



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN COMMUNITY IMPACT

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

- ✓ Serve nearly 1,000 youth each year through our childcare, summer camp and aquatics programs.
- ✓ Provide over \$350,000 annually to support children in Y school-age childcare & summer camp.
- ✓ Introduced youth to professional opportunities in fitness by participating in **Career Day at William Paca Elementary School** in Prince George's County.

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

- ✓ More than 8,000 individuals are connected to wellness programs and classes offered by YMCA Anthony Bowen.
- ✓ Each year, over 60,000 hours of Group Exercise activity is led at YMCA Anthony Bowen.
- ✓ Since 2013, hosted more than 3,900 cooking classes, in our Culinary Studio, designed to offer a better understanding of nutrition in a fun and relaxing environment.
- ✓ More than 11,000 hours of aqua aerobics, low impact fitness and strengthening classes targeting seniors have been hosted at YMCA Anthony Bowen in the past three years through our Fit & Well programs.

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

- ✓ Provided nearly \$350,000 in scholarships and subsidies to 1,452 individuals and families for memberships and program participation in 2016.
- ✓ Served 120 families through our **Angel Tree** program, which provided gifts and food donations to under-resourced families during the holidays.
- ✓ Serve as host of **Winter Coat Drive** and **Annual Thanksgiving Food Drive** which provides access to warm clothing and holiday meals to over 50 under-resourced community youth and their families. Provided Thanksgiving food baskets to 460 families.
- ✓ Contribute to the economic viability of Ward 1 by working to ensure that residents are represented in our new hires. Currently 60% percent of our neighbors work at YMCA Anthony Bowen.

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SPECIAL EVENTS

- ✓ The “**Tastes of Diplomacy**”, a program which invites chefs from Embassies to share cuisines from their home countries around the world with community members. Participating Embassies include Estonia, Philippines, Dominican Republic and more.
- ✓ Our Y hosts **community access days** to the community on Emancipation Day, and Martin Luther King Day in celebration of the legacy of Anthony Bowen and the civil rights movement.
- ✓ We support **global empowerment events**, organized by ESPN and the U.S. Department of State, that introduce women to sports, health and fitness.
- ✓ In 2018, opened the new Anthony Bowen Gallery to provide accessible community art exhibit space. **The Bowen Artist in Residence program** features local artists from the DMV, sharing their story, and conducting art workshops, and culture chats open to the entire community.
- ✓ In 2018 hosted the first annual **Jack O’ Lantern Jubilee**, proving a safe space for over 300 families to celebrate on Halloween Day.

PARTNERSHIPS

- ✓ YMCA Anthony Bowen partners with four **(4) public and charter schools** to offer safe and curriculum-rich after school childcare.

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.
- ✓ **Nearly 150 children participate in 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.