



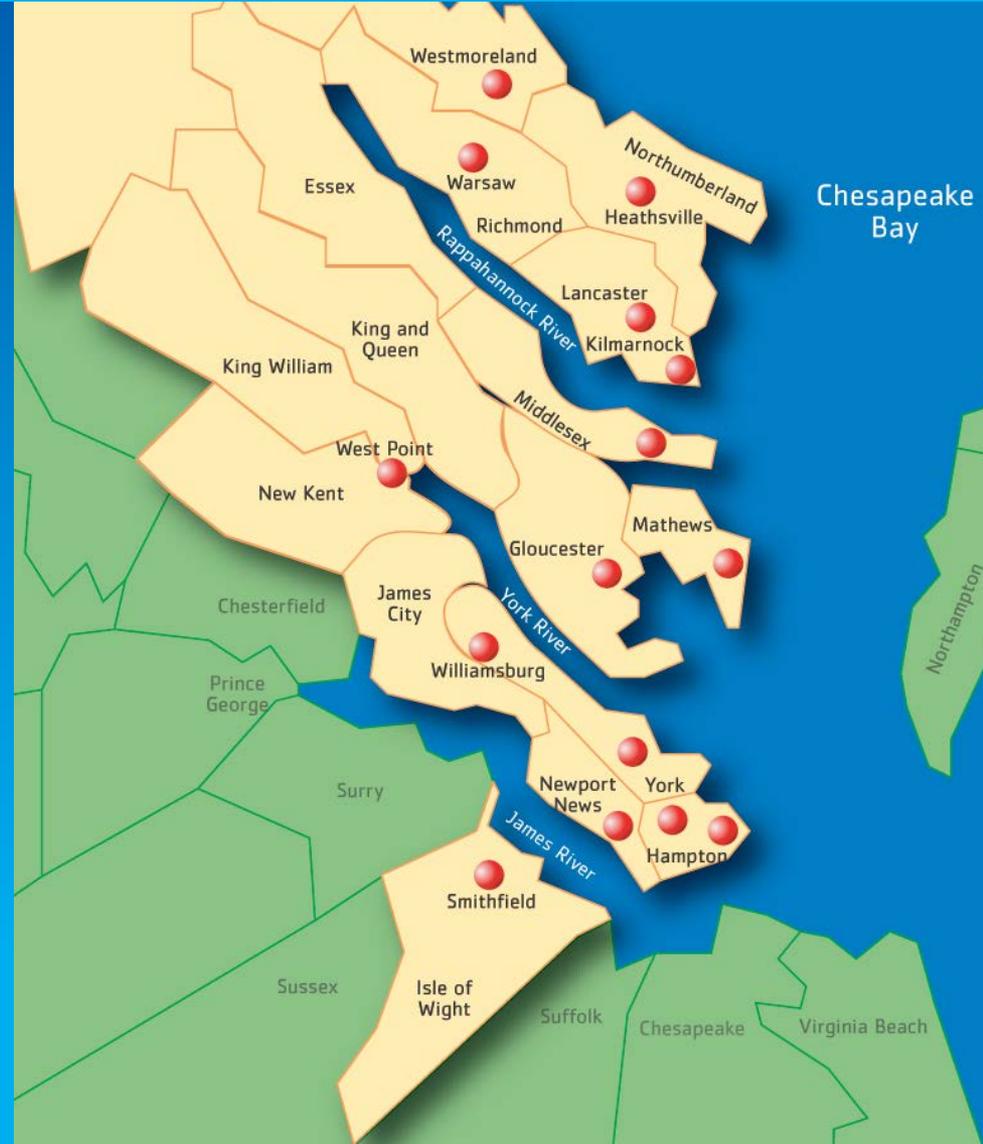
HERE FOR OUR COMMUNITY





PENINSULA METROPOLITAN YMCA SERVICE AREA

We serve over 67,500 individuals across our Service Area, stretching 117 miles from Smithfield north to Westmoreland County.



