



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

OUR COMMUNITY OUR CAUSE

The **Caroline County Family YMCA**, a branch of the YMCA of the Chesapeake, is a 501(c)3 non-profit charitable organization serving the communities of Caroline County, Maryland. Our cause is strengthening community through programs that build a healthy spirit, mind, and body for all.

TOGETHER WE CAN DO SO MUCH MORE

Maryland faces new challenges that create a greater need for the work we do. Fortunately, where some see obstacles, we see opportunities for our members, volunteers, staff, and generous donors like you to make a difference.

No other organization can impact as many people as powerfully as we do every day. When you give to the Caroline County Family YMCA, your gift will help young people achieve their potential, empower people of all ages to lead healthier lives and strengthen the bonds of community.

In **2017**, we served **2,106**
individuals and provided
\$124,730

in scholarships and financial assistance
to those in need in our community.

1,820
 **Volunteer Hours**
Were spent in the community by our dedicated volunteers who provided coaching, adult education, specialized art programming, and development planning

Give today and inspire a lifetime.

Your gift can support others in need. Give and do so much more.

\$31 gives a 6th grader a safe place to go afterschool for one-month

\$60 saves a life by teaching a child how to swim

\$100 helps prevent summer learning loss for a 3rd grader in one week of our Summer Learning Program

\$180 helps a person living with, through or beyond cancer to strengthen their physical and spiritual health through a specialized 12-week program

\$480 provides a six-month membership to a senior citizen living on a fixed income; giving them a community of peers to connect with and a place to stay mentally and physically active

\$600 provides a low-income family of four with a YMCA membership for a year

\$1,100 sends a child to camp for the summer

The Caroline County Family YMCA strengthens community through programs that focus on **YOUTH DEVELOPMENT, HEALTHY LIVING, and SOCIAL RESPONSIBILITY.**

EARLY LEARNING PROGRAM

Support approximately 28 children and their caregivers in our Early Learning Program. **This program is designed to provide school readiness for children ages birth to age 5 and their caregivers.** This is a free program offered two mornings per week at the Y during the school year.

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being. **The program provides a supportive environment where participants work together to reduce individual weight by 7% and build up to 150 minutes of moderate (the equivalent of brisk walking) physical activity per week.** The program is delivered over a 12-month period in a classroom setting.

CAROLINE YOUTH BASKETBALL

We partnered with South Carolina Youth Basketball (SCYB); a newly developed middle school youth basketball program created out of direct recognition of the limited youth sports programming in southern Caroline County. This is the program's inaugural year; led by a volunteer coach.

OPEN DOORS



The YMCA turns no one away due to the inability to pay. Donations raised throughout the year supports our Open Doors program, **providing financial assistance and program scholarships so everyone in our community can belong.**

LEARN TO SWIM

The YMCA works with the Caroline County Public Schools and Caroline County Recreation and Parks to transport children from Federalsburg Elementary School to the Easton Family YMCA to attend a four-week swim lesson program. This year we worked over a four-week period with 29 3rd and 4th Graders in the Fall of 2017 and 22 3rd Graders in the Spring of 2018. **This program is open to any 3rd and 4th Graders at Federalsburg Elementary**



CAMP LAZY DAYS

This is a five-week summer camp program for children with special needs. Camp activities are designed to provide campers the opportunity to participate to their fullest ability, particularly through one-on-one support. **This year 29 campers from Caroline County participated in Camp Lazy Days!** The program is offered at zero cost to campers and their families.

MENTORING



This year we are working with 21 mentors and 25 mentees. **Mentors spend a minimum of 4-5 hours per month with their assigned mentee(s), providing one-on-one mentoring services and creating safe, healthy and meaningful relationship.** Mentors have contributed over 1,000 volunteer hours in Caroline over the last year. Mentors and mentees participate in service projects or planned monthly outings. So far this year, mentors and mentees have gone ice skating, bowling, kayaking, swimming, and made birdfeeders at Ad-

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A branch of the YMCA of the Chesapeake
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