



# A YMCA WITHOUT WALLS PROVIDING SUPPORT

Approximately

**40,000**

Gaston County citizens live at or below the poverty level.



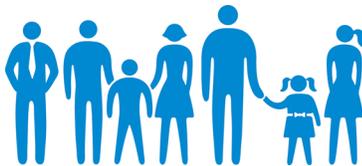
**976**

Gateway program connected to 37 different local agencies

**84** In 2016

Houses of Worship and agencies made referrals to the Gateway

## OUR COMMITMENT TO GASTON COUNTY



The Gaston County Family YMCA is committed to shifting the charity paradigm in our community through programs and services by partnering with houses of worship, government agencies, and community members.

## SIGNATURE PROGRAMS

### RESOURCE CONNECTION GATEWAY:

The Gateway provides a single point connection for anyone, anytime, anywhere in the county to be connected with appropriate human service providers.

Each Resource Connection Gateway referral is contacted within 24 hours and listened to with pastoral concern to determine if the need is CRSIS or CHRONIC.

Anyone can be connected or referred by going to [www.gastonymca.org/gateway](http://www.gastonymca.org/gateway).

**1450**  
**Referrals**

**29**  
**Completed**  
**Class**

### NETWORX:

This is a movement to reduce poverty at its holistic core, not through well-doing for others, but through well-being together. NETworX is individuals and communities working together to build intentional relationships through education and love of neighbor as well as love of self.

### CHRISTIAN EMPHASIS COMMITTEE:

This volunteer committee serves spirit, mind and body by intentionally engaging our status as a Christian organization. A focus is put on local clergy involvement, Prayer Breakfast, and special events.

### LEARN MORE

Contact Dwayne Burks to learn more or to volunteer at: 704.865.8551.



# MODELING HEALTHY HABITS CHANGING LIFESTYLES

18,378

Children are food insecure within the Gaston County Family YMCA service area according to Feeding America.

60,000  
MEALS



Our collaboration with Walmart Foundation and Gaston County School Nutrition helps us serve healthy meals and snacks along with enriching activities year-round.

1200  
CHILDREN

## CHOICES WITHIN LIMITS: Healthy Eating & Physical Activity (HEPA)

The Y has expanded its longtime commitment to supporting healthy living by adopting the HEPA standards, a guide to implementing healthy eating and physical activity habits within Y early learning and afterschool programs. By implementing the HEPA standards, we're providing the foundation for a healthier future by supporting children, staff and families.

## SIGNATURE INITIATIVES

### YOUTH PROGRAMS: SUMMER CAMP & AFTERSCHOOL:

Water: Increase of water consumption and reduction of sugary drinks.

Nutrition Education: Implemented weekly Food and Fun curriculum at all summer camp and afterschool sites.

Physical Activity: Provided staff with training to increase active participation and less waiting during game time.



### ENGAGING AND ENERGIZING STAFF:

HEPA Cup: Monthly staff challenges encouraged participation and friendly competition between Gaston County Family YMCAs. These challenges are intended to educate staff and role model HEPA standards including choosing water, increasing whole grains, or working out.

HEPA Champions: Youth Program staff have been identified and trained to support HEPA education.

### READ, FEED AND LEAD SUMMER FEEDING PROGRAM:

This initiative provides meals and activities to children during the summer months at two Mt. Holly locations where the children qualify for free or reduced lunch throughout the school year.

### LEARN MORE

Contact Abby Isom to learn more or to volunteer at: 704.865.8551.



# SAFETY IN AND AROUND THE WATER



# 2679

Lives were impacted with safety in and around the water during swim lessons and swim club.

According to a national research study conducted by the USA Swimming Foundation and the University of Memphis,

70% African American

60% Hispanic

40% Caucasian

**CANNOT SWIM.**

## TEACHING SAFETY AND AWARENESS

Drowning is the leading cause of death for children one to four years of age and is the second leading cause of death for children five to 14 years old. The Y's Safety Around the Water program has been integrated into Gaston County Family YMCA swim lessons and teaches children of all ages and from all backgrounds that water should be fun, not feared, as long as you know how to stay safe in and around water.

## AQUATIC INITIATIVES

### KINDERSWIM INITIATIVE:

Thanks to generous donors, the Stowe Family YMCA launched the KinderSwim initiative during summer day camp 2016. KinderSwim lessons were provided to all 3—5 year olds registered for camp at no additional charge. Each week children participated in lessons that focused on water readiness, lifejacket safety, and introductory stroke development.

**54**  
children

### AFTERSCHOOL INITIATIVE:

**75**  
children

Tony Sigmon, Gaston County Family YMCA CEO, challenged the Aquatics and Afterschool Directors to incorporate swim lessons and water safety into the curriculum. This began in the fall of 2016 with two Afterschool sites and is continuing in the spring of 2017.

### JR. LIFEGUARD TRAINING:

The Central YMCA trained middle school teens to be rescue ready through lifesaving skills, such as in-water rescues, use of rescue tube, and an introduction to first aid and CPR.

**15**  
teens

### LEARN MORE

Contact Jeff Pesesky or Candace Hyde to learn more or to volunteer today!



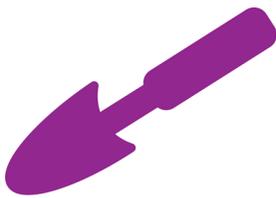
# IT'S GOING TO BE GREAT SHAPING OUR FUTURE

## \$20 M GOAL

Campaign launched by  
community leaders for this  
amazing project.

As of February 6, 2017 generous donors have pledged  
to the NEW YMCA at Robinwood Lake Campaign

## \$16,922,135.20



### DIGGING IN

On May 25, 2016 children from the YMCA Afterschool program had the honor of breaking ground for our new state-of-the-art facility on Robinwood Lake. This special event was attended by over 200 local leaders, members, staff, and officials.

Campaign Co-Chairs Andy Warlick, Gene Matthews, Dr. Richard Rankin, George Henry, and YMCA CEO Tony Sigmon, shared the vision of the new YMCA and what it will do for our community. This site will feature a 34-acre reservoir, a 60,030-square-foot complex, outdoor chapel, miles of hiking trails, and a 2 pool aquatic center.

## BY THE NUMBERS

It takes vision and imagination to meet our communities' needs. This capital campaign furthers the Y's mission by addressing the unique needs of our community. Our generous donors have invested in the children and families of Gaston County. To date 144 pledges have been made by individuals, foundations, and companies.

**17** Donors Pillars Society \$250,000 +

**12** Donors Robinwood Lake Society \$100,000 +

**30** Donors 2017 Society \$25,000 +



**YMCA CAUSE:** Strengthening the foundations of  
our community through Youth Development,

### LEARN MORE

Contact Molly D'Avria to learn more or to make a pledge  
today at 704.865.8551 or [mdavria@gastonymca.org](mailto:mdavria@gastonymca.org).