REACHING OUT.  
MAKING A  
DIFFERENCE.

ENSURE BRIGHTER FUTURES

Group child care was not started at a YMCA, but Y’s moved swiftly to meet the needs of society as they changed. The Y has been involved with caring for children since the late 1800’s.

Beginning in the 1920’s, several Y’s operated youth recreational programs, which were based in schools and other community facilities. Over the years these programs developed from once-a-week to, in some cases, daily after-school programs as parents demanded more supervised activity time for their children. Many were single-parent families and received subsidized memberships to participate.

As the number of latchkey children grew, the Y staff and volunteers perceived themselves as providing substantive programming, not babysitting. In addition, the Y’s four “core values” for character development—caring, honesty, respect and responsibility—have been incorporated into all programming from the beginning.

As the field of youth development changed during the ’90’s—moving away from the focus of what went wrong with youth who got into trouble, to following an “assets model”—the YMCA collaborated with the Search Institute to identify 40 developmental assets that positively correlate with pro-social and healthy behaviors in youth. The more assets a youth has, the more likely he or she is to behave well and less likely to engage in risky behaviors.

This is the basis of the road map still followed by Y’s everywhere today to provide child care that is a safe, nurturing environment for children to learn, grow and develop social skills that create healthy kids, families and communities.

Through partnerships with public and private schools, the YMCA School Age Child Care program offers care at more than 70 locations throughout Jefferson and Bullitt Counties. For additional information or to register your child for the upcoming school year, visit ymcalouisville.org or call 637-1575.

GIVING BACK

Mark White

“I first learned about the Y when I was about 13 years old. We lived close to the Crescent Hill Swimming Pool (now Mary T. Meagher) and my mom told me and my brother and sister that we couldn’t go swimming until we took lessons at the Y. I would ride my American Flyer bicycle from Crescent Hill to the Y at 3rd and Broadway, where I could shoot pool or play basketball until my lesson began. I completed my lessons and received my certificate to swim! I enjoyed my time at the Y throughout my teen years.

As an adult, with a family of my own, I rejoined the Y. My entire family is active at the Y. We are able to spend time with each other and create a healthier lifestyle together. Recently I started the Weight Loss program and have lost 42 pounds! The health benefits have been great, and I feel 100% better.

The Y is more than a place to work out and learn new skills. It’s also a place to give back, and that has been such a blessing to me. Through the Facility and Grounds Committee, I have been able to use my background and skills in landscaping to help make the Y a more beautiful place for all our members.

I encourage everyone to become a part of the YMCA. There’s no place like the Y!”

Thank you Mark for sharing your Y story!
DOING GOOD
A Message from Your Executive Director, Kenny Hoerter

As summer winds down, I’m reminded of all the opportunities the Y has to lay a strong educational foundation for our children. Throughout the year, we take our responsibility to care for and nurture every child and family in our community very seriously—whether it’s through day camps, swim lessons or a safe place for a teen in crisis.

At the Downtown Y, we proudly launched the First Annual Arbor Day, by proclamation of Mayor Fischer. Children and families were able to visit the branch and participate in various demonstrations and activities, learning of the benefits trees provide. Many left with saplings of their own to plant, aiding in efforts to maintain a thriving “green” city for generations to come.

And, of course, the Y is a fun place to swim with family and friends, but I personally find a tremendous sense of pride in knowing we teach people of all ages how to stay safe in the water, particularly children. After dealing with the devastating loss of a staff member’s young relative due to a backyard pool drowning, the Portland Neighborhood House contacted us. Now, each three-year-old in their program receives a six-week water safety course at the Y. We are determined to arm every child with the skills needed to stay safe, be confident and become the contributing and engaged adults of tomorrow.

We know that lasting personal and social change comes about when we all work together. That’s why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure everyone, from every background, has the opportunity to learn, grow and thrive.

Our impact is felt when an individual makes a healthy choice, when a mentor inspires a child or when a community comes together for the common good.

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BETTERING OUR ENVIRONMENT

Being healthier means more than eating right and working out; being healthier extends to our homes, families and communities. The Y believes advocating for healthy communities is just as important as advocating for healthy people. To that end, we have embarked on a variety of “green” initiatives to help create cleaner communities, conserve resources and save money.

Recently, the Southwest Family YMCA began a single stream recycling program to make it easier for staff, members and program participants to recycle. Now all recyclable items (paper, plastic, aluminum) can be placed in the same container, rather than having to be separated. The containers can be found in the facility. Aside from the initial cost of the containers, there is no additional expense or staff time for the Y. Southwest Y members love the new program and feel good about the effort they are making to keep Louisville healthy and clean!

By making simple changes like turning off unused lights, dropping your empty water bottle in a recycling container rather than the trash (or using a reusable bottle), or switching to water-saving shower heads, you can join the Y in strengthening our community for the future.