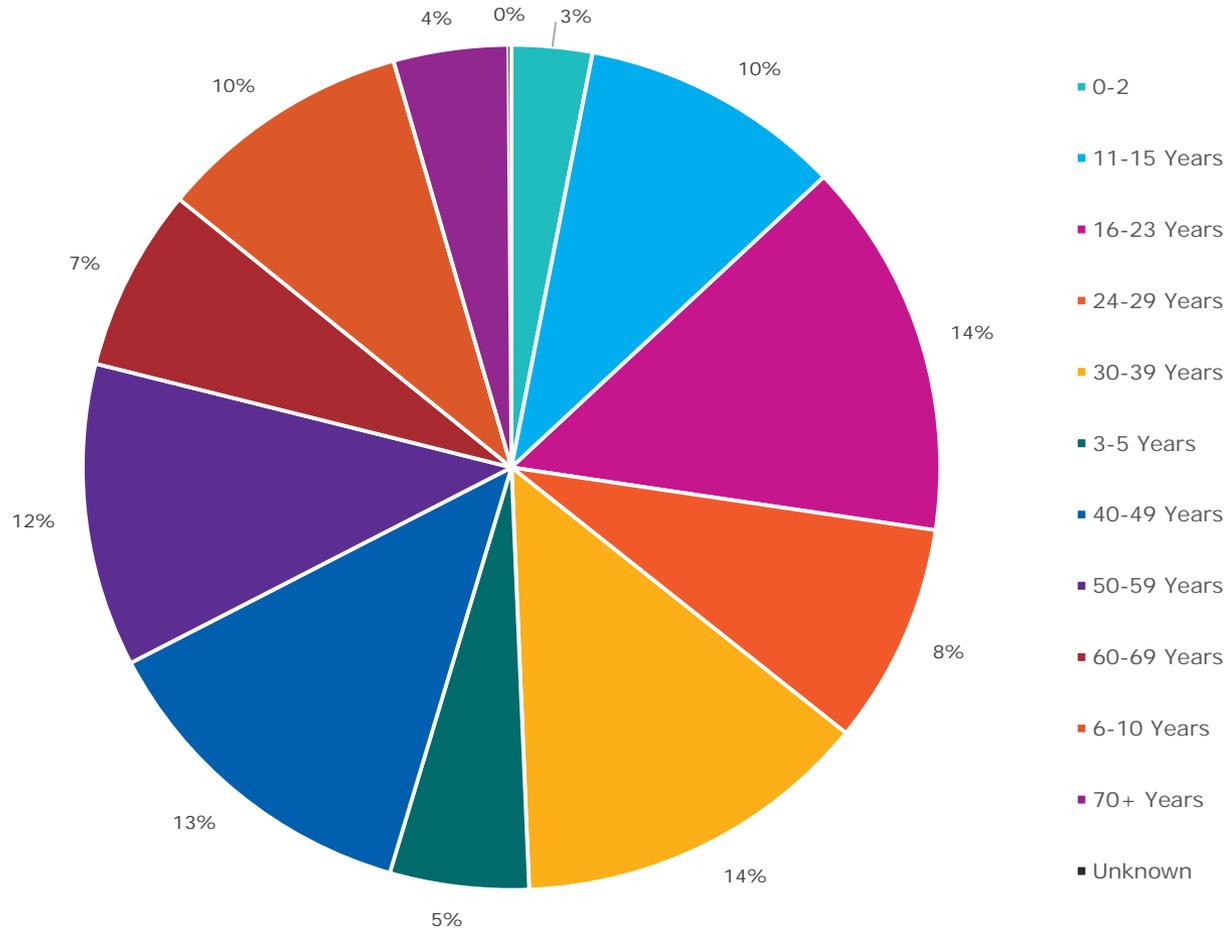


SAFETY AROUND WATER





MEMBERS BY AGE GROUP





HEALTHY HABITS CAN PREVENT KIDS FROM LIFE-THREATENING DISEASE ...

- ▶ Five servings of fruits and vegetables each day
- ▶ Two hours or less of screen time daily
- ▶ One hour or more of physical activity each day
- ▶ Zero sugary drinks





Over **34,114** youth had the opportunity to learn how to fight **CHILDHOOD OBESITY** through **5210** in programs such as swim lessons, Youth Super Sports, Child Watch and Summer Camp...





