



Suffolk Family YMCA

Building character in teens, guiding our youth and making sure all Suffolk Family YMCA kids, teens and families are engaged in fun activities and fitness—these are just a few of the crucial programs your gifts are making possible for all kids and families in the Suffolk area. The YMCA is a community treasure. Your support insures that everyone has a chance to share in it. *We are the Y. You are the How.*

2008 We Build People Goal: \$122,500

See reverse side.

Your gift supports these worthwhile programs:

Teen programs that keep young people involved and excited about their potential. Today's teens are tomorrow's leaders. Your gifts help prepare them through teen clubs, activities and programs where they are encouraged to achieve and believe, guided by caring adults in a safe and welcoming environment.

Youth health programs that engage kids in activities that combine fun with fitness. Youth obesity is a national epidemic. The YMCA is helping fight the trend with innovative fitness and nutrition programs and activities that appeal to today's youth. Your gifts help keep our youth active and interested—and coming back for more.

Summer Camp programs that offer youth fun, friendship, fitness and more. Whether it's making memories while making crafts, or learning about friendship while shooting hoops, the Suffolk Family YMCA summer camp is really values wrapped in fun. Every child should experience this kind of camp. Your gifts say you agree.

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.

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