FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INVESTING IN OUR COMMUNITY

WESTPORT WESTON FAMILY YMCA

As a nonprofit charitable organization that has served our community since 1923, we work every day to address the needs of those who live and work in Westport and Weston. Our Family YMCA welcomes people of all ages, races, religions and abilities. No one is turned away from our Y due to an inability to pay.

Y FACTS

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change. In our local community, our Family YMCA made the following impacts on lives in 2014:

Family YMCA Members Who Received Financial Assistance or Scholarship Aid in 2014	892
Direct Financial Assistance and Subsidies	$168,000
Community Outreach Programs and Indirect Support of Nonprofit Partners	$281,000
2014 Total Community Support	$449,000

OPPORTUNITIES FOR ALL WHO LIVE AND WORK IN WESTPORT, WESTON AND SURROUNDING AREAS

Children and Teens

Our Family YMCA provides a wide range of activities to nurture the potential of our children, including parent & child classes, sports leagues, youth, teen and family nights and community service projects, such as our YMCA's new **Rotary Interact Club** for middle-schoolers. More than 40 percent of local elementary-school students are directly involved with our Family YMCA.

Families

Our YMCA works with the **Westport Human Services** Department and **Weston Social Services** Department to make the Y's programs and services available to hundreds of local individuals and families who are struggling financially.

Seniors

Programs including Senior Aquatics, a **Cardiac Rehab Program** with St. Vincent's Hospital, our Member 2 Member program and other activities ensure that older adults can connect with one another and engage in meaningful activities at our Family YMCA.

Everyone is Welcome

We provide activities open to everyone in our community including free health fairs like Healthy Kids Day, blood-pressure screenings, flu shot clinics, physical activity programs, nutrition advice and more – valued at $145,000 in benefit to the community each year.

Other Nonprofit Organizations

The Family YMCA provided $136,000 worth of support and space at little to no charge for outside clubs, nonprofits and community service organizations to help them meet community needs.

VOLUNTEER ENGAGEMENT AND COLLABORATIONS

Volunteerism

Our YMCA is governed by community volunteers who serve on our Boards of Directors and Trustees. In 2014 these 41 local leaders gave a total of 1,211 hours of service. They were joined by hundreds of other Y members who volunteered thousands of hours of their own time on behalf of our youth teams, special events, service clubs and other community activities.

Collaborations

The Y recognizes the importance of working together to create lasting social and personal change. Our Family YMCA works with dozens of nonprofit partners, from the **Stew Leonard III Children's Charities** to teach young children water safety to **Norwalk Hospital**, to provide cancer patients with 3-month free memberships and customized programs to support recovery.

INVESTING IN OUR KIDS, OUR HEALTH AND OUR NEIGHBORS

At the Y, strengthening community is our cause. Strong communities don't just happen, they're the result of steady leadership and stewardship of strong values. That's the Y. We make a difference by focusing on three key areas: youth development, healthy living and social responsibility. By investing in our kids, our health and our neighbors, the Westport Weston Family YMCA ensures that everyone, regardless of age, income or background, has the opportunity to thrive.

YOUTH DEVELOPMENT

Each summer, our Family YMCA offers swim lessons and free swim time for students from Bridgeport who are enrolled in the **Horizons at GFA** summer enrichment program.

HEALTHY LIVING

In a partnership with **St. Vincent's Hospital**, the Family YMCA offers a Phase 3 Cardiac Rehab Program. This free 12-week program allows cardiac patients who have completed their Phase 2 program to continue with their exercise in a supervised and monitored program.

SOCIAL RESPONSIBILITY

For the past 35 years, the Family YMCA has hosted weekly swim, gym and other activities for individuals with special needs served by **Our Vision**.