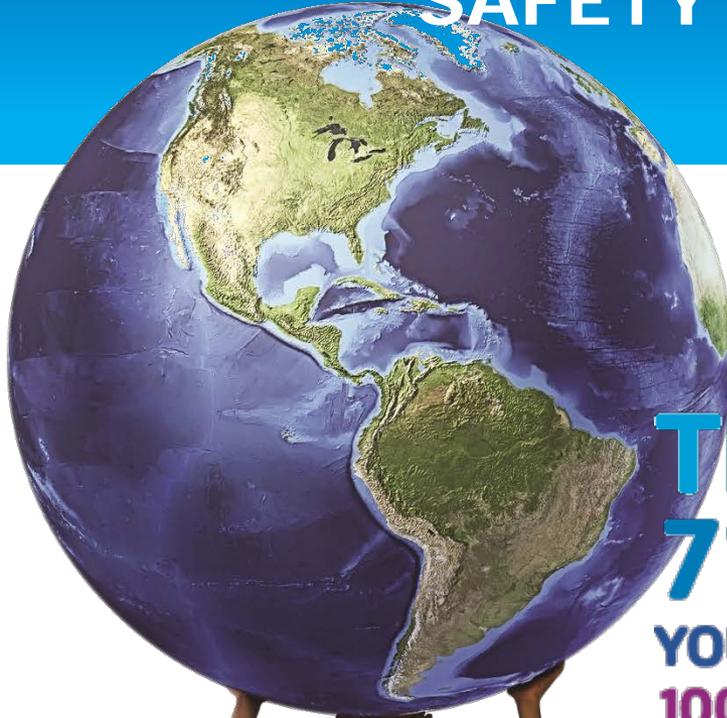
SAFETY AROUND WATER



DROWNING IS THE SECOND LEADING CAUSE OF ACCIDENTAL DEATH AMONG CHILDREN ... THE PENINSULA METROPOLITAN YMCA IS TAKING A STAND TO STOP DROWNING



SAFETY AROUND WATER



**THE WORLD IS
71% WATER**

**YOUR CHILDREN ARE
100% CURIOUS
Safety Around Water**

164 2nd graders received free swim lessons as a part of our **Safety Around Water – 2nd Grade Learn to Swim** program able to be safer and more confident around water.



