



ALWAYS HERE FOR OUR COMMUNITY

YMCA OF METRO DENVER IMPACT REPORT

The YMCA of Metro Denver is a vital and significant force building strong, thriving and equitable communities since 1875. Across our 7 wellness centers and 100+ program sites, the YMCA has a broad reach throughout Denver, Jefferson, Arapahoe, Adams and Douglas counties. **We are diligent in living our purpose to serve as a catalyst to transform lives and communities. Here's a snapshot of our impact.**

YOUTH DEVELOPMENT: Developing a new generation of changemakers



27,000 children in the Denver Metro area growing, thriving and connecting throughout the YMCA's youth programs.



100% of preschoolers in our 3 Y Academy Early Childhood Education Centers achieve the literacy and fine motor skills benchmarks for Denver Public School kindergarten readiness.



3,842 kids ages 4 to 14 learn new skills, build friendships and create memories at our Summer Day Camps.



+85% of students in the YMCA's Power Scholars Academy improved their reading and math skills.



16,271 athletes learned teamwork and sportsmanship in our year-round youth sports leagues.



3,795 individuals annually learn life-saving water safety skills in our aquatics program, which ultimately prevents drownings.



78 preteens and teens learn leadership skills through real-life experience and exposure to the state's democratic system and laws in the YMCA's annual Youth in Government program.



"We truly love the YMCA and are so grateful that Ten has a place to go where he enjoys himself surrounded by awesome [summer camp] staff that make him feel special while having amazing experiences."

- Giovanna R.



This program changed my life. The Diabetes Prevention Program is a North Star that helped me find my way when I felt so lost. It is my sincere belief that this program is brilliant and many people need it very much."

- Jon C.



"The YMCA Beyond Hunger program has been such a wonderful help to my daughters and I. As a mother, I appreciate the healthy options and the food is always delicious and fresh! Thank you for such an amazing program!"

- Stephanie G.

HEALTHY LIVING: Advocates for overall health & well-being

20,000+ individuals prioritize their physical and mental health annually through holistic wellness programs. We are connecting people in group fitness classes, cardio and strength training areas and in communal areas within our 7 wellness centers.



8.8% weight loss on average achieved through encouragement and guidance in nutrition, physical activity, and stress reduction among participants in the YMCA's Diabetes Prevention Program.



15,950 virtual classes accessed by members and guests working out anytime and anywhere.



SOCIAL IMPACT: Uplift and create equitable and cohesive communities

351,259 pounds of fresh groceries distributed in the community through our Beyond Hunger Food Pantry program.



12 languages spoken by refugee families and children welcomed by the YMCA during Welcoming Week, summer camp and school orientations.



2,286 lives saved through blood donations at drives hosted in partnership with Vitalant at YMCA wellness centers.



\$1 million in financial assistance and scholarships granted annually to youth and families for YMCA programming making our services accessible to even more families.



The mission of the YMCA of Metropolitan Denver is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.