SPECIAL REMINDERS

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<tr>
<th>August 4</th>
<th>September 15</th>
<th>October 23</th>
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<tbody>
<tr>
<td>360 Degree Chiropractic Stress Assessment</td>
<td>360 Degree Chiropractic Stress Assessment</td>
<td>Making Strides Against Breast Cancer Walk</td>
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<td>4:30 p.m.-6:30 p.m.</td>
<td>4:30 p.m.-6:30 p.m.</td>
<td>November 22* Mayor’s Thanksgiving Breakfast</td>
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<td>August 6</td>
<td>October 1</td>
<td>November 24</td>
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<td>CPR and First Aid Certification Course</td>
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<td>Turkey Day</td>
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<td>August 27</td>
<td>October 16</td>
<td>Family Fun Run</td>
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<tr>
<td>Swim Lessons Begin</td>
<td>Lifeguard Training Begins</td>
<td>Northeast Family YMCA</td>
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<td>September 9</td>
<td>October 20*</td>
<td>For info, call 471-1271</td>
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<tr>
<td>Team Training Begins</td>
<td>YMCA Youth Character Awards Celebration</td>
<td>*For more information about these events, contact 587-9622.</td>
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WE’RE FOR EVERYONE!

There is no other organization in the world quite like the Y—because we’re for everyone. No matter a person’s race, gender, religion or financial circumstances the Y stands ready and able to serve everyone in our community. One of the ways we ensure our doors are always open is through our Annual Giving Campaign, which raises funds to allow those who cannot afford our full fees to still participate.

Everyone in our community has the opportunity to be healthier and stronger at the Y. As a membership organization we rely on membership dues to operate our facilities, but many in our area are unable to pay the full rate. Through the money raised we are able to provide subsidies to these families to join the Y and begin their journey towards a healthier life. It may surprise you to learn that nearly 30% of your fellow members receive some level of financial assistance.

It is such a joy for us to be able to open our doors and give back to our community. But we don’t do this on our own. The money is not raised by staff, but by YMCA volunteers. During our 2011 campaign, over 100 Downtown volunteers raised over $125,000 to benefit our community. Each of them gave their time, energy and effort through phone calls, emails and face-to-face meetings to ensure we would reach our goal.

If you are a volunteer who helped this past year, on behalf of the Y and all of the recipients of the fundraising efforts, “Thank You!” If you were not a volunteer this year, but would like to help us make an impact in the community next year, please let us know. The more volunteers we have and the more money we raise, the greater our impact will be!

SUPPORTING A HEALTHIER HOMETOWN

For over five years, the YMCA of Greater Louisville has helped lead our community’s journey toward improved health through our partnership with The Healthy Hometown Movement—a community-wide effort to create a culture in Louisville where physical activity and optimal nutrition are the norm. The movement seeks to motivate citizens to increase their level of physical activity and to adopt healthier lifestyles. The Louisville Metro Department of Public Health & Wellness administers the Healthy Hometown Movement and its more than 170- member Partnership Council, which includes the area’s leading health and wellness professionals. More information is available at louisvilleky.gov/healthyhometown.

WHO KNEW?

Millions of children have learned to swim at the Y including:
Mark Spitz, Greg Louganis, Ronald Reagan, Janet Evans

Millions of children have benefited from youth sports at the Y including:
Wilt Chamberlain, George Bush, Christian Laettner, Cliff Robinson

Millions of kids have grown up at the Y including:
Aaron Spelling, Bob Newhart, Art Linkletter, Phyllis Diller, Rev. Andrew Young

Millions have benefited from camp, school, working out and working at the Y including:
Clay Aiken, Harry Connick, Jr., Bill Clinton, Jackie Robinson, Tommy Lasorda, Reggie Williams, Jack Kemp, Tom Foley, Garrison Keillor, Herb Alpert, Roger Mudd, Anthony Hopkins, Tim Allen

And even staying at the Y including:
Andy Rooney, Malcolm X, Bill Blass, Bob Crane, Sidney Sheldon, Dave Thomas
ADVANCING OUR CAUSE

Since the founding of the Young Men’s Christian Association in industrialized London in 1844—as a refuge for young men seeking to escape the hazards of life on the street—the Y has delivered lasting personal and social change by listening and responding to communities.

The YMCA idea was unusual because it crossed the rigid lines that separated all the different churches and social classes in England in those days; this openness was a trait that would eventually lead to including all men, women and children in the Y, regardless of race, religion or nationality. So, our dedication to welcome everyone to the Y and our target of meeting social need in the community was clear from the start.

This is the Y’s legacy. Our challenge is to build on this legacy while helping children, families and communities address the complexities of daily life. This work has never been more difficult. Our nation faces unprecedented challenges, and we must respond by maximizing our collective ability to launch innovative, broad-scale solutions. The Y’s impact must be greater today than ever before.

