



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

About the Y

The Y's Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The Y's Cause: At the Y, strengthening community is their cause. Every day, the Y works side by side with its neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

The Y is one of the nation's leading nonprofits, committed to strengthening communities in the areas of youth development, healthy living and social responsibility:

- **Youth Development: Nurturing the potential of every child and teen.**
The Y believes that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are taking a greater interest in learning; making smarter life choices; and cultivating the values, skills and relationships that lead to positive behaviors, the pursuit of higher education and goal achievement.
- **Healthy Living: Improving the nation's health and well-being.**
In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.
- **Social Responsibility: Giving back and providing support to our neighbors.**
Across the country, the Y helps people give back and assist their neighbors by offering them opportunities to volunteer, advocate and support programs that strengthen community.

Involvement at the Y: The Y hopes to engage more people in the communities it serves whether it is as a member, volunteer, supporter or advocate. To learn more visit ymca.net. Each YMCA association is an independent, autonomous organization with its own governing board, professional staff and assets.

The Y By the Numbers:

- There are more than 2,600 locations in 10,000 communities across the country.
- 21 million people (12 million adults and 9 million youth) of all ages, incomes, backgrounds and abilities come to the Y to learn, grow and thrive.
- Kids, parents, individuals, and business and community leaders make up the Y's 500,000 volunteers
- 20,000 full time staff

To learn more about the Y, visit YMCA.net