



## Indian River Family YMCA

From preschoolers who are ready for school to seniors who are ready for anything, the YMCA is helping all ages live up to their potential. Activities that combine fun with fitness and encourage healthy lifestyle choices for young and old alike make the YMCA a local treasure. Your gifts help make sure that everyone, even those who can't pay, are able to share in it. *We are the Y. You are the How.*

**2008 We Build People Goal: \$48,500**

See reverse side.

## Your gift supports these worthwhile programs:

**Senior Programs give older adults a healthy social and physical outlet.** Keeping today's seniors active and engaged is key to their health and well-being. Your gifts allow us to focus on specific programs that help build relationships and physical health among older adults.

**Camp Silver Beach uses fun and adventure to bring out the best in teens.** Water sports, arts, science, personal challenge activities and friendships make this "sleep-away" camp on the Chesapeake Bay an unforgettable experience. Your gifts help ensure that no child misses out because of an inability to pay.

**Swim Lessons and water safety instruction keep our kids "safe in the water."** In a region surrounded by water, swimming 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.

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