



# Impact Overview and Program Glossary

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



ARLINGTON-MANSFIELD AREA YMCA

# Arlington-Mansfield Area Y

## Impact Overview and Program Glossary

The Y is for ALL. Our programs, services and initiatives enable kids to realize their potential, prepare teens for college and career, offer ways for families to spend time together, empower people to be healthier in spirit, mind and body, welcome and embrace newcomers and help to foster a nationwide service ethic. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, we can bring about meaningful change in our community.

The AMA Y is a nonprofit organization committed to each stage of life providing year-round programs initiatives and events for Y members and the community focusing on the Y's core values of caring, honesty, responsibility, and respect.

The Y empowers everyone, no matter who they are or where they're from. We take immense pride in our work to strengthen communities by connecting all people to their potential, purpose, and each other.

The Y is committed to providing quality programs to all children and families regardless of their financial circumstances and strives not to turn anyone away due to an inability to pay. We offer financial assistance through the generosity of our Annual Support Campaign donors.

Below gives a glimpse of engagement and impact during 2023:

### **23,680 Unduplicated Members Served**

Infant Toddler (Birth-5 years)	1,841
Elementary (6-11 years)	4,331
Jr/Sr High (12-17 years)	2,991
Young Adult (18-29 years)	2,823
Adult (30-54 years)	6,741
Adult (55-64 years)	1,554
Older Adult (65+ years)	3,419

### **9,147 Unduplicated Participants Served**

Infant Toddler (Birth-5 years)	2,835
Elementary (6-11 years)	5,031
Jr/Sr High (12-17 years)	1,166
Young Adult (18-29 years)	62
Adult (30-54 years)	53
Adult (55-64 years)	0
Older Adult (65+ years)	0

### **Select Program Participation (Unduplicated Served):**

Child Watch/Parents Night Out	2,241
Before and/or After school Program	902
Summer Day Camp	476
Youth & Government	109
Youth Swimming Lessons	1,194
Youth Sports Program	4,159

### **Volunteer Engagement:**

	<b># of Volunteers</b>	<b>Hours of Service</b>
Policy Volunteers	27	972
Program Volunteers	606	8,484

In 2023, **more than 16,000 benefitted** from financial assistance and free or subsidized Y membership and programs **totaling more than \$400,000**.

## IMPACT AREA: Inspiring Youth to Thrive

With your help, we will continue to provide life skills, teamwork and leadership development through programs helping to develop independence and confidence, promote positive academic engagement to lift up our youth and teens who may struggle with self-esteem or experience difficult school or family environments.

The Y offers more than just programs for kids; each is a step along a journey to being a competent, confident, connected, compassionate adult who contributes to their community. In our childcare, camp, swimming, and sports programs, kids learn the pathway toward being a successful, well-balanced adult — to aim higher and to reach their ultimate potential.

- **Y Before & Afterschool** programs bring together physical activity, study time and a safe, supportive environment to help all young people succeed in school, at home and throughout their lives.
- **Youth Sports and recreation** at the Y create a healthy outlet for children to gain new skills, learn to work as a team and connect with positive role models — all in an inclusive environment.
  - International-themed Youth Soccer Leagues
  - Flag Football with NFL-styled uniforms.
  - Basketball
  - Baseball
  - Volleyball
  - Archery
  - Martial Arts
  - Summer Skills Camps
- **STEAM Programs** (Science, Technology, Engineering, Arts, Math) engaging youth in activities that nurture curiosity, inspire creativity, and cultivate the engineering mindset. Early exposure to STEAM promotes positive academic engagement during school years and beyond!
  - Robotics
  - Esports
  - Youth & Adult Group Piano Classes
  - Dance
  - Tumbling
  - Painting
- **Youth & Government** offers high school students the opportunity to serve their schools, communities, states and the nation through model government, civic engagement, advocacy, leadership and character development and service-learning to amplify youth voice and strengthen youth civic health.
- **Summer Camp** also serves as essential childcare for working families, is about building lifelong friendships and memories in a safe, positive atmosphere. Overnight camp opportunities are available through a partnership with YMCA Camp Carter.

## IMPACT AREA: Investing in Water Safety

Drowning, the leading cause of death for children between the age of 1-4, is preventable. 70% of drownings happen during non-swim times and Tarrant County has high child drowning rates. According to the CDC, formal swim lessons can reduce drowning by 88%. The YMCA partners with apartment complexes, school districts and other community organizations to ensure that kids learn the skills necessary to be safe around water.

- **Safety Around Water** targeting underserved kids and teens, takes water safety directly to children in need of learning life-saving skills and holds swim lessons in local apartment pools at no cost.
- **Year-round group and private swim lessons for all ages**
- **Backyard swim lessons** taught one-to-one in a private setting or in a small group.
- **Dryland education through Y & community events** teaches water safety concepts and lifejacket awareness.
- **Swim Team** is a competitive swim program where trained coaches work to improve swimmers' skill level, endurance and promote a healthy lifestyle.
- **Family Swim**
- **Lifeguard Your Child program** educates about ways to keep your family safe around the water.
- **Lifeguard, Swim Instructor & CPR certifications.**

## IMPACT AREA: Removing Limits & Reimagining Possibilities

Providing kids, families and communities with the resources and opportunities they need to learn, grow and thrive is at the core of the Y. That's why we offer a range of programs and services to meet the unique needs of the evolving community we serve.

