



HELP THEM THRIVE

YMCA OF SOUTH HAMPTON ROADS

WE BUILD PEOPLE

Annual Support Campaign



YOUR SUPPORT GIVES EVERYONE IN OUR COMMUNITY A CHANCE TO THRIVE.

When you give to the Y, you continue to strengthen our community and move us all forward. As the nation's leading nonprofit for youth development, healthy living and social responsibility, the Y uses your gift to make a meaningful, enduring impact right in your own neighborhood. Your gift ensures that the Y's programs and services will be open to all.

PLEASE CONSIDER A GIFT AND INVEST IN OUR KIDS, OUR HEALTH AND OUR NEIGHBORS.

Go to www.ymcashr.org/donate to make your gift online.

MISSION: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

YMCA OF SOUTH HAMPTON ROADS
250 W. Brambleton Avenue, Suite 100, Norfolk, VA 23510
Reach your local YMCA at (757) 962-5555. • www.ymcashr.org



FOR YOUTH DEVELOPMENT

All kids deserve the chance to discover who they are and what they can achieve. Your gift will improve a child's behavior and health and give them opportunities for educational achievement.



As a single dad of sons with special needs, Eric faces more challenges than most parents.

Not one but two of his sons have special needs. The Y gave Eric's boys the opportunity to have fun and just be kids this summer.

Meet Eric and his oldest son by scanning the code below or go to www.ymcashr.org/eric.



FOR HEALTHY LIVING

You can improve our nation's health and well-being by starting in your community. Your gift to the Y brings families closer together, supports fitness and fun, and provides opportunities to manage chronic diseases in a supportive environment.



As she walked out of the doctor's office in tears, Makita knew she needed the Y to save her life.

Her weight was an impending death sentence. The Y provided support for Makita to make a lifestyle change.

Meet Makita by scanning the code below or go to www.ymcashr.org/makita.



FOR SOCIAL RESPONSIBILITY

When you give to the Y, you help a neighbor in need. Join us in promoting youth development and fostering healthy living in your neighborhood. Each of these areas has a long-range impact for all of us. Your gift ensures that the Y's programs and services will be open to all.



Alan is busy with his career and family, but he knows that giving back is a value that endures.

For seven years, he's helped strengthen his community by volunteering with the Y and raising funds to help children facing hardships. The Y offers opportunities for giving that foster communities and bring them together.

Meet Alan by scanning the code below or go to www.ymcashr.org/alan.



SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

The Y's cause is to strengthen communities and that's what your gift will do—strengthen your community. For many youth and families, the Y is the community center where new friendships are made and old friends swap stories. Children see neighbors as role models and grandparents gather for cards, coffee and conversation.



Keith and Buck come to the Y because that's where they found a new family.

Sometimes small communities need big hearts like the Y has in order to embrace everyone. The Y is a diverse organization that joins people together.

Scan the code to view this community story or go to www.ymcashr.org/community.



TAYLOR BEND FAMILY YMCA

2012 WE BUILD PEOPLE

GOAL: \$75,000

The Y is a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility. Your support makes it possible.

FOR YOUTH DEVELOPMENT

Swim Lessons & Water Safety Instruction: In a region surrounded by water, swim lessons aren't a luxury—they're lifesavers. The Y believes every child in our community should know how to swim. Your gift helps make lessons possible for families who couldn't afford them otherwise.

Leaders Club: Tomorrow's leaders are developing healthy decision-making skills today at the Y. Teens learn how to demonstrate leadership qualities, work as a team, give back to their community through volunteering and take pride and ownership in their fitness and well-being.

Summer Day Camp: At the Y, youth and teens build memories and relationships in a fun, day camp atmosphere where they make new friends, see friends from past camps, go on adventurous field trips, learn about team-building and take part in camp songs and other Y camp traditions.

Outreach Camp: Your gift will allow the Y to once again sponsor a neighborhood in need. The ROC (Reach Out to Children) Camp held its first session last year, giving children living in a low-income neighborhood one week of the Y camping experience.

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FOR HEALTHY LIVING

Membership: The Y is committed to supporting the individuals and families in our community by ensuring that all people have the opportunity to benefit from membership. Last year, with the help of other caring community members, we made the Y possible for 2086 people. Unhealthy eating habits and sedentary lifestyles are taking a toll on our nation's health; the Y is helping to combat this issue by offering Y-Change to all kids, teens, adults, families and older adults. This 6-week, small group journey encourages members to create healthy habits in an environment of friendship and support.

SPARK/GEKO: The Y is helping fight youth obesity through Sports, Play and Active Recreation for Kids (SPARK) and Group Exercise for Kids Only (GEKO). Innovative sports and fitness activities encourage health and help kids build skills, self-confidence and discipline.

Senior Health & Fitness: The Y family embraces seniors and offers them healthy fitness activities and classes including Adapted Aquatics, Aqua Aerobics, Aqua Tai Chi, Tai Chi, Aqua Volleyball, Chair Exercise, Chair Yoga, Stretch, Move & Bend and Y-Change. Senior luncheons keep older adults connected with each other for friendship, support and fun.

FOR SOCIAL RESPONSIBILITY

SPLASH: Your gift allows us to offer free swim lessons to at-risk youth in our community and help them build their skills and self-confidence in a caring, nurturing environment.

**PLEASE CONSIDER A GIFT
AND INVEST IN OUR KIDS,
OUR HEALTH AND OUR
NEIGHBORS.**

**To make your gift online, go to
www.ymcashr.org/donate.**