

BE
GOOD

DO
GOOD

FEEL
GOOD

BE GOOD

Expanding our core services

More than **265,000** men, women and children in Washington, D.C., Maryland and Virginia were touched by the YMCA's programs and services.

72,680 children, adults and seniors pursued a healthy lifestyle in our eight local wellness centers.

19,913 children explored new interests, discovered new passions and learned core values in our camps.

1,287 children created priceless summer memories at our 219-acre resident camp.

14,612 individuals participated in an aquatics class or camp at the YMCA.

1,745 children from ages 6 weeks to 15 years were enrolled in our curriculum-based child care programs.

The rebuilding and expansion of the nation's first African-American YMCA, **YMCA Anthony Bowen**, began with a groundbreaking ceremony.

The **YMCA Arlington Tennis and Squash Center** returned to YMCA management and leadership.

2008

A YEAR IN REVIEW

WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES.
The YMCA is a not-for-profit association. Financial assistance is available. All are welcome.

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YMCA
of Metropolitan Washington

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DO GOOD

Encouraging a passion for giving

\$2,049,290 was provided in scholarships and subsidies to local children and families who turned to the YMCA for help.

12,175 children and adults were able to participate in life-enriching YMCA programs and services they otherwise could not afford because of our scholarship program.

\$904,345 in scholarships were given to local families to help cover the cost of curriculum-based child care at the YMCA.

3,418 children received **\$732,056** in scholarships, allowing them to make priceless summer memories at our resident camp and day camps.

Nearly **30 percent** of the resident campers at YMCA Camp Letts received scholarships to help cover the costs of camp.

1,738 individuals and families received **\$393,766** in membership scholarships, affording them the opportunity to achieve a healthy lifestyle.

2,921 volunteers contributed **65,022** hours of their time to help the YMCA achieve its mission.

196 board and committee members volunteered **2,662** hours of their time to help lead the YMCA.

386 volunteers from local businesses worked with young inventors during our Thingamajig Invention Convention.

FEEL GOOD

Impacting individual lives

27,761 young children, teens, adults and seniors participated in programs and classes at the YMCA that helped them build stronger spirits, minds and bodies.

Nearly **18,000** children participated in our nationally renowned youth wellness program, PHD (Physical, Healthy and Driven). PHD combats childhood obesity and inactivity using assessments, exercise, nutrition education and family involvement.

The PHD on the Move Van, launched in May with the help of CareFirst, made **52 stops** in the Washington metropolitan region, bringing healthy play to the doorsteps of urban and suburban children.

Nearly **6,000** adults and children were served by the YMCA's social services branch, Youth and Family Services (YFS). YFS services include counseling and early intervention for some of our region's neediest families. All services are offered free of charge.

4,247 individuals got active and involved through a YMCA sports league or program.

More than **3,000** local children explored the fields of science and technology and learned the importance of protecting the environment at our 14th annual Thingamajig Invention Convention.

180 teenagers learned the importance of civic engagement and became young leaders in the YMCA's Youth and Government program.