- **Play Days and Y on the Fly**, (in partnership with Trinity Community Foundation) delivered by volunteers, serves under resourced children and families with lunch, bringing needed resources, and a day of games and activities while building trust through fellowship.
- **Y Friends** provides a unique experience for adult members 18 years and older with special needs, emphasizing exercise and healthy life choices, problem-solving, team building, social interaction, and creative activities.
- **Food Assistance**
  - Daily healthy snacks to kids in afterschool and summer camp
  - Meal Distribution in summer months
  - Food Drives during the year to support HIM Center, Mission Mansfeld, etc.
- **SNAP (Special Needs Adaptive Swim)** designed for individuals five years old and up that may need accommodation due to Autism, is led by trained staff to help participants gain confidence and feel more comfortable and secure around the water.
- **Military Outreach** offering subsidized memberships and programs to eligible military families and personnel.

## IMPACT AREA: Building A Stronger Community

A healthy community is a strong community. Through innovative in-person and virtual programs, we can address health disparities, support mental wellness, and remove financial barriers improving spirit, mind, and body.

- **LIVESTRONG at the YMCA** initiative designed to support adult cancer survivors who are living with, though, or beyond cancer.
- **Diabetes Prevention Program** is a community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type-2 diabetes.
- **Blood Pressure Self-Monitoring** is designed for adults with hypertension to help boost their heart health by establishing consistent blood pressure monitoring routines, teaching improved eating habits, and promoting healthier lifestyle choices.
- **Pedaling for Parkinson's** mission is to improve the quality of life of Parkinson's disease patients and their caregivers.
- **100-day Fitness Challenge**
- **Certified nutrition coaches and personal trainers**
- **In-person and virtual wellness classes and activities** (land and water) supporting cardio, flexibility, strength training, and fitness assessments.
- **Senior-focused classes and activities** focusing on improving strength and flexibility, range of motion, and increasing social interaction.
- **Parent's Night Out** providing free Saturday evening childcare.
- **Family Activities** include family water aerobics, swimming, Zumba, etc.
- **Homeschool PE**
- **Adult Dance classes**
- **Gun Safety Class**
- **Car Seat Safety Class**
- **Poison Prevention Class**
- **Healthy Weight & Your Child**
- **Togetherhood** is a volunteer-led community service and social responsibility program connecting people to plan and carry out volunteer projects addressing community needs.

## IMPACT AREA: Engaging Globally, Welcoming Locally

We are intentional about serving all, including our local neighbors that represent over 100 countries worldwide through various community-welcoming initiatives or events:

- **English as a Second Language (ESL) classes**
- **Feliz Navidad Cookies and Cocoa**
- **Halloween @ The Y**
- **Healthy Kids Day**
- **Welcoming Week**
- **International Food Festival**
- **Native Fashion & Art show**
- **International Y Partnerships\***

\*As part of the YMCA's Diversity, Inclusion, and Global Engagement initiative, we partner with YMCAs in Vietnam, Mexico, Peru and YMCA of the Seven Council fires in South Dakota supporting cultural exchange and learning to gain a better understanding of segments of the populace that we seek to serve locally. This learning is crucial to our mission of being an organization FOR ALL.

# OVERVIEW: Arlington-Mansfield Area YMCA

## History

Our first local YMCA opened its doors in temporary offices in Arlington on October 1, 1958, after a \$400,000 fundraising campaign led by then-Mayor Tom Vandergriff. For more than 60 years, the Y has grown to include three branch locations that serve the Greater Arlington, Mansfield and Kennedale communities.

The Arlington-Mansfield Area YMCA has intentionally empowered youth, improved health and well-being, and inspired action to positively impact our community. By bringing people together from different backgrounds, perspectives, and generations, we ensure that all have access to the opportunities, relationships and resources needed to grow and thrive. The Y does not turn anyone away for their inability to pay. Our doors are open to ALL in our community.

We are committed to ensuring that our members, program participants, donors, volunteers, and team members feel genuinely welcome, encouraged and supported. We are also committed to advancing diversity, equity, and inclusion in every community we serve. As with everything we do, we are guided by our core values of caring, honesty, respect, responsibility, and faith—values that compel us to recognize the value of every person and to be a multicultural and inclusive organization.

## Areas of Focus

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

### Defining our areas of focus:

- **YOUTH DEVELOPMENT:** Nurturing the potential of every child and teen.
- **HEALTHY LIVING:** Improving the nation's health and well-being.
- **SOCIAL RESPONSIBILITY:** Giving back and providing support to our neighbors.

## Opportunities for All

The Y is for everyone. Our programs, services and initiatives: enable kids to realize their potential, prepare teens for college, offer ways for families to have fun together, empower people to be healthier in spirit, mind and body, prepare people for employment, welcome and embrace newcomers and help foster a nationwide service ethic. And that's just the beginning.

## Mission

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

## Locations

Central YMCA: 2200 S. Davis Dr., Arlington, TX 76013

Cooper Street YMCA: 7120 S. cooper St., Arlington, TX 76001

Mansfield YMCA & Administrative Offices: 78 Regency Pkwy., Mansfield, TX 76063

North YMCA: 1005 Skyline Dr., Arlington, TX 76011

Community Development Engagement Sites:

- Hammack Creek Program Center: 337 Kennedale Sublett Rd., Kennedale, TX 76060
- Parc West Program Center: 751 W. Bardin Rd., Arlington, TX 76018
- 27 Day Camp and before/after school program sites