

GET TO KNOW US

VALPARAISO FAMILY YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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, grown and thrive.

We are a unique charitable organization, created to meet the needs of our community in Valparaiso.

But we are more than an organization, we're a welcoming and inclusive community. A place to connect with others, learn something new, and find motivation for your health. We're a nurturing environment where kids learn and grow. We are a neighborhood resource caring for those that need us most by providing tools for a healthy and rewarding life.

Our mission is to put the Christian principles of caring, honesty, respect and responsibility into practice through inclusive programs that build healthy spirit, mind and body.

Our vision is to transform lives through Healthy Living, Social Responsibility, and Youth Development.

YOUTH DEVELOPMENT

Ensuring youth reach their potential



Strong children need a strong community committed to their success. We rise to the demand for more quality early childhood education, for social and emotional development opportunities, and engagement outside of the classroom – regardless of ability to pay.

108

Children received financial assistance for quality early childhood education

2,335

Children learned water safety through Y Swim Lessons

1,182

Children developed new skills and confidence in 13 youth sports leagues

45

Children grew their creative thinking and problem solving skills with LEGO® MINDSTORMS®

YOUTH DEVELOPMENT Programs

- > Before & After School Care
- > Brazilian Jiu-Jitsu
- > Can-Do-Kids Specialty Aquatics Class
- > Child Watch
- > Free Weights for Youth
- > Fun Days
- > Lego® Mindstorms®
- > MOPS
- > Pre-School
- > Preschool Dance Fusion
- > Homeschool Gym
- > Scouting Merit Badge
- > Scuba Diving
- > SPLASH
- > Summer Camp
- > Swim Lessons
- > Tae Kwon Do
- > Valpo Skates
- > Wellness Center 101
- > Y Tiny Tots
- > Youth Sports Leagues and Clinics: Basketball, Cross Country, Dodgeball, Indoor Soccer, Tee-ball, Track and Field, Volleyball

HEALTHY LIVING

Helping all individuals improve their health and well-being



A thriving community needs recreational offerings that bring people together and promote well-being. Valparaiso has a growing aging population looking to stay active and also strives to instill healthy lifestyle habits for our youth. We provide community and support for members seeking to live a healthier lifestyle or dealing with health concerns.

140

Y group exercise classes served and supported 172,731 members towards their health goals

3,278

Active Older Adults have found a home with the Y's specialized programming and community support

182

182 Middle school aged children learned how to live a healthy and active lifestyle through wellness center training in the Wellness 101 class

42

Cancer survivors found community and healing of the mind, body and spirit through LIVESTRONG® at the Y

IMPACTING VALPARAISO

Each year, the Valparaiso Family YMCA Annual Campaign reaches out to families both within the Y and the community to raise financial support for our programs. These gifts result in impacting lives through initiatives such as building wellness for cancer survivors through LIVESTRONG® at the Y, developing character and friendships through youth programs, or teaching safety first through swim lessons. Our focus is strengthening the bonds of community and ensuring everyone has the opportunity to learn, grow, and thrive.

Staff, leadership, members, small businesses, and community partners all ensure that the significant needs in our community are met by the impactful program work of the Y.



TOGETHER WE CAN DO SO MUCH MORE

HEALTHY LIVING Programs

- > Adaptive Recreation Specialty Aquatics Class
- > Adult Sports Leagues: Basketball, Dodgeball, Pickleball, Volleyball
- > Book Club
- > Brazilian Jiu-Jitsu
- > Energy Healing
- > Gather & Grow
- > Getting Started Consultations
- > Group Exercise Classes
- > InShape (Partnership with Porter-Starke Services)
- > Partnership with St. Mary Medical Center: Blood Pressure Screening, Diabetes Prevention Education, Health Seminars and Screenings, Rock Steady Boxing
- > LIVESTRONG® at the Y
- > Mental Health Wellness Initiative
- > Monthly Activities for Active Older Adults
- > Monthly Free Workshops
- > Personal Training
- > Scuba Diving
- > SilverSneakers
- > Small Group Personal Training
- > Specialty Group Classes
- > Spiritual Wellness
- > Tae Kwon Do
- > Uplifting Women (Funded by the Porter County Community Foundation)
- > Water Fitness
- > Wellness Orientations

SOCIAL RESPONSIBILITY

Giving back to support our neighbors



A highly engaged community embraces family values, civic engagement, and fosters a caring, supportive environment. We serve as a community center and partner offering events, trainings and workshops, and multiple services to help families in need back on their feet.



1,667 VISITS

12 group homes received financial assistance for memberships, resulting in 1667 visits for individuals in at-risk or low-income situations

\$339,556

was given in financial assistance for 519 individual and family memberships

130

Volunteer coaches were a positive influence for children in Y Youth Sports programs

610 HOURS

Togetherhood, the Y's member-led volunteer service program, volunteered 610 hours with 4 on-going projects responding to community needs

SOCIAL RESPONSIBILITY Programs

- > 24/7 Dad
- > Breakfast with Santa
- > Children Community Connection
- > Christmas Market
- > CPR, First Aid and Lifeguarding Certification
- > Cycle Challenge
- > Daddy Daughter Date Night
- > Financial Aid for Memberships, Child Care and Programs
- > Group Home Memberships
- > Halloween at the Y
- > Healthy Family Day
- > Local Business Discounts
- > Membership Reciprocity at other YMCA's
- > Mother's Day Plant Sale
- > Partnership with Fit City
- > Partnership with Our Greater Good: Boys to Men Mentoring, Love and Logic