



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## YOUTH DEVELOPMENT

- . 114 children and youth participated in our Youth Sports Programs.
- . 2,082 infants, toddlers and preschoolers were enrolled in Child Care/Early Education programs.
- . 267 children and their families participated in our Y Family Nights and Kid's Night Out.
- . 82 teens were members of our Leader's Club which encourages healthy habits at this pivotal time in youth development.
- . 3,761 children and youth learned to be safe in the water in our Swim Lesson Program.
- . 1,384 children made new friends, learned new skills, avoided summer "brain drain" and had fun at Summer Day Camp.



**207**  
families received financial assistance so their child(ren) could attend Child Care, go to After School Programs or Camp.

## HEALTHY LIVING

- . 25 recovering substance abusers participated in our free Reset. Regroup. Renew. Program to bring balance to their lives through yoga, meditation and exercise.
- . 52 cancer survivors participated in our LiveSTRONG® Program, a free wellness program that helps cancer survivors reclaim their total health.
- . 9 Parkinson's patients participated in our Knockout PD Program, a non-contact boxing program that suppresses or even reverses symptoms of the disease.
- . 31 seniors participated in our free Enhance Fitness Program, to help older adults stay active.



The YMCA offers over **150** GROUP FITNESS CLASSES per week

## SOCIAL RESPONSIBILITY

- . 119 military and emergency service workers received reduced membership fees for a total value of \$19,000 to show appreciation for their service to our country and our communities.
- . 1,099 individuals received membership assistance for a total value of \$83,500 through our Open Doors Membership Assistance Program.
- . 295 teens were members of our Leader's Club and 7th Grade Initiative, for a total value of \$70,000.
- . 207 families received financial assistance for a total value of \$485,500 so that their child(ren) could attend before or after school programs or camp.
- . 253 individuals received financial assistance for a total value of \$13,400 to participate in enrichment programs, receive swim team scholarships, and take swim lessons including Special Olympics and our Autism Swims Program.
- . 32 individuals were able to participate in our healthy living programs including LiveSTRONG® at the Y for cancer survivors and Diabetes Prevention Program for a total value of \$3,300 so that they could reclaim their total health.



The Y offered numerous **FREE PROGRAMS** and **ASSISTANCE** to the community, totaling more than **\$670,000**

## GENERAL HIGHLIGHTS

### IN 2018

- . The YMCA served **20,024** unduplicated people.
- . YMCA members made **65,249** monthly visits to our branches.
- . There were **394** reduced fee memberships for members of the military and first responders to acknowledge their service to the community.
- . **575** YMCA volunteers gave back and supported their community to deliver positive, personal and social change.



YMCA members made **727,140** VISITS TO THE Y in 2018. This does not include program or special events.

## COMING IN 2019!

### HEALTHY WEIGHT & YOUR CHILD

An evidence-based program for children ages 7-13 with a BMI in the 95th percentile or higher. The program empowers these children to reach a healthy weight and live a healthier lifestyle with their families alongside them for support.



### BLOOD PRESSURE SELF-MONITORING

A 4-month program for adults diagnosed with high blood pressure to teach them to self-measure their blood pressure monthly, while attending nutrition education seminars and developing healthier eating habits.

## OUR PARTNERSHIPS

- . Horizon Foundation of New Jersey to offer our "Healthy U" initiative and CATCH (Coordinated Approach to Children's Health).
- . Tivita Health to offer our Silver Sneakers and United Healthcare to offer Fitness Advantage, free fitness programs for senior citizens.
- . LiveSTRONG Foundation, to offer our LiveSTRONG® at the Y program for cancer survivors.
- . National Council on Aging, to offer our Enhance Fitness Program for older adults.
- . C.A.R.E. (Community Action Reaches Everyone) to assist families in need by offering scholarships for education, transportation, counseling, tutoring and more.



Our YMCA has long-standing partnerships with health-based organizations in the community that help us forward our mission of fostering an improved culture of health.

## SAVE THE DATE!

### SUMMER CAMP OPEN HOUSE (all branches)

February 23, 2019 11:00 a.m.-2:00 p.m.  
April 27, 2019 11:00 a.m.-2:00 p.m.

### OAKCREST CAMP & POOL OPEN HOUSE

March 15, 2019 5:00 p.m.-7:00 p.m.  
April 26, 2019 5:00 p.m.-7:00 p.m.

### HEALTHY KID'S DAY (all branches)

April 27, 2019

