



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REACHING OUR POTENTIAL

Together we improved the lives of 15,000 children.

Where you live can affect your education, your success, your health and even your hopes and dreams. At the Y we believe everyone deserves a chance, no matter who you are or where you're from. That's why we offer programs and services to help everyone reach their full potential.

Together we strive to ensure families share invaluable quality time with one another, children overcome insurmountable learning gaps and teens can thrive in a world inundated with social media. Our youth and families can interact with real people in the real world caringly, honestly, respectfully and responsibly.

We can only do this with continued help from people like you. Last year, we reached out to local residents and businesses to meet the many needs that exist in our community. We asked for help to find a solution. This report highlights some of the ways Metro Detroiters gave their time and money to help us build a better Metro Detroit.

The Y.™ For a better us.

YMCA OF METROPOLITAN DETROIT
ymcadetroit.org

2018



GETTING HEART HEALTHY

Blood Pressure Self-Monitoring (BPSM)

In partnership with Blue Cross Blue Shield of Michigan Foundation, the Y served 156 participants with the Blood Pressure Self Monitoring program. Each participant worked with trained Healthy Heart Ambassadors during this 4 month program. Participants learned to measure their blood pressure, to record their readings with an easy tracking tool, and attended personalized monthly consultations. This program resulted in better awareness of triggers, BP management and healthy eating habits.



EMPOWERING YOUNG GIRLS & BOYS

Girls on the Run | STRIDE

Girls on the Run encourages girls to be joyful, healthy, and confident through experience based curriculum that creatively integrates running; STRIDE allows boys to share thoughts and opinions in a safe, encouraging environment while training for a 5K. The finish line is just the beginning, this year, a total of 3,506 girls and boys from the tri-counties participated in these programs. Thanks to contributions, we were able to remove financial barriers for over 584 children to participate.



CREATING A CARING COMMUNITY

Inclusion Programming | Social Club | Inclusion Camp

The YMCA is a safe place for families with children with special needs. Our activities and programs are adapted to make everyone feel welcome. Through financial support from many individuals, we were able to serve over 100 youth and young adults with special needs: 163 students participated in Inclusion Programming last school year; 32 young adults registered for the Saturday Night Social Club while Inclusion Camp hosted 25 campers this summer.



INSPIRING TEENS THROUGH WORK & SERVICE

Youth Volunteer Corps | Arts Education | Summer Youth Employment

Whether learning to serve others, taking professional art instruction programs or a career-development camp, we cultivated the civic, cognitive and career aspirations of hundreds of teens in Metro Detroit. Thanks to support from our many donors, 95 youth participated in over 3,000 community service hours through the YVC program, over 2,000 students participated in Arts Education and over 213 youth participated in our Summer Youth Employment Program.



DISCOVERING AN UNPLUGGED WORLD

Camp Nissokone | Camp Ohiyesa

Physical activity and personal connections continue to decline, making it more important than ever for our youth to get outside and be active. Our camps welcomed over 1,600 campers this past summer. Contributions to Y Camps allowed 178 kids to gain new friends, new skills and new confidence. Camp Ohiyesa gave Day Camp scholarships to 34 kids, Overnight Camp scholarships to 68 kids. In addition, 78 youth and teens were able to attend Overnight Camp at Camp Nissokone.



BUILDING BRIGHT FUTURES

Afterschool Enrichment

Over 3,200 children participated in afterschool programs with close to 600 receiving financial assistance thanks to donor support. Through the efforts of our Healthy Living branch, over 184,560 healthy meals and 51,732 snacks were provided to an average of 1,000 children per day aiding in their academic success. Also, with support from UWSEM a kitchen was launched to ensure children receive the most nutrient dense and kid-approved meals possible providing the nourishment needed to learn, grow and thrive!



FUN SUMMER LEARNING

Summer Day Camp

Exposing kids to new experiences is what summer day camp is all about. Kids learn skill building and gain a sense of community and lasting friendships—in rural and urban settings. But our YMCA day camp is much more. Each week's curriculum includes STEM and literacy activities, nutrition instruction and physical activity. This past summer over 3,500 kids attended camp with over 700 campers receiving financial assistance thanks to support from our donors.



BUILDING CONFIDENCE WITH EVERY STROKE

Detroit Swims

Many Michigan children grow up not knowing how to swim despite being surrounded by lakes, pools and rivers. Detroit Swims is our Y's signature water safety and swim instruction program—created to keep our kids safe around water. Thanks to our donors and community partners we provide swimsuits, caps, goggles, swim instruction and transportation to school age children at several of our branches and at local pools. Donor support allowed us to serve 1,357 children including 101 kids with special needs.



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Your life shouldn't be determined by the zip code you're born in. Your zip code shouldn't determine your access to quality educational programs and services.

The Y fills these gaps by providing opportunities to learn, grow and thrive for all. At the YMCA of Metropolitan Detroit we're committed to giving everyone the opportunity to succeed.

**For a better you. For a better Metro Detroit.
For a better us.**

For more information on how you can donate or volunteer at the Y, contact Jennifer Champine at (313) 223-2632 and jchampine@ymcadetroit.org