



"My husband was laid off and has to take ANY part-time job to help cover our bills. I work, but we're struggling to make ends meet and child care is a big expense for our family. We were so relieved to learn that the Y has financial assistance. I really don't know what my family would do without the Y. Not only are the teachers the best, but I really feel like they care about my little girls and our situation. They LISTEN!"

Olivia B.

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.

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.

Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Join with the Y in helping strengthen our community.

**STRENGTHEN
YOUR COMMUNITY**

The Y's Annual Giving Campaign



Your contribution keeps the Y available for kids and families who need us most. We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected and secure.

When you give to the Y, your gift will have a meaningful, enduring impact right in your own area.

YMCA of Central Kentucky
239 East High Street
Lexington, KY 40507
859.255.9622

www.ymcaofcentralky.org

A United Way of the Bluegrass Agency

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**Make your gift today!
VISIT:
GIVETOTHEYTODAY.ORG**

PHOTO BY YC



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**TURN
YOUR
GIFT
INTO...**





THEIR POTENTIAL

Because we believe that all kids deserve the opportunity to discover who they are and what they can achieve, the Y is for Youth Development. In Kentucky, we know that our kids are struggling to excel and complete high school.

Through the Y, thousands of Kentucky youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement.

Y activities give our children the opportunity to become confident kids today and healthier, happier grown-ups tomorrow.

THEIR HEALTH

Improving Kentucky's health is a priority for the Y. The Commonwealth consistently performs low on national health indicators - especially in terms of obesity, diabetes and smoking. The Y is here to help.

We offer resources and guidance to maintain or improve physical activity, health and wellness. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, youth, adults and families are able to achieve greater health and well-being for their spirit, mind and body.



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THEIR FUTURE

At the Y, strengthening community is our cause. The Y has been listening and responding to Kentucky's most critical needs for more than 160 years.

Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

Across the Commonwealth, our staff, members, program participants and volunteers are kids, parents, grandparents, neighbors and local leaders who are all personally committed to understanding what our areas need.

Together we can build stronger, more inclusive communities, provide support for families and promote positive change overall.



SUPPORT THE Y STRENGTHEN YOUR COMMUNITY

The Y uses your gift to make a meaningful, enduring impact right in your own area.

- \$1000.00** enhances the character and conflict resolution skills of 10 kids through summer camp programs
- \$500.00** gives a single parent peace of mind and ensures that for two months a child has safe, enriching places to go after school
- \$250.00** encourages creativity for 7 youth or teens with Y arts programs
- \$100.00** develops water safety skills in 4 children through swim programs
- \$50.00** helps a senior adult connect in fellowship and activity at the Y

To become a part of something great or to make a gift, visit: givetotheytoday.org