



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GREENSBURG YMCA

## CASE FOR SUPPORT

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

**Vision:** We build strong kids, strong families, strong communities.

For over 160 years, the Greensburg YMCA has been serving the residents of Greensburg and surrounding communities. The Y is a cause-driven organization that is for youth development, healthy living, and social responsibility. We are committed to strengthening the community by providing various programs and services that connect all people to their potential, purpose and each other. Our open-door policy permits everyone to participate in YMCA activities regardless of race, creed, gender, or financial standing.

The YMCA is heavily used for traditional programs that offer sports and fitness activities for youth of all ages, adults, and older active adults. However, in keeping with our history, the Greensburg YMCA stands out among YMCAs in our outreach to the community. Our non-traditional YMCA programs meet the special needs of community members young and old throughout Westmoreland County. We collaborate with other area organizations to share resources, maximize programmatic impact, and better meet the

## OUR IMPACT



### CHILDCARE & ENRICHMENT

115 campers were provided with engaging activities at Summer Camp

407 children and youths were active, gained self-confidence and learned the value of teamwork by participating in Youth Sports

172 children had a safe place to go after school



### WELLNESS & AQUATICS

354 children benefitted from Swimming and Water Safety Classes

64 CPR Training courses were offered in 2020/2021

864 life-saving Water Safety and Swim Classes were provided



### OUR COMMUNITY

In 2021, 39 blood donations were made - saving 117 lives

1,305 pounds of food were collected for the hungry

\$19,000 in financial assistance scholarships were provided in 2020

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### TOGETHER WE CAN BUILD A BETTER US



#### CHALLENGE: Drowning Prevention

Ten people die each day from unintentional drowning, and on average 2 of them are under age 14. (redcross.org, 2021)

#### SOLUTION:

Drowning is preventable. At the Y, we offer swim lessons for ages six months to adults. In our **Safety Around Water** classes, we not only teach children to swim, but we also provide essential water safety for pools, parks and beaches. With your help, we plan to expand our swimming classes, so everyone has the opportunity to learn such a vital life skill.

#### MADDOX'S STORY

I became a member a little over a year ago. We were looking for private swim lessons for my autistic son, Maddox. Being autistic, my son loves water, but I was concerned for his safety. I wanted him to learn how to swim to have peace of mind. I find it beneficial that Maddox comes swimming every Wednesday. The Aquatics Director and her staff are so wonderful with him and understanding. She has gotten to know Maddox well, and I believe that she has a true calling for children, wanting to help on a personal level. Even if a program became available closer to the house, I would still travel to attend our Wednesday sessions because of the relationship that has evolved with this location and how the staff goes above and beyond. The Aquatics Director is an amazing instructor that is passionate about the work that she does. I don't feel the mindset that this is just a job; this woman cares genuinely about her students' successes and progress and goes above and beyond. I feel that she feels rewarded when her students succeed and puts everything she has into the students' learning.



#### CHALLENGE: Obesity & Arthritis

In Westmoreland County, 67% of adults are considered overweight or obese. Additionally, 36% of adults reported having arthritis, which is higher than 29% for the state of Pennsylvania. (healthpa.gov, 2021) Studies have found that an individual with arthritis will pay an extra \$2,117 in medical costs per year. (cdc.gov, 2021).

#### SOLUTION:

The Y strives to improve the health and well-being of those in our community by providing programs and activities that promote wellness, reduce disease risk and help reclaim good health. We offer fitness to all ages that goes beyond just working out – we make connections that create support. The Greensburg Y has a strong group of active adults who participate in programs such as **Silver and Fit**, **Senior Swim**, and **Happy Hinges**, an aqua exercise class to alleviate the symptoms of arthritis and improve range of motion in troubled joints. With additional funding, we seek to extend the reach of our already successful programs and partner with local healthcare professionals to help more individuals achieve an active and healthy lifestyle.

#### VICKY'S STORY

As a youth, Vicky's mother brought her and her siblings to the Greensburg YMCA to learn how to swim. She fondly remembers all the family time spent at the Y. Years later, when Vicky was experiencing hip pain, a neighbor recommended that she visit the warm water pool at the Y. She decided to give it a try. On her first visit, she was invited to join the Happy Hinges class. Vicky found the classes so beneficial, and even though she still needed joint replacement surgery, she felt her participation in Happy Hinges shortened her recovery time. "Coming to the Y is such a mood lifter and motivator. I feel good the rest of the day."



#### CHALLENGE: Financial Hardship

Many low-income families are working but struggling. 18.8% of Greensburg residents live in poverty, which is higher than the US rate of 10.5% (city-data.com, 2021) (census.gov, 2021) We anticipate more families requesting financial assistance due to the economic effects of the Covid-19 pandemic.

#### SOLUTION:

The Greensburg YMCA seeks to nurture the potential of all children and youth. We make sure that everyone, regardless of income or background, has the opportunity to learn, grow and thrive. Prior to COVID-19, our Y provided, on average \$65,000 in financial assistance to children and families to participate in Y programs to help them become healthier, more confident, connected and secure. Our Annual Support Campaign provides scholarships for programs such as the **Early Childhood Learning Center**, **Before and After School Enrichment**, **Summer Camp**, **Youth Sports**, and **YMCA Swim and Gymnastics Teams**. This year, our goal is to raise \$100,000.00 to provide support to those in the community who need the Y's programs and services now more than ever.

#### LITTLE G'S STORY

"I would like to thank the sponsors, committee members and staff at the YMCA for the support and funding for our little ones bright future. I am a single Yaya raising my granddaughter, Little G, without support from her parents or any government help because I am middle class and make too much money for any other funding. I appreciate the funding and scholarship you provide. You make a huge difference every year in the life of a child, and isn't that what life is all about? I can go to work with peace of mind knowing she is being cared for properly by loving and caring qualified teachers, who educate and show respect to every child. Now Little G has a solid foundation to build on and you made that possible for a single Yaya to afford."