



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **The Y Frequently Asked Questions**

*The Y is the nation's leading nonprofit committed to strengthening communities in the areas of youth development, healthy living and social responsibility.*

### **What is the Y's mission?**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

### **What is the Y's cause?**

The Y is committed to strengthening communities. Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, is provided with opportunities to learn, to grow and to thrive.

### **What role does the Y play in communities?**

At the Y, we nurture the potential of children and teens, improve health and well-being and give back and support our neighbors. Because of the Y, millions of people living in thousands of communities are healthier, more self-confident and connected to one another.

### **Why does the Y focus on youth development, healthy living and social responsibility?**

For decades we have offered programs that help kids reach their potential, that help families and individuals achieve better health outcomes, and that encourage everyone to get involved and make their community a better place. Our aim is to bring more services to more people in these key areas.

### **How is the Y structured?**

The Y consists of a national resource office and more than 2,600 local Ys. Each Y association is an independent, autonomous organization with its own governing board, professional staff and assets.

### **Who belongs to the Y?**

Nationwide, 21 million people of all ages, incomes, backgrounds and abilities come to the Y to learn and grow. Everyone is welcome at the Y.

### **Who volunteers at the Y?**

Our 500,000 volunteers are kids, parents, individuals, business and community leaders who are personally invested in strengthening their communities.

### **What continues to attract so many people to the Y?**

There is no other nonprofit quite like the Y. Because the Y is for everyone, we bring together kids, families, adults and communities like no other organization can.

### **How can I get involved in the Y?**

At the Y, we nurture the potential of children and teens, improve health and well-being and give back and support our neighbors. Our aim is to engage more people in the communities we serve whether it is as a member, volunteer, supporter or advocate. All play a vital role in strengthening our communities. To learn more about getting involved, visit [ymca.net](http://ymca.net) to find a Y in your community.