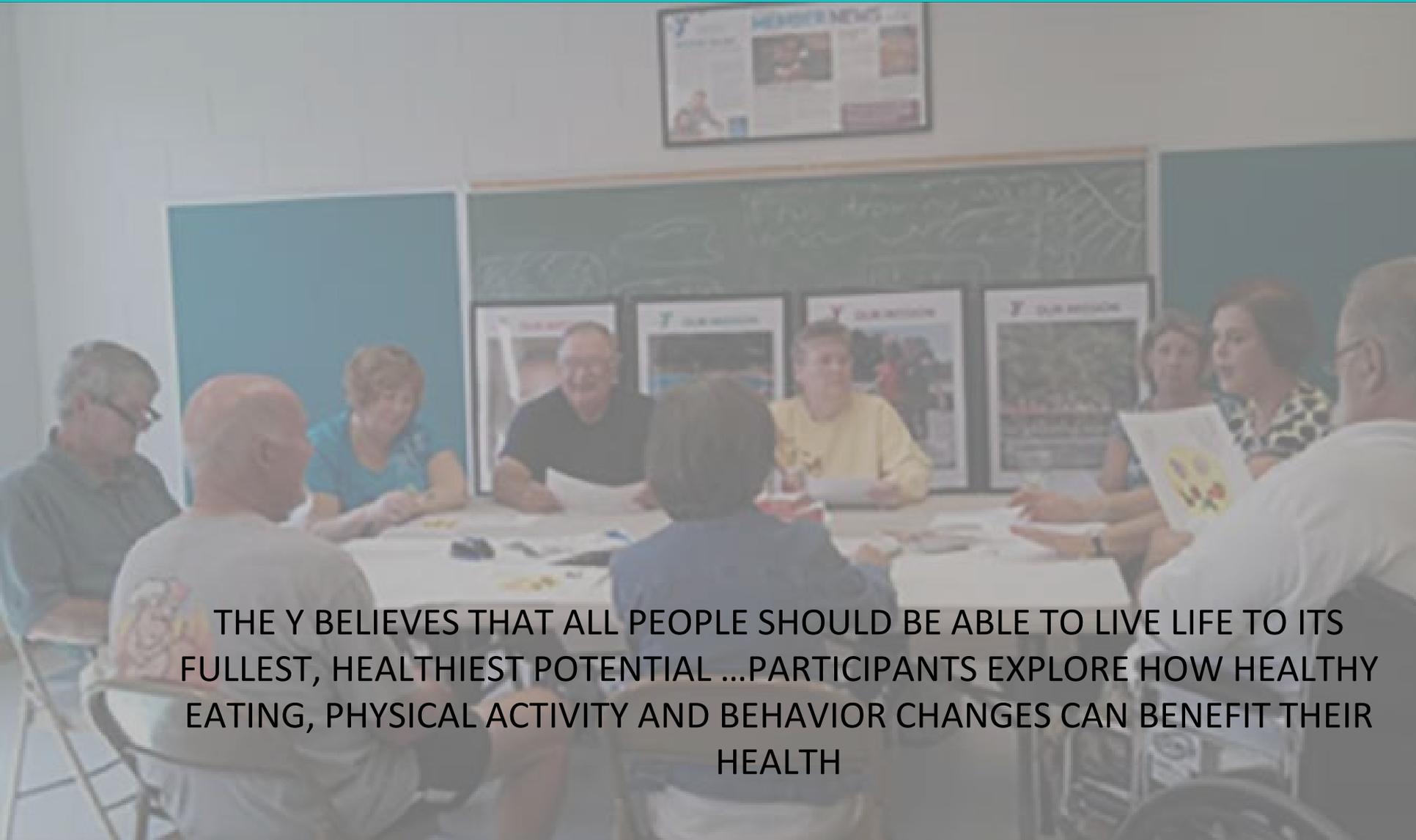
SAFETY AROUND WATER



School	Total 2nd	2nd Served	
BETHEL MANOR ELEM	104	39	38%
COVENTRY ELEM	81	6	7%
DARE ELEM	63	1	2%
GRAFTON BETHEL ELEM	100	3	3%
MAGRUDER ELEM	102	0	0%
MT. VERNON ELEM	94	23	24%
SEAFORD ELEM	62	5	8%
TABB ELEM	107	9	8%
WALLER MILL ELEM	56	0	0%
YORKTOWN ELEM	104	1	1%
Total	873	87	9.97%



DIABETES PROGRAM

A group of approximately ten people are seated around a long table in a classroom or meeting room. They appear to be engaged in a discussion or activity. In the background, there is a chalkboard with some faint drawings, a framed poster titled 'MEMBER NEWS', and several smaller framed posters with the 'Y' logo. The overall atmosphere is educational and collaborative.

THE Y BELIEVES THAT ALL PEOPLE SHOULD BE ABLE TO LIVE LIFE TO ITS FULLEST, HEALTHIEST POTENTIAL ...PARTICIPANTS EXPLORE HOW HEALTHY EATING, PHYSICAL ACTIVITY AND BEHAVIOR CHANGES CAN BENEFIT THEIR HEALTH



DIABETES PROGRAM

In 2016 the Diabetes Prevention Program was added to our Chronic Disease Programs. In 2016, 21 people participated in the DPP program.



29 MILLION AMERICANS HAVE
DIABETES

86 MILLION AMERICANS HAVE
PREDIABETES

86 MILLION HAVE
PREDIABETES

ONLY **9** MILLION ARE
ABOUT **AWARE OF IT**

1 MILLION
MORE
WHO KNOW
THEY ARE AT RISK



BRIGHT BEGINNINGS



PROVIDES CHILDREN IN NEED WITH THE NEW CLOTHES AND SCHOOL SUPPLIES NEEDED TO START THE SCHOOL YEAR OFF WITH CONFIDENCE AND EXCITEMENT ...WE HELP KIDS CONCENTRATE ON LEARNING



BRIGHT BEGINNINGS



262 Students received new school clothes and supplies through **BRIGHT BEGINNINGS**, building their confidence to start school.



HEALTHY KIDS DAY



NATIONAL INITIATIVE TO IMPROVE THE HEALTH AND WELL-BEING OF YOUTH ...HELPING KIDS GET UP, GET OUT AND GROW.



