



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**A NEW YMCA ARLINGTON**  
FOR A BETTER US



A nonprofit organization (NPO) is a legal entity organized and operated for a collective, public or social benefit, in contrast with an entity that operates as a business aiming to generate a profit for its owners. A nonprofit is subject to the non-distribution constraint: any revenues that exceed expenses must be committed to the organization's purpose, not taken by private parties.

As a charity, the Y operates to fill gaps and needs in the communities that the government and local municipalities do not. The Y provides vital services and programs with fees determined utilizing HUD based guidelines. The Y is committed to ensuring that membership is accessible to families of all income levels. Membership and programs are made affordable to residents at different income levels through **the Y's Caring for Community Financial Assistance program**. No one is turned away because of inability to pay.



The YMCA's mission is to foster the physical and mental development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all. The YMCA understands that lasting personal and social change comes about when we all work together. Strengthening community is a core YMCA value. Every day, the YMCA works side-by-side with its neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The **Arlington** branch of the YMCA of Metropolitan Washington first opened its doors in **1944** and has served the diverse and growing Arlington community as a trusted community partner for almost 80 years. Y Arlington provides opportunities for health and wellness, school age childcare, summer day camp, aquatics, and tennis and squash serving over **4,600** children, adults and seniors annually. From 2010 to the present, over **\$1,000,000** in financial support has been provided to the Arlington community for children and families to participate in Y programs.

## NEW YMCA ARLINGTON COMMUNITY BENEFIT

### EXPANDED CAPACITY TO SERVE:

**New Y Arlington will serve an estimated 11,415 children, adults and seniors annually.**

Number of new jobs created:

**108 new permanent living wage positions and 175 construction jobs.**

The new Arlington YMCA in will be a manifestation of two highly respected entities with shared values and vision meshing to serve Arlington County residents. This Y will be designed for the Arlington Community by the Arlington Community with input and collaboration from local universities, schools and hospitals.



### The new Y will include:

- A **DIVERSITY & INCLUSION CENTER**.
- Expansion of the Y's **COMMUNITY HEALTH DIVISION**.
- Adaptable **MAKER SPACE** intended to inspire our young people to design, collaborate and innovate.

The Y will also feature a natatorium with water features, a community splash pad and locker rooms focusing on inclusivity. This Y will be one of the first if not the first in a post COVID world to receive health and wellness certifications such as well fit and well buildings, along with addressing the need for innovation and focus in a post pandemic environment. Experts believe that critical to the future health and vitality of our communities and workforce will be a major focus on circulation, air, energy and repotable water.

### Programs and services to be offered:

**Aquatics:** Strong indoor aquatics offerings including a warm water instructional/therapeutic pool preferred by seniors and families with offerings to include aqua aerobics, family swim, beginner swim lessons and summer aquatic camps. In addition, a 6-lane lap pool directed toward adult lap swim, deep-water aerobics and advanced swim programs including master swim.

**Health and Wellness Center:** A diverse schedule of programs and activities to support the specific interests and needs for youth, adults, seniors, and families across a wide range of offerings including a wellness floor with cardio and strength training equipment, gym, cycling and group exercise studios.

**Well Being Programs:** Y Diabetes Prevention Program, Functional Fitness, Blood Pressure Self Monitoring, Medical Nutritional Therapy.

**Youth Development Programs:** After school education, adaptable dedicated Maker Space, youth day and holiday camps during school breaks, virtual learning labs.

**Diversity & Inclusion Center:** Dedicated space for all members of the community to learn, lead, organize, advocate and meaningfully connect with a shared focus on equity to offer support of and partnership with the County's Destination 2027 Initiative.

**NEW AND EXPANDED YMCA ARLINGTON PROGRAMS & SERVICES:** In designing the new Y and planning for expanded programming, the Y is engaging in conversations to better understand how the Y can continue to address disparities and better meet residents' needs. These include collaboration with Virginia Hospital Center, Arlington Public Schools, Destination 2027 leaders and more.

#### **COMMUNITY HEALTH:**

Virginia Hospital Center's Community Health Needs Assessment (CHNA) specifically identified nutrition programs, along with obesity, diabetes and heart disease prevention as needs in the community.

**Nutrition Education**

**Medical Nutrition Therapy**

**Blood Pressure Programs**

**Produce Prescription Programs**

**Diabetes Prevention Program**

**Flu Shots**

**Fall Prevention**

(Functional Fitness, Senior Strength/Better Balance)

**DIVERSITY & INCLUSION CENTER:** The Y's equity work in the Washington Metropolitan area continues to focus on training to convene community conversations in partnership with local government, creating safe spaces for our staff to process disruptive events through our employee resource groups, and seeking partnerships to advance our collective impact. The Y is establishing a Diversity and Inclusion Center as a key feature in the design of our new YMCA to partner with the County's equity initiatives.