

LANCASTER  
FAMILY YMCA

2019  
COMMUNITY  
IMPACT  
REPORT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## DEAR FRIENDS,

Thank you for helping to make 2019 an incredible year for delivery on the Lancaster Family YMCA's mission promise!

Every day, we work to provide the resources and opportunities that help every member of our community learn, grow and thrive. And with your support in 2019, we were able to provide more than \$1 million in financial support to over 5,000 members of our community, ensuring that no one is turned away from the Y due to an inability to pay.

In 2019, we served more than 15,000 members. From children enrolled in our summer camps, early learning programs, Power Scholars, swimming and youth sports programs to adults enjoying group exercise and benefitting from our community health programs, to open gym and pool times and Child Watch, there is truly something at the Y for everyone.

We also continued to build relationships with our community. We've partnered with Manheim Borough and Leola Township to manage their community pools in 2020, as well as provide swim lessons. At Leola, we are also offering summer camp.

We've also continued to grow our partnership with the YMCA of Greater Brandywine, entering into a management agreement last April. We're excited by our future and all we have been able to accomplish by working together to ensure the Lancaster Family YMCA is here in perpetuity.

None of this is possible without you and your generous support. Thank you! Whether your support comes in the form of lending your time and talent for any number of our causes or a monetary donation so that we can help even more who need us, we value your support and the significant impact it has on our community.

With gratitude,



A handwritten signature in blue ink that reads "William Hauber".

**William Hauber**  
Board Chair



A handwritten signature in blue ink that reads "Denise L. Day".

**Denise L. Day**  
President & CEO



# BUILDING COMMUNITY



LANCASTER FAMILY  
YMCA 2019

## Board of Directors

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## Positive and fun experiences at Y SUMMER CAMP



Summer camp at the Lancaster Family YMCA provides children with positive and fun experiences that build confidence, new

friendships and a feeling of community that lasts beyond summer. More than 900 children participated in camps at our City Center YMCA, Lampeter-Strasburg YMCA and Camp Shand last summer.

Ava was new to YMCA summer camp last year and was really nervous and shy. As she was welcomed and comforted by fellow campers who were her age, she gradually relaxed. By the end of camp Ava had blossomed, gaining confidence and good friends. She is looking forward to returning this summer and helping others adjust, just like her friends did for her.

### New for 2020!

The Lancaster Family YMCA is offering summer camp at the Leola Township outdoor pool, 23 E. Main Street. **Join us!** Visit [lancasterymca.org/camp](http://lancasterymca.org/camp) to learn more.



## Living stronger through the Y's COMMUNITY HEALTH PROGRAMS



In 2019, more than 90 adults benefitted from our community health programs. These include our Diabetes Prevention Program, which helps participants

implement gradual changes to prevent or delay the onset of Type 2 diabetes, and **LIVESTRONG**, which helps cancer survivors regain physical strength and improve well-being.

Nancy was diagnosed with Stage 4 metastatic breast cancer that spread to her liver in 2018. After chemo treatments, she tried the **LIVESTRONG** program at the Y. "While the physical workouts throughout the 12 weeks definitely helped my body grow stronger, it was the camaraderie with fellow cancer survivors and the friendliness, helpfulness and understanding of the instructor that absolutely **SOLD** me on **LIVESTRONG**," says Nancy. "By the closing of the program, I was honestly sad to see it end." Nancy is currently cancer free, but needs infusions of cancer drugs every couple of weeks for the rest of her life. Nancy was pleased to be offered a volunteer opportunity with the next **LIVESTRONG** program to share her experiences, and adds, "I just hope my participation can encourage other cancer survivors to grow stronger in body, mind and spirit."

# Experiencing the power of POWER SCHOLARS



Power Scholars is a five-week summer learning program that helps children who are at risk gain confidence and close the achievement gap at no cost to

them or their families. The Lancaster Family YMCA partners with the School District of Lancaster to identify the children who will most benefit from the program. In 2019, 209 children participated. More than 90% of the parents reported that they saw an increase in their child's confidence and 85% reported that their child had a more positive attitude about school following their completion of the program.

The scholars work on math and literacy skills to help them maintain or increase their grade level over the summer when most learning loss occurs. These scholars were also provided with enrichment opportunities, such as swimming, STEM activities and health and nutrition sessions. Field trips, special events and guest speakers also supported learning by exposing the scholars to diverse ideas, people, places and opportunities while nurturing critical-thinking skills.



# Learning to be safe AROUND WATER



Safety Around Water is a program led by trained YMCA staff, during which attendees learn essentials such as what to do if they

unexpectedly find themselves in the water and how to assist or get help if they see someone else struggling in the water. They also learn basic swimming skills. Our Safety Around Water program is offered at no cost to several schools in our area with whom we've begun partnerships. Over the course of eight classes, the program introduces children to water, helps them overcome fears and builds their confidence by teaching them the skills needed to stay safe.

"I learned about keeping my head up," said an enthusiastic boy from George Washington Elementary School. "And I learned to move my arms in circles and ... I can now do everything!"

"They want to swim," says Rachel Esh, Principal of Carter & MacRae Elementary School. "It's a great experience and life skill for our kids. We take the 'school to the pool' at the end of the year and a majority of our students did not know how to swim. The confidence they now have would not exist without having completed the Safety Around Water program. This program teaches important life skills for our kids to learn and experience."

# OUR COMMUNITY IMPACT 2019

More than

**\$1 million**

awarded in direct financial assistance to 5,306 individuals.

**15,160**  
MEMBERS

**3,185**  
hours of service  
by **357** volunteers

Number of children  
who participated in  
**SWIM LESSONS  
& SAFETY AROUND  
WATER CLASSES**

**1,503**

**SUMMER  
DAY CAMP  
PARTICIPANTS**

**912**

Number of youth in  
**SPORTS**

**632**

**POWER  
SCHOLARS  
PARTICIPANTS**

**209**

**92** adults benefitted from  
**CHRONIC DISEASE  
PREVENTION PROGRAMS**

**77** children were serviced in  
**EARLY LEARNING  
PROGRAMS**

**Volunteer or donate today!**

**lancasteryymca.org/give**

# Volunteer or donate today!

[lancasterymca.org/give](http://lancasterymca.org/give)

## LANCASTER FAMILY YMCA

**CITY CENTER YMCA**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
(717) 393-9622

**LAMPETER-STRASBURG YMCA**  
800 Village Road  
Lancaster, PA 17602  
(717) 464-4000

**CAMP SHAND**  
20 Penryn Lane  
Cornwall, PA 17016  
(717) 272-8001

**YMCA EARLY LEARNING  
ACADEMY**  
252 Harrisburg Avenue  
Lancaster, PA 17603  
(717) 393-9622

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As a nonprofit, charitable organization, the Lancaster Family YMCA nurtures the potential of children and teens, improves our community's health and well-being and provides opportunities to give back and support our neighbors through programs focused on Youth Development, Healthy Living and Social Responsibility.

## LANCASTER FAMILY YMCA

265 Harrisburg Avenue, Lancaster, PA 17603