



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA FAIRFAX COUNTY RESTON COMMUNITY IMPACT SUMMARY

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

- ✓ Over 5,888 youth and teens participate in early learning, school-age child care, summer day camp, swim team, youth sports, wellness, and aquatics programs.
- ✓ On average, we provide over \$121,000 (41% of total scholarships provided through our Y) in scholarships awarded for children to participate in early learning, school-age child care and summer day camp programming.
- ✓ The Y partners with over a dozen schools in Fairfax County, providing transportation to and from local elementary schools for before and after childcare services.

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

- ✓ Provided over 500 memberships subsidies allowing participants the opportunity to achieve healthier lives.
- ✓ The Y holds free water aerobics classes reaching over 100 members per week
- ✓ Helped over 800 kids learn to swim and be safe in the water
- ✓ Comprised of approximately 300 kids, Reston's swim team helps kids learn discipline, value of hard work, a sense of accomplishment, and team work.

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 \$325,000 in scholarships and financial assistance to those in need, so they could participate in YMCA programs.
- ✓ Members have the opportunity to give back to our program's families in need through annual Angel Tree program by providing gifts for children from 3 months – 13 years old.
- ✓ Every year, the Annual Corporate Challenge partners with 10 local companies to engage the Y and like-minded business partners in corporate social responsibility.



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AWARDS AND SPECIAL HONORS:

- ✓ **The YMCA Triangle Award Scholarship** is presented each year to a Reston high school senior who exemplifies the YMCA core values of caring, honest, respect, and responsibility.
- ✓ Completed the necessary requirements and became an active participating branch in the YMCA of the USA National Reciprocity Membership program opening our doors to all YMCA members nationwide

PARTNERSHIPS AND COLLABORATIONS:

- ✓ **Cornerstones** – allows community members experiencing homelessness an opportunity to work out and/or shower for free.
- ✓ **Reston Association** – the 7th annual Reston Kids Triathlon providing over 100 kids the opportunity to participate in the first professional triathlon experience.
- ✓ **Aetna** – piloted a program with nationwide insurance company to in order to provide wellness opportunities to their clients at no charge.
- ✓ **Fairfax County Public Schools** - provides job shadowing to individuals with disabilities.
- ✓ The Y with local corporations, including the Corporate Executive Board, PNC and the local high schools to host volunteer day-long projects.

CONTRIBUTIONS TO YMCA "SIGNATURE PROGRAMS"

- ✓ The Y's **Physical Healthy Driven (PHD) program** teaches over 65 school-age children creative & fun ways to exercise. Kids participate in exercise from warm-up stretching to high intensity group games.
- ✓ **More than 50 kids** 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 1500 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.
- ✓ Served as a host site for **Y-Diabetes Prevention Program** allowing over 20 individuals the opportunity to gain education on how to better manage their prediabetic condition