



THE Y BEGINS WITH YOU

CELEBRATING 150 YEARS OF IMPACT



YMCA OF METRO DENVER
denverymca.org/donate

FOR A LIFELONG
LOVE OF LEARNING

EARLY CHILDHOOD EDUCATION

In our complex world, caregivers must constantly make tough decisions, but when they choose Y Academy, they are making the best choice for their child's early education and development. Here, infants, toddlers and preschoolers gain the skills necessary for school and academic success, while also building independence, confidence and a lifelong love of learning.



OUR COMMUNITY'S CHALLENGE

The cost and accessibility issues of child care make it challenging for many families to secure high-quality care. Children without care means caregivers without jobs, which negatively impacts our workforce, our economy and our society.

OUR YMCA'S SOLUTION

Curriculum-focused and family-centered, Y Academy provides quality child care for our youngest community members in an inclusive, welcoming place, with easy access to Y sports, swim lessons and art and dance classes. Children gain life and academic skills and discover a sense of belonging.

WHO BENEFITS

Kids learn, grow and prepare for kindergarten in a safe and welcoming place.

Families have the support they need to thrive.

Communities have a strong workforce and economy.



“

I've seen how much [my child] has grown [at Y Academy], both socially and developmentally. [The Y] is such a great place for kids to learn and grow.”

— Natalie, Parent

ECONOMIC IMPACT OF CHILD CARE



In Denver, families spend a staggering **28% of their household income on child care** — four times the threshold the U.S. Department of Human Services deems affordable.



In Colorado, there are more children than licensed child care spots available — the **economic impact of this shortage is in the billions.**

AMERICA'S MOST TRUSTED SWIM INSTRUCTOR

AQUATICS

The YMCA introduced our country to group swim lessons more than a century ago and now teaches more than a million children across the nation — especially those most at risk of drowning — invaluable water safety and swimming skills each year. The YMCA provides everything from parent & tot classes to youth swim team to lifeguard training. We believe everyone deserves to become strong, confident and safe swimmers.



OUR COMMUNITY'S CHALLENGE

Water is everywhere in our world — and while it can mean hours of fun and exploration for kids, it can also mean real danger for those who haven't yet developed their water smarts.

OUR YMCA'S SOLUTION

YMCA swim lessons and aquatics programs teach children how to swim as well as equip them with life-saving knowledge of water safety. The Y also offers lifeguard training, serving as a first job for many young people. Each year, nearly 2,000 kids participate in our proven-effective swim lessons with our Y-certified instructors.

WHO BENEFITS

Kids get physical activity, a love of swimming and life-saving skills.

Families have children with higher self-esteem and confidence.

Communities have reduced instances of drowning.



“

We chose the Y [for our daughter's swim lessons], and it's been the best decision. The lessons have been very well taught, and the instructors are very friendly with the kids, and she's having the opportunity to meet new kids in the neighborhood.”

— Gerald, Parent

SWIM
LESSONS
SAVE LIVES



Drowning is the leading cause of death for children ages 1–4.



Children of color are at least **three times more likely to drown.**



Access to swim instruction can be limited by lack of nearby pools and the cost of lessons.

ALL KIDS DESERVE
TO PLAY

YOUTH SPORTS

So many of us have childhood memories of YMCA Youth Sports — the high fives from teammates, the encouraging words from coaches, the feeling of strength as we ran, played, learned and grew. At the Y, we stand tall for the belief that all kids deserve these memories — and the lifetime benefits of being physically active and playing sports.



KIDS NEEDS
SPORTS MORE
THAN EVER



76%

of U.S. kids aged
6-17 get fewer than
60 minutes of daily
physical activity.



67%

of Colorado kids
under age 15 spend
3+ hours per day on a
screen.



1 in 5

kids ages 3-17 have
a mental health
disorder.



OUR COMMUNITY'S CHALLENGE

Youth sports participation is declining because many families can't afford it. The average age when kids drop out of sports is 11, and younger still for girls, youth of color and kids in low-income communities.

OUR YMCA'S SOLUTION

We know that sports and physical activity are an integral part of children's growth and development. Our Youth Sports programs not only promote physical health in kids but also help them develop lifelong confidence, teamwork and perseverance.

WHO BENEFITS

Kids increase skills, self-esteem and leadership capacity.

Families have better mental and physical health.

Communities have lower rates of chronic health conditions.



“

My nephew is a starter on his high school basketball team, and he said [it's all] because of his YMCA coach. When others criticized his playing skills, his coach complimented him and encouraged him to continue playing. His Y coach ... [emodies] the YMCA's core values of respect, caring, honesty and responsibility.”

— Cheryl, Family Member

DENVER'S LARGEST SUMMER CAMP

SUMMER CAMP

For today's young people growing up in a high-pressure, technology-driven world, summer camp is a source of physical activity and social development that is essential for their emotional well-being and mental health. Every year, thousands of kids learn, grow and make lifelong memories together at Denver YMCA Summer Camp.



OUR COMMUNITY'S CHALLENGE

With the vast majority of families relying on the income of two parents, kids need care and learning that extends beyond the school year. Left with too much solo time in screen-filled environments, our kids don't get the social connection and developmental experiences they need to thrive.

OUR YMCA'S SOLUTION

Denver Y Summer Camp welcomes 5,000 children at more than 15 sites each year. Y campers engage in 100,000+ hours of physical movement and 50,000 hours of educational activities. Our campers represent more than 30 different ethnicities — offering a unique opportunity for kids to learn about diverse cultures and identities.