It’s an exciting time for the YMCA of Greater Louisville as we solidify plans to build our first new branches in eight years—as a way to expand our cause and mission into both suburban and urban areas. I’m proud of our commitment to proceed with new branches at Norton Commons, West Louisville and Hardin County. Each is a segment of our community that has expressed a desire to have a Y near them and will be supported through collaborations with leading organizations from within our community, all with the same vision of supporting our focus on youth development, healthy living and social responsibility.

Over the course of the past nearly 160 years, the work of the Y has grown and evolved, but one thing has remained constant—our mission. It is our reason for being as a Movement, and it is a driving force behind our cause of strengthening community. And it calls upon us now, as it has throughout our history, to advance our cause.

Thank you for all that you do.

Warm regards,

Steve Tarver
President/CEO
yman@ymcalouisville.org

YOUTH. CONNECTED AND COMMITTED.

There is such energy and passion in our young people at the Y—when engaged in true conversations with adults and peers, when reflecting on their talents and interest, and when connected to impactful opportunities in our Y and our community at large—so much is possible. That’s why the Y designed YFACE, Youth Finding Activities in Community Engagement.

The heart of YMCAYFACE is the online survey at ymcayface.org. Young people answer a series of questions about their personality, skills and issues in the community they might have an interest in. Their answers provide a starting point for substantive conversation with a caring adult, both about the individual teen and about what kind of issues affect their community, and how they can help.

As we begin to utilize YMCAYFACE to start conversations and develop action steps with our youth, we can explore any number of ways to improve, build on and customize what volunteer learning and service looks like at each of our Y’s.

At the Y, our advocacy provides collaborations with policy makers, community leaders and private and public organizations to develop youth, prevent chronic disease and build healthier communities.
If you have been to the Downtown Y in the mornings recently, you may have seen (and heard) a lot of children having fun. But they aren’t just having a good time, they are learning skills that could save their lives. Learning to swim at a young age helps children be calm and confident in the water, as well as develop a love of the water and encourage physical activity.

At the Downtown Y, we are reaching out to the community to help provide more children with the opportunity to learn to swim, experience a fun-filled environment and learn from great instructors. The children from these groups come to the Downtown Y for 45 minutes of swim time, once a week, for six weeks. Currently, children from Brown School, Coleridge Taylor Montessori, Portland Neighborhood House, and Homes with Class (a homeschooled group) are having fun and learning important life skills. For additional information about this program, please contact Megan Pitts at 587-9622.

When kids come to YMCA Camp Piomingo, they are likely to encounter people and experiences they won’t encounter elsewhere. The entire staff works hard to create an environment free of the lines that often divide us and bring kids together to share experiences and learn from each other; one of the ways Camp Piomingo does this is through their international counselors.

This summer, twelve counselors recruited through the YMCA International Camp Counselor program will be at Camp Piomingo; they come from Germany, Ireland, Brazil, Peru, Denmark and Mexico. Their involvement at Camp allows our campers to learn about different cultures and develop an appreciation for differences in language, food, education, lifestyle and more. The counselors, in turn, have the opportunity to improve their English, learn about American culture, travel and, like our campers, have the summer of a lifetime!

For information about our upcoming Family Camps and Winter Break Camp, visit ymcacamppiomingo.org.

At the Y, our global services provide support systems that welcome, celebrate, educate and connect diverse demographic populations in the U.S. and around the world.
DO MORE, BE MORE

Join
We're an association of men, women and children united in a common cause: to nurture the potential of kids, promote healthy living and foster a sense of social responsibility. In other words, we help people get healthier, kids get smarter and fitter, and entire communities get stronger. Won't you join us?

Give
When you contribute to the Y, your gift goes toward making a meaningful, enduring impact right in your own neighborhood. Gifts made to our YMCA Annual Giving Campaign are used for things like providing after-school care to children, overnight camp experience at YMCA Camp Piomingo, field trips for seniors and funding YMCA Safe Place Services for teens in crisis. Working together with the Y, you can make a real difference.

Volunteer
By volunteering with the Y, you’ll become a valuable participant in the health and well-being of our community. Y volunteers play leading roles in our efforts to support our neighbors and help out those in need. If you’re passionate about fostering positive change, we offer a wide variety of volunteer opportunities.

Advocate
We take our commitment to strengthening our communities seriously and work tirelessly to make sure everyone in the regions we serve has access to the resources that help make their lives better. When you advocate with the Y, you take an active role in bringing real change to your community.

To learn more about the ways you can do more and be more with the Y, contact your neighborhood YMCA or visit ymcalouisville.org.

