



## Eastern Shore Family YMCA

Programs that encourage health and fitness for all ages. Athletic opportunities that make sure all kids have a chance to play. From life-changing golf skills to lifesaving swim lessons, your support makes opportunities possible for those who need them the most. The YMCA is a community treasure. Thanks for making sure everyone has a chance to enjoy it. *We are the Y. You are the How.*

**2009 We Build People Goal: \$55,000**

See reverse side.

## Your gift supports these worthwhile programs:

**Youth Athletics allow kids to be part of something bigger than themselves.** Kids and sports just go together. An athletic outlet helps kids build skills, self-confidence and discipline, all while gaining a real appreciation for teamwork. Your gifts ensure that all children have a chance to participate in athletics, guided by caring and committed adults.

**The First Tee at Quinby teaches young people valuable life lessons through golf lessons.** This groundbreaking program helps youth and teens build more than just their golf skills. It helps them build confidence, self-esteem and character in lessons that will serve them the rest of their lives.

**Swim Lessons and water safety instruction that keep our kids “safe in the water.”** In a region surrounded by water, swim lessons aren't a luxury—they're lifesavers. The YMCA believes every child should know how to swim. Your gifts help make lessons possible for families who couldn't afford them otherwise.

**Senior programs give older adults a healthy social and physical outlet.** Whether it's enjoying a cup of coffee after a morning swim or volunteering behind the front desk, your gifts help today's seniors stay active, engaged and connected with each other and the larger community, too.

**You help us build strong kids, strong families, strong communities.**