Stowe 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 - $55,000 .................................................. Impacting 94 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 – $4,000
Impacting 20 Survivors

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

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 – $27,000 .................................................. Impacting 79 Children per week

Continued on back
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 for expand these efforts in 2020.
2020 Goal - $11,000 .................................................. Impacting 310 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 and Middle School United Nations.
2020 Goal - $13,000 .................................................. Impacting 75 Teens