



*"Without the Y, my daughter would not have had any classroom experience before starting school. Cindy got comfortable with the learning environment, and was even starting to read before kindergarten. I am so grateful to the Y for preparing her."*

*– Juliana, a parent in the Y's Early Learning Readiness Mobile Preschool Program, which brings a classroom experience into the community, serving Hispanic children and their caregivers at 10 sites across the metro area.*

**EARLY LEARNING MOBILE PRESCHOOL**

**EARLY LEARNERS**

**EARLY LEARNING**  
With an emphasis on serving children from low-income communities, the Y is the largest provider of early learning in metro Atlanta. More than 3,000 children participate in Y early learning programs at 39 sites and 10 outreach locations. The Y is working to infuse STEAM (Science, Technology, Engineering, Art, and Math) into all early learning curriculum by 2020. All Y early learning teachers are trained in **Read Right from the Start**, a professional learning program created in partnership with the Rollins Center of the Atlanta Speech School, that builds children's literacy and language skills through every interaction with teachers in the classroom.



**SWIM & WATER SAFETY**

**More than 14,100 kids participated in swim lessons at the Y in 2017. The Y focuses on ensuring kids, especially those most at risk for drowning, are safe around water and learn to swim, a critical life skill.**

**Y BRANCH PLAY CENTERS**  
Balance is often a struggle for families with young children. The Y's membership facilities offer multiple childcare options to make life just a little easier! Through **Play Centers** and programs, like **Mom's Morning Out** and **Parent's Night Out**, the Y provides a safe and fun environment for children, giving parents the ability to stay active and healthy through Y wellness programs.

**YOUTH**

**START FOR LIFE**

**More than 4,800 children stay active and learn healthy habits through research-based wellness programs, Start For Life and Youth Fit 4 Life, offered at Y early learning and afterschool sites.**

**YOUTH FIT 4 LIFE**



**DAY CAMP**

**24,300 kids gained confidence while having fun at Y day camp and overnight camp last summer.**

**OVERNIGHT CAMP**

**HUNGER RELIEF**  
The Y knows that access to healthy foods is critical for a child's ability to excel academically, socially, and physically. Through **Hunger Relief Outreach** and **Weekend Backpack Programs**, the Y delivers meals and programming to children in need over weekends and during school breaks. In 2017, the Y provided more than 30,000 meals and 11,000 backpacks to children and families in need.

**AFTERSCHOOL**  
In Y Afterschool, students receive academic support while surrounded by positive role models. The Y is infusing **STEAM** (Science, Technology, Engineering, Art, and Math) learning into all Y Afterschool sites by 2020, inspiring youth to stay on-track academically and pursue STEAM careers.

**In 2017, 17,400 children learned life lessons through youth sports at the Y.**

**YOUTH SPORTS**



**TEENS**

**TEEN LEADERS CLUB**



*"The Y makes me feel like I am a part of something bigger than myself. I have learned how to be a leader by serving those around me. Getting involved at the Y helped me discover that my purpose in life is to help others and my community – no matter where my life takes me."*  
– Trey, Y Teen

**From lifeguards to camp counselors, our Y employed more than 1,500 teens in 2017.**

**TEEN EMPLOYMENT**



**GLOBAL SERVICE LEADERSHIP**

**In 2017, teens from 8 Y branches learned about servant leadership as they traveled abroad to Costa Rica, South Africa and the Republic of Georgia to volunteer for service projects benefitting local Y programs.**

**ADVANCED LEADERSHIP ACADEMY**



**482 teens developed leadership and life skills through the Advanced Leadership Academy at YMCA Camp High Harbour.**

**ADULTS**

**VOLUNTEERISM**



**8,773 volunteers served the community through the Y in 2017.**

**HAPPY CLUB**

Developed by volunteers, The Happy Club provides teens and adults with developmental disabilities the opportunity to gather together to develop their social skills, while having fun and building a sense of belonging.



**Y MEMBERSHIP**

**153,274 health-seekers are members of our Y.**

*"The Y has really inspired me to achieve my fitness goals. It's such a supportive environment! The friends I have made in my group exercise classes are practically family. For me, the Y is really a gift. It's the best part of my day!"*  
– Stacey, Y Member

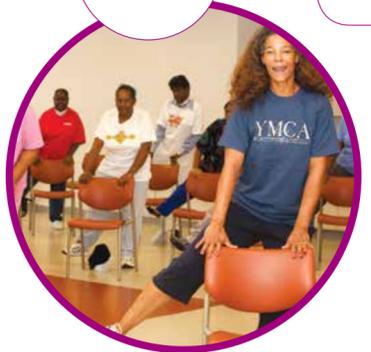
**THE COACH APPROACH®**  
THE COACH APPROACH® is an exercise support process designed to teach new and returning exercisers how to start AND stick with their exercise programs. Y facility members are paired – at no additional charge – with a wellness coach to help them reach their personal goals. On average, program participants completed 78% more exercise than in typical fitness programs.

**In 2017, more than 4,200 Y members enrolled in THE COACH APPROACH® to create and commit to a customized, long-term exercise routine.**

**WEIGHT LOSS FOR LIFE**  
Weight Loss For Life helps Y members learn to manage and maintain weight loss by establishing wise, controlled eating habits, using behavioral tools that create long-term change. Participants averaged a 16-pound weight loss, and maintained that over the initial 2-year trial period.



**WELLNESS**



**In 2017, 20,700 seniors participated in YMCA programs.**

**SENIOR PROGRAMS**  
The Y provides a welcoming place for seniors to enjoy fellowship and maintain wellness – and they have a lot of fun! From **Pickleball to Senior Strength & Balance Classes**, the Y offers many ways for seniors to get involved and stay connected.

*"The Y has been a great place for me to stay active and connect with other seniors in my community. Everyone is so welcoming and there are so many activities to choose from."*  
– Beverly, Y Senior

**PARKINSON'S MOVEMENT CLASSES**  
Parkinson's Movement Classes are designed to support individuals at all stages of Parkinson's disease through group exercise. Our studies show a 55% reduction in depression scores and a 23% reduction in fatigue among class participants, demonstrating positive results for spirit, mind and body.

*"Parkinson's Movement Classes have really helped me to build up my strength and increase my mobility. And, I found a great support system among the other members of the class!"*  
– Robert, Parkinson's Movement Class Member