



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OUR COMMUNITY OUR CAUSE

The Caroline County Family YMCA, a branch of the YMCA of the Chesapeake, is a 501(c)(3) not-for-profit charitable organization serving the communities of Caroline County, Maryland. Our cause is strengthening community through programs that build a healthy spirit, mind, and body for all.

TOGETHER WE CAN DO SO MUCH MORE

Maryland faces new challenges that create a greater need for the work we do. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, staff, and generous donors like you to make a difference.

No other organization can impact as many people as powerfully as we do every day. When you give to the Caroline County Family YMCA, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives and strengthen the bonds of community.

Together, we'll take on many of the greatest challenges facing our young people, our health, and our community.

In **2019**, we served **2,100**

Individuals and provided
\$107,000

in scholarships and financial assistance
to those in need in our community.

901



Volunteer Hours

Were spent in the
community by our
dedicated volunteers.

Give today and inspire a lifetime.

Your gift can support others in need. Give and do so much more.

\$31 gives a 6th grader a safe place to go afterschool for one-month

\$60 saves a life by teaching a child how to swim

\$100 helps prevent summer learning loss for a 3rd grader in one week of our Summer Learning Program

\$250 helps a person living with, through or beyond cancer to strengthen their physical and spiritual health through a specialized 12-week program

\$480 provides a six-month membership to a senior citizen living on a fixed income; giving them a community of peers to connect with and a place to stay mentally and physically active

\$600 provides a low-income family of four with a YMCA membership for a year

\$1,200 sends a child to camp for the summer

The Caroline County Family YMCA strengthens community through programs that focus on **YOUTH DEVELOPMENT, HEALTHY LIVING, and SOCIAL RESPONSIBILITY.**

CAMP LAZY DAYS

This is a five-week summer camp program for children with special needs. Camp activities are designed to provide campers the opportunity to participate to their fullest ability, particularly through one-on-one support. **This year the YMCA provided \$40,000 for 34 campers from Caroline County participate in Camp Lazy Days!** The program is offered at zero cost to campers and their families.

CAROLINE YOUTH BASKETBALL

We partnered with South Carolina Youth Basketball (SCYB); a newly developed middle school youth basketball program created out of direct recognition of the limited youth sports programming in southern Caroline County. We currently have a boys team at Colonel Richardson Middle School and both boys and girls teams at Lockerman Middle School.

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being. **The program provides a supportive environment where participants work together to reduce individual weight by 7% and build up to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week.** The program is delivered over a 12-month period in a classroom setting.

EARLY LEARNING READINESS

Support approximately 28 children and their caregivers in our Early Learning Program. This program is designed to provide school readiness for children ages birth to age 5 and their caregivers. **The YMCA provided \$4,730 to offer this program free, two mornings per week at the Y during the school year.**

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LEARN TO SWIM

The YMCA works with the Caroline County Public Schools and Caroline County Recreation and Parks to transport children from Federalsburg Elementary School to the Easton Family YMCA to attend a four-week swim lesson program. **The YMCA provides approximately \$10,000 to offer this program free to any 3rd and 4th Graders at Federalsburg Elementary School.**

LIVESTRONG at the YMCA

Cancer survivors participate in free, 12-week customized exercise regimens catered to their individual needs from certified fitness instructors. The instructors are trained in cancer survivorship, post-rehabilitation exercise and supportive cancer care. Survivors and often their families receive a membership at the YMCA for the duration of the program. In our inaugural class we support four cancer survivors. **This program costs the Y approximately \$3,000 per class.**

OPEN DOORS



The YMCA turns no one away due to the inability to pay. Donations raised throughout the year supports our Open Doors program, providing financial assistance and program scholarships so everyone in our community can belong. **In addition to Open Doors, the YMCA provides roughly \$77,353 in critical outreach programs free to Caroline County.**

MENTORING

This year we are working with 21 mentors and 25 mentees. **Mentors spend a minimum of 4-5 hours per month with their assigned mentee(s), providing one-on-one mentoring services and creating safe, healthy and meaningful relationship.** Mentors have contributed over 1,000 volunteer hours in Caroline over the last year. Mentors and mentees participate in service projects or planned monthly outings. **The YMCA provided \$19,623 to provide this program for free.**

GIRLS ON THE RUN

Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-8th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event. **We supported an 11-girl team in our inaugural season at Denton Elementary School and are in discussions to expand to Greensboro Elementary School and Federalsburg Elementary School.**

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