



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BETHESDA-CHEVY CHASE COMMUNITY IMPACT SUMMARY

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

- ✓ Over **5,200** youth and teens who participate in **summer camp, swim team, youth sports and aquatics** programs.
- ✓ On average, we provide over **\$100,000** a year in scholarships awarded for children to participate in programs, summer camp, swim team and youth sports programs.

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

- ✓ Over **5,000** members participate in our group exercise, lap swimming, water exercise, and personal training and wellness programs.
- ✓ On average, we **provide over \$300,000 in scholarships** awarded youth, adults, seniors and families to participate in aquatics and membership programs.
- ✓ **Senior Open House** - an open house featuring community partners that specialize in resources and/or services for older adults with hearing screenings, blood glucose testing and information on healthy nutrition and fitness.
- ✓ **150 adults participate in a variety of aquatic exercise programs** that the Y offers for all fitness levels. Water Fitness programs range from joint range of motion classes to high-intensity aerobic classes.
- ✓ **For over 35 years**, Y BCC has offered **Adaptive Swim** - a free swim program open to the community and focused on participants with special needs.

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 **\$100,000** in scholarships and financial assistance to those in need, so they could participate in YMCA programs.
- ✓ **Turkey Chase** - Since 1982, YMCA BCC has hosted the Thanksgiving Day 10K/2Mile Fun Run/Walk & 50 Meter Tot Trot. This event **has raised over \$5.2M to fund the YMCA financial assistance and scholarship programs** as well as the Rotary Foundation grants.
- ✓ YMCA members donate brand new, unwrapped toys and gifts to our **Angel Tree** to fulfill wish lists from local youth and families who are experiencing financial hardships. Gifts are distributed by our YMCA Santa at a community breakfast.



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AWARDS AND SPECIAL HONORS:

- ✓ Youth Development Award – a long-standing member gave \$30,000 for 10 children from **Greentree Shelter** to attend YMCA summer camp.
- ✓ YMCA Bethesda-Chevy Chase awarded a \$5,000 Kiwanis Grant for special needs program participants in the **Discovering Abilities** aquatics program.

PARTNERSHIPS AND COLLABORATIONS:

- ✓ **BCC Rotary Club & Foundation**- collaboration to host over 8,000 participants; 350 volunteers and over 1,000 spectators during our annual Turkey Chase.
- ✓ **Kiwanis-YMCA Golf Classic** – Co-hosts an annual golf fundraiser where net proceeds support the YMCA Caring for Community Annual Campaign and local non-profits funded by the Kiwanis Club.
- ✓ **Suburban Hospital**
- ✓ **NIH Children's Inn**
- ✓ **Lycée Rochambeau (French International School)**
- ✓ **Greentree Shelter**
- ✓ **Bethesda Country Day School**

CONTRIBUTIONS TO YMCA "SIGNATURE PROGRAMS"

- ✓ Implement **Physical Healthy Driven** 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.