HEALTHY KIDS DAY



185 Youth



395 Adults

92 Volunteers





LIVESTRONG® AT THE YMCA



**A PHYSICAL ACTIVITY AND WELL-BEING PROGRAM DESIGNED
TO HELP ADULT CANCER SURVIVORS ...SURVIVING CANCER IS
ONLY THE FIRST STEP TO WELL-BEING**



LIVESTRONG

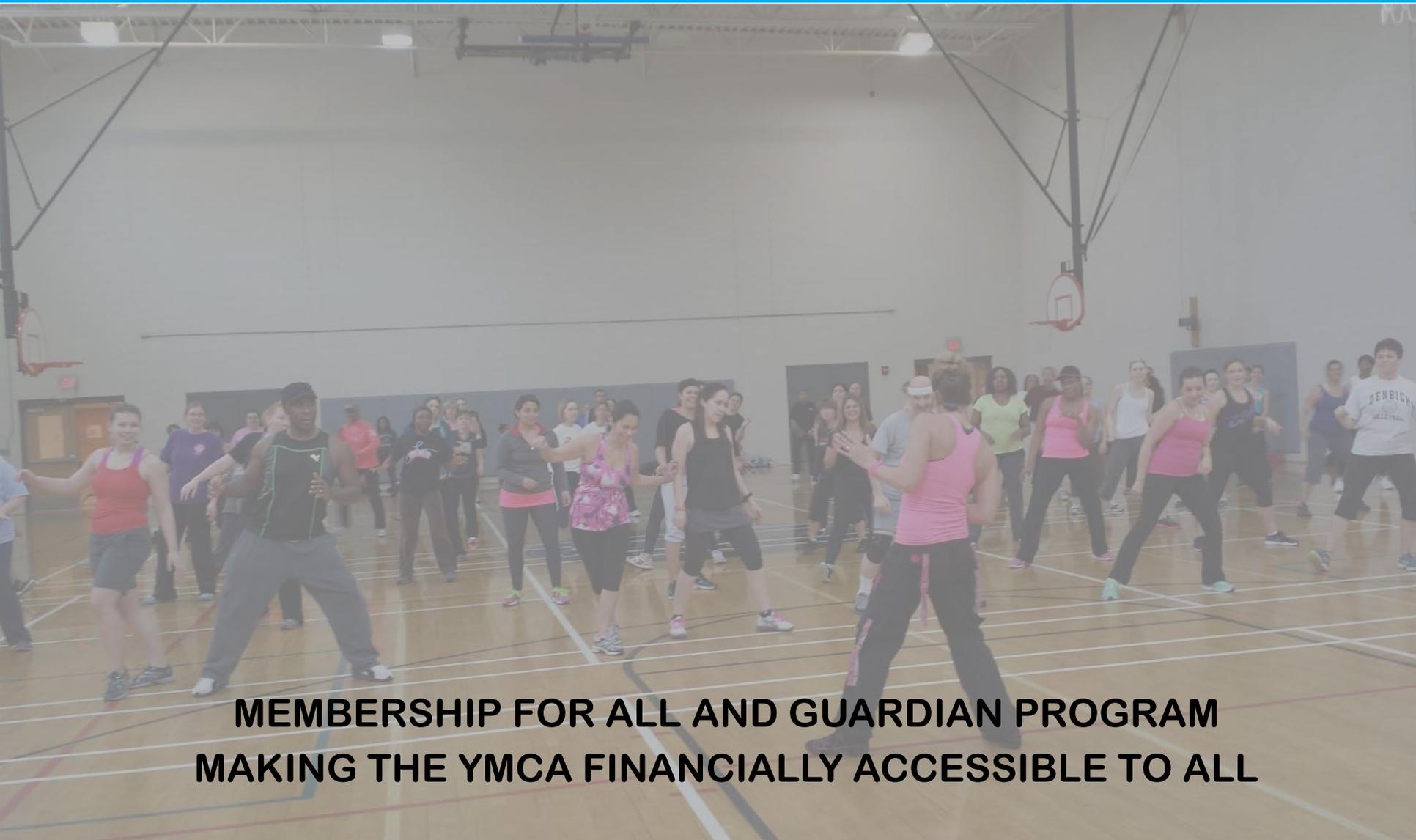


157 Cancer Survivors have received individualized attention and an approach to recovery through the **LIVESTRONG AT THE YMCA** program since beginning the program





MEMBERSHIP FOR ALL



**MEMBERSHIP FOR ALL AND GUARDIAN PROGRAM
MAKING THE YMCA FINANCIALLY ACCESSIBLE TO ALL**



COMMUNITY BENEFIT

17,025 Y Members ... **64%** are families, **6,694** are members under the age of 18, **33%** receive financial assistance.



3,525 Individuals/families received **FINANCIAL ASSISTANCE** for membership, child care, youth sports, etc. valued **\$764,358.**



So Much More!