

Today. Tomorrow. Together.

“The Y is among the **most impactful community organizations** in Glendale and beyond.”

— Michael Needham Director of Content, Dot818; Member of the Board of Directors



10,000+
Members

Discover overall longterm well-being by combining disease prevention with social interaction.



1,200+
Youth

Learn the lifesaving skill of swimming at the Y, greatly reducing the risk of drowning.



1 in 18
Members

Receive assistance from the Y so that their current financial circumstances do not prevent their full participation.



250+
Families

Are active in programs like Family Camp which is designed to foster strong relationships.



2,000+
Youth

Improve academic achievement and enjoy safety and support in programs like Summer Day Camp.

“Your donation to the **YMCA of Glendale’s Annual Campaign** strengthens our community. 100% of your tax-deductible helps ensure every child, teen, adult, senior, and family has a safe and healthy place to reach their full potential.”

— **David Viar** Superintendent/President of Glendale Community College, Retired; Board Chairperson

2023 Contributions in Action

Preventing Chronic Disease

- > YMCA Healthy Living Coaches motivate, support and give guidance to our members to achieve balance in their overall well-being: mentally/emotionally, spiritually, socially, and physically.
- > Over 30 land-based and water-based group exercise classes create new networks of support for members to achieve their health and wellness goals.
- > Over 1,000 live and on-demand classes available anytime and everywhere to improve your health and wellness—from training, mindfulness, nutrition, stress management, and more.

Strengthening Families

- > More than 100 parents enjoy quality time strengthening relationships with their children and with other families through our parent and child programs.
- > The Y’s signature Healthy Kids Day event helps more than 150 families instill healthful habits.
- > Work out area for families to bring them together and strengthen connections with each other.
- > More than 200 families experience memorable times together over Labor Day weekend, enjoying all that Camp Fox has to offer.

Thriving Youth & Teens

- > Camping program for 8-17 year-olds on Catalina Island and in Big Bear aid youth to develop their talents and skills, help overcome fears and learn to make individual, small group and large group decisions.
- > Developing teen leadership with over 150 volunteers from our camp program.
- > 14+ high school teens, representing 3 schools, learn by doing about the values and processes of democracy in the Model Legislation and Court Program.
- > More than 500 youth and teens learn good sportsmanship and the value of teamwork in team sports.
- > More than 150 youth receive homework help and enrichment activities, keeping them active and learning even after the school bell rings.
- > More than 1,500 children learn the lifesaving skill of swimming at the Y, greatly reducing the risk of drowning.
- > Y Instructors help youth recognize their sparks through enrichment activities such as gymnastics and dance classes offered weekly.
- > More than 300 summer programs keep our youth active and provide them with enrichment activities throughout the summer.

Accessibility For All

- > More than 300 families going through difficult financial circumstances are currently part of our Y thanks to contributions.
- > More than 150 local youth and teens were able to participate in YMCA programs that would otherwise not be able to get involved.

