

Community: Development!

Community Development

Sanders Buckhead YMCA provides a number of programs aimed at community awareness and development. Our programs focus on building character in children and incorporating the “Y” experience into families for the enrichment of the community. All programs are coordinated through our various partnerships in the Buckhead and surrounding communities.

Super Saturday: Character building, sharing and teamwork through interactive activities, field trips and more!

Mami Y Yo: This program provides the “Y” experience to the Latino community through gymnastics and the use of the YMCA facility.

Ragtime Seniors: This fitness program provides the seniors with an opportunity to become physically fit while sharing in the “Y” experience.

Carl Sanders Enrichment Program: This program focuses on providing children, aged 5–12, with enrichment activities, sports activities, fun games and life strategy concepts through group discussion. Participants are selected from William Scott Elementary School.

Program runs through the school year

A1 plus 2 Training: “Building mind, body and spirit of young teens”. A sports and personal development program which helps build character, confidence and self-discipline in our teens, through sports and motivational training sessions. Our goal is to motivate teens to succeed in sports and academics through fitness and positive attitude. Sessions may include polymetrics, strength and conditioning, sport specific drills, motivational discussions and nutrition.

For more information, please contact Amy Grames at 404-267-4828; amyg@ymcaatlanta.org.