OUR HISTORY LEADS THE WAY

The Y’s in the USA have a proud history of serving the people in their communities in a variety of practical and effective ways. Y staff and volunteers never claimed to have the wisdom that would provide all the answers, but they did have the courage to attack huge problems. Much of what they did turned out to be historic. Let’s look at just some of what YMCA’s started in the past in order to help inspire all of us to act with the same concern, dedication and courage for all of those we serve:

- The first continuously used camp, started in 1861; Camp Dudley, begun in 1886, still exists today.
- Mass swim lesson instructions and learn-to-swim campaigns in the early 1900’s; even the military used YMCA techniques!
- Millions of people have been introduced to sports at the Y, and many of those sports were introduced at the Y: volleyball, racquetball, softball, professional football and basketball.
- The term “bodybuilding” came from a Y staff member in 1881, who also developed the exercise classes that led to today’s fitness workouts.
- Swift reaction to meet the needs of a changing society with Rosie the Riveter in World War II led the Y to become the largest not-for-profit provider of child care, larger than any for-profit chain in the country today.

And, organizations that started because of influence by the Y include the Boy Scouts of America, the USO, the Peace Corps and the Association Press!
SUPPORTING OUR MILITARY

The Y has a long history of supporting military service members and their families. During the Civil War, a dedicated group of YMCA volunteers provided relief services for soldiers. In every war since, the YMCA has been there supporting service men and women and their families. During the first World War, the YMCA served over 90 percent of the American military troops overseas with a massive morale and welfare program. The Y was once again called to serve those who served during World War II. Following a request by President Roosevelt, the YMCA led several other organizations including the YWCA, National Catholic Community Services, Jewish Welfare Board, Salvation Army and National Travelers Aid Association, and formed the United Services Organizations (USO).

Through the Armed Services YMCA (ASYMCA), the Y continues to support military families around the country and around the world. The ASYMCA offers essential programs such as childcare, hospital assistance, spouse support services, food services, computer training classes, health and wellness services, and holiday meals, among many others.

Through a partnership with ASYMCA and Department of Defense Outreach Initiative, the YMCA of Greater Louisville provides military families with much needed access to youth development, family strengthening and health and well-being programs during times of deployment and other separations.

The Y supports military families every day through family programs, child care and exercise. Watch a video about one local Y member’s military story about how the Y helped them – visit telltheystory.org/more/index.html

Social Responsibility: Giving back and providing support to our neighbors.
The Y has been listening and responding to our communities’ needs for 160 years, in ways such as developing skills and emotional well-being, building healthier communities, and welcoming and connecting diverse populations. Through our volunteers and donors, leaders and partners across the country are empowering millions of people in the U.S. and around the world to be healthy, confident, connected and secure.

GROWING TOGETHER

In 2010, YMCA Safe Place Services (SPS) initiated a community garden project in partnership with Junior League of Louisville. Their vision was to build on Larry Brendtro’s Reclaiming Youth’s Circle of Courage model by planting a “Circle of Courage” Garden that encouraged and inspired their young people to develop their sense of “belonging, mastery, independence and generosity.”

A team of volunteers from Junior League, SPS Shelter House and other agency youth and adult volunteers have taken the grass site and turned it into a 700+ square foot harvestable circular garden. They have enhanced the green space and built a community of adults and youth who have taken on the challenge of learning first-hand the steps necessary to create sustainable urban-grown food.

This year, the youth volunteers have planted and experimented with planting over 200 seeds, moved the newly constructed compost bin out to the garden and laid out a labyrinth for walking meditation.

SPS provides immediate and free services to teens who may be at risk of life-altering situations in their homes and need our shelter, case management, and family mediation or prevention services to keep them out of unnecessary state or court placements. Over 1,500 young people are helped each year by our services, and they represent every area of town, race, gender, socio-economic class and life situation.

At the Y, our social services provide training, resources and support to empower our neighbors to make change, bridge gaps and overcome obstacles.
OUR MISSION

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

WE’RE FOR EVERYONE

At the Y, we believe everyone should have the opportunity to be healthy, confident, connected and secure regardless of their financial situation. That’s why we make our programs and services available to everyone even if they are unable to pay the full fee; we have affordable membership and program rates for everyone.

You can support our mission by making a donation to the Annual Giving Campaign. Your gift will make a meaningful impact right in your neighborhood. Together we can help move people forward by ensuring access for all.

HOURS

Monday–Thursday .................. 5 a.m.–10 p.m.
Friday ................................... 5 a.m.–8 p.m.
Saturday ............................. 6 a.m.–7 p.m.
Sunday ................................. 9 a.m.–7 p.m.

Holiday Hours
Labor Day ............................ 6 a.m.–7 p.m.
Thanksgiving Day .................... CLOSED

CONTACT INFORMATION

Have a new address, phone number or email? Please share that information so that we may stay in touch with you. Any updated information is greatly appreciated!