have received from the scholarship for the membership and summer day camp fees at the YMCA. I have peace of mind knowing when I bring my child to the Y, he is safe and learning the things that will make him a better person.

Most people come to the Y for the fitness aspects, and we do too, but once there, there is so much more to the place than equipment, the gym, and the pool. There is companionship, guidance, friendliness, and much more at the Y.

Because of the Y, Wesley has matured into a kind, comical, religious, and fantastic young man. The structure, discipline, guidance, and friendship he has gotten from everyone at the Y helped so much. Being a single parent, it was nice to see the impact the Y has made in shaping Wesley. I like the young man he is becoming and it is thanks to the Y.