WHO BENEFITS

Kids gain new skills, positive relationships and a sense of belonging.

Families get the support they need to thrive.

Communities have healthier kids, physically and mentally.

WORKING
FAMILIES NEED
SUMMER CAMP



70%

of families have both parents working full-time to manage the rising costs of living.



67%

of Colorado kids under age 15 spend 3+ hours per day on a screen.



1 in 5

kids ages 3–17 have a mental health disorder.



“

[The Denver Y Summer Camp staff] have so impressed us with their commitment to providing an outstanding experience! Our daughter is quite shy with new situations and people, and [they] immediately put her at ease and helped her get settled. Every day she excitedly described their activities and looked forward to her next day at Y camp.”

— Parent

SUPPORTING FAMILIES
SO THEY CAN THRIVE

OUT OF SCHOOL TIME

What happens before class starts and after the school bell rings? For thousands of kids in Denver YMCA Out of School Time (OST) care programs, that's when the learning, friendship and fun begin. And for their parents and care-givers, it's when they breathe a sigh of relief, knowing their child has high-quality care as well as academic support, social emotional learning and nutritious meals.



AFTER SCHOOL
CARE IS AN
ESSENTIAL NEED



70%

of families have both parents working full-time to manage the rising costs of living.



77%

of Denver parents said that, without after school programs, they would have to reduce their working hours or stop working altogether.



2

MONTHS

is the average learning loss students experience over summer without intervention.

OUR COMMUNITY'S CHALLENGE

Lack of access to affordable, quality child care keeps many parents from working, finding financial stability and providing fully for their families. Meanwhile, outside of school hours, many children lack safety, connection and learning opportunities.

OUR YMCA'S SOLUTION

Each year, more than 2,000 kids get academic enrichment, character development and mental health support in the safe environment of our Out of School Time programs. And through YMCA Power Scholars, more than 300 K-5 students receive cost-free math and literacy support to minimize summer learning loss.

WHO BENEFITS

Kids have better attendance and academic achievement.

Families get the support they need to thrive.

Communities have a strong workforce and economy.



“

The Y staff are the first to see our kids and the last to see them leave. It allows the community to trust our school staff ..., and we have seen specific students make large strides in behaviors and academics. Our families are so relieved to find an affordable after-school program.”

— Ryan Bailey, Dean of Culture, Swansea Elementary School

BUILDING STRONG,
HEALTHY COMMUNITIES

COMMUNITY WELL-BEING

The YMCA is the leading in-person provider of evidence-based chronic disease prevention and management programs, which address issues like diabetes, hypertension, arthritis, falls and cancer. At the Denver YMCA, we improve our community's health by offering programs and services that promote overall well-being — from fitness classes and social activities to lifestyle coaching and healthy living curriculum.



OUR COMMUNITY'S CHALLENGE

Chronic health conditions plague our nation, resulting in skyrocketing medical costs, damaged quality of life and often early death. They impact us all, as most of us know and love someone with a chronic condition.

OUR YMCA'S SOLUTION

Our Diabetes Prevention Program, Blood Pressure Self-Monitoring, LiveStrong for cancer survivors and Parkinson's fitness classes reach those in need with customized support. Last year, 10,000 members improved their health at our centers, and health care providers sent 1,200+ referrals to our disease prevention programs.

WHO BENEFITS

People with chronic conditions get resources to live longer.

Families develop healthy habits together.

Communities have reduced health care costs.



“

I'm more mobile now than I've been in years. I enjoy living again. I don't know where I'd be today without the Y.”

— Alice, Blood Pressure Self-Monitoring and Diabetes Prevention Program Participant

Y PROGRAMS
ADDRESS
HEALTH ISSUES



29 million U.S. adults have been diagnosed with type 2 diabetes, and **one in three** have prediabetes.



1 in 3 U.S. adults has high blood pressure, putting them at risk for stroke and heart disease.



Chronic diseases and conditions disproportionately affect Black and Latino people due to systemic health inequities.

MAKE AN IMPACT. MAKE HISTORY.

GIVE TO THE Y.

Over the past 150 years, the Y's success has been shaped by the people who make it come alive. Every milestone, every achievement and every moment of progress is a testament to our members, who are the heart and soul of this community. This upcoming anniversary isn't just about celebrating our history. It's about honoring you, the magic behind the Y.

There is no organization more uniquely positioned than the YMCA to address our community's needs. We offer resources that support individuals through every stage of life, from cradle to career. At the Denver Y, kids and teens learn new skills, make friends and develop into healthy, confident individuals. Families find the support they need to navigate today's challenging, fast-paced world. Older adults take advantage of tailored community activities and wellness offerings, allowing them to continue to lead rich, active lives.

Thanks to the generosity of our donors, these life-changing opportunities are available to all. Your contribution directly supports meaningful scholarships, innovative programs and critical training that empower kids and strengthen families. When you give to the Y, you become part of a powerful movement — uniting people across generations, fostering growth and creating a stronger, more connected community where everyone can thrive.

HELP OUR COMMUNITY THRIVE.

Give at denverymca.org/donate.



LEARN MORE



DID YOU KNOW?

Your donation to the Denver Y could be eligible for a 50% state tax credit through the Colorado Child Care Contribution tax credit program! Learn more at denverymca.org/colorado-child-care-credit.

YMCA OF METRO DENVER

denverymca.org • missionadvancement@denverymca.org

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