



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ALEXNDRIA COMMUNITY IMPACT SUMMARY

**YOUTH DEVELOPMENT:** nurturing children through programs, classes and events that promote character development, healthy lifestyles and academic achievement.

- ✓ Over 1,400 youth and teens who participate in camp, early learning, school age, swim team, youth sports and aquatics programs.
- ✓ On average, we provide \$50,000 in scholarships awarded for children to participate in camp, early learning, school age and aquatics
- ✓ Provide healthy sports programs for children and teens of all ages and interests, including swim team, baseball, basketball and various other sports.

**HEALTHY LIVING:** supporting individuals, seniors, parents and families by providing programs, classes and events for a healthy lifestyle.

- ✓ Over 1,000 members per week participate in our group exercise classes, small group trainings, personal training, and aquatics program.
- ✓ 30 seniors participated in a brain health awareness seminar that focused on memory and general brain health.
- ✓ Specially designed exercise classes and programs are developed to meet the needs of older adults

**SOCIAL RESPONSIBILITY:** partnering with community leaders and organizations to provide leadership and support in addressing the needs of our children, teens and families.

- ✓ Provides approximately \$90,000 in scholarships and financial assistance to those in need, so they could participate in YMCA programs.
- ✓ Works directly with the Alexandria Department of Community and Human Services to provide early learning opportunities to qualifying families in need within the city of Alexandria.
- ✓ Collected hundreds of canned goods and non-perishable food items that were donated to families in need in time for the Thanksgiving holiday.
- ✓ Collected Angel Tree gifts for more than 100 children during the holidays. Gifts were donated to Salvation Army and the Campagna Center to ensure children have gifts for Christmas.



## ALEXANDRIA COMMUNITY IMPACT SUMMARY

### PARTNERSHIPS AND COLLABORATIONS:

- ✓ **Alexandria Soccer Association** – Enables families participating in ASA soccer camps to be part of the camp before and after care at the Y, families that may not otherwise be connected.
- ✓ **Linden Resources** – provide TANF recipients short-term childcare services that will increase their ability to secure and maintain meaningful employment and promote long-term stability
- ✓ **Fairfax County Public School**– Designed a program to serve students with disabilities in grades 9-12 who require instruction through a modified curriculum focused on life and career skills
- ✓ **City of Alexandria Department of Community and Human Services Center & Youth Employment Program**- to **empower teens** to develop work related skills and experiences to support the success through the **City Youth Employment Initiative**.
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### CONTRIBUTIONS TO YMCA “SIGNATURE PROGRAMS”

- ✓ Implement **Physical Healthy Driven (PHD)** program with over **40 school-age children** to teach creative & fun ways to exercise. Kids participate in exercise from warm-up stretching to high intensity group games.
- ✓ Sends more than **130 kids** to the YMCA **Annual Thingamajig Invention Convention** where children create eco-friendly inventions & compete with other young inventors for fun prizes. This event introduces them to the world of STEAM --science, technology, performing arts, aeronautics, engineering, active fitness and play, nutrition, and going green.
- ✓ Along with Y’s across the country, hosts a local annual **Healthy Kids Day**, a free community health event for kids, which encourages healthy habits for children and families, active play and physical activity.