In the heart of the South, the YMCA works to ensure all young people have the opportunity to develop strong character, achieve academic success, and lead healthy lives. With locations in 119 communities throughout the Southeast, we help kids and teens become leaders, prepare for school and life, and stay active and healthy through a variety of programs and services. We are dedicated to serving all kids and families, regardless of income, and we offer financial assistance to ensure all children have access to our programs and services.

Our Early Learning program helps prepare children for school success by providing high-quality care and a strong educational foundation through age-appropriate activities and learning that focus on literacy, math, and science. Our afterschool program keeps kids safe and active, and helps them develop life skills that will last a lifetime. And with our aquatic center and swim lessons, we teach kids the importance of water safety and how to stay safe around water.

Throughout the year, our volunteers work alongside our staff to provide a positive and safe environment for our members. From setting up our facilities to coaching youth sports teams, our volunteers make a significant difference in the lives of our members. With over 8,770 volunteers and 153,274 health members of our Y, we are proud to be a part of the local community, providing opportunities for personal growth and development.