Gaston County Family YMCA
Annual Giving Campaign 2020

**Afterschool**
YMCA Afterschool provides a safe and inclusive place for children after the final bell. Each day students participate in structured physical activities, homework help, and healthy snacks. During this time we aim to shape character by modeling, teaching, and reinforcing positive values to all students. The YMCA believes in the character development traits of Caring, Honesty, Respect, Responsibility, and Faith.
2020 Goal – $127,500 ……………………………………….. Impacting 218 Children per week

**Evidence Based Health Initiatives: LIVESTRONG at the YMCA & Enhance Fitness**
The Y is fulfilling its commitment to healthy living in Gaston County by adding evidence-based health interventions. These programs are backed by years of evidence generated by Y’s across the country. We are excited to join the cause and help our community reclaim a healthy life along the way.

**ENHANCEFITNESS**
EnhanceFitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized—physically, mentally and socially—and be surrounded by people who care about your success.
2020 Goal – $3,000
Impacting Seniors

**LIVESTRONG at the YMCA**
The Y and LIVESTRONG joined together to create LIVESTRONG at the YMCA, a free 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities.
2020 Goal – $9,000
Impacting 35 Survivors

**Gymnastics/Dance Classes**
Gymnastics and Dance classes introduce children to movement and dance fundamentals. Children learn skills in small progressive classes that focus on building confidence and self discovery. All classes incorporate fun and fitness in a caring safe environment.
2020 Goal – $6,000 ……………………………………….. Impacting 25 Children per month

**Read, Feed, Lead Summer Feeding Program**
Summer can be an anxiety-provoking time for 16 million kids across the U.S. who are struggling with hunger at home. The end of every school year means lost access to free and reduced-price lunches that provide regular nutrition to growing bodies. This healthy meal initiative infuses elements of Summer Day Camp at local city parks and municipal apartment complexes serving 888 lunches in 2018 and 1563 in 2019!
2020 Goal – $7,000 ……………………………………….. Impacting 4 local communities
**Senior Initiatives**
The Y helps seniors stay active, engaged, and healthy. Seniors at the Y enjoy group outings, Lunch and Learns, group fitness classes, volunteer opportunities and events designed to promote mental agility, good health and independence. The Pharr Family YMCA supports a special initiative at Myrtle Terrace, a senior housing complex, with a twice weekly homebound group exercise class.
2020 Goal - $9,000 .......................... Impacting 110 Seniors

**Summer Day Camp**
Summer Day Camp is about developing skills, building character and making friends. Kids become a community as they learn how to be more independent and how to contribute to a group as they engage in physical, social and educational activities.
2020 Goal - $94,500 .......................... Impacting 251 Children per week

**Safety Around Water (SAW)**
Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA’s Safety Around Water program can help you make sure they learn essential water safety skills, which can open up a world of possibilities for them to satisfy their curiosity safely. Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving your child confidence in and around water.
The SAW program is a National Initiative. It came to Gaston County in 2019 at Lineberger Park, Erwin Center, and Stowe Family YMCA. We are looking to expand these efforts in 2020.
2020 Goal - $23,000 .......................... Impacting 730 Children

**Teen Leadership Initiatives**
The Y helps teens achieve their full potential by developing leadership, decision-making and public speaking skills through programs such as Teen Leaders’ Club, Teen Wellness, and Middle School United Nations.
2020 Goal - $16,000 .......................... Impacting 100 Teens

**Youth Sports**
The Y focuses on skill development, teamwork, sportsmanship and healthy competition. Volunteer led teams help our youth foster relationships within the community. The Annual Giving Campaign helps defer the cost of our Youth Sports programs, keeping it low so children of all financial background can participate.
Youth Sports Include – Basketball, Soccer, T-Ball and Flag Football.
2020 Goal - $45,000 .......................... Impacting 1625 youth athletes