

# The Moose Jaw Family YMCA working in our community...



## Promotes health and wellness for the entire community

The Moose Jaw Family YMCA has been in the community of Moose Jaw for over 100 years. As the community around us continues to change we continue to change with it. Providing opportunities for children, youth and families in our community is what we are all about!

***Your gift of \$100 helps a teenager learn leadership developmental skills or helps 3 children learn Tae Kwon Do.***

## Serves all incomes, all ages and all abilities

**29 children** in Moose Jaw were sponsored to attend YMCA day camps in 2008-09. This was a 20% increase from 2007-08!

YMCA day camps take place during school breaks in the winter, spring and summer – providing a fun, safe environment for kids in our community.

Children learn **YMCA Values** when they attend a YMCA day camp or program: Caring, Honesty, Respect, Responsibility and Trust.

***Your gift of \$50/month impacts a family with a membership.***

The YMCA Strong Kids Campaign's original mandate was to provide financial support for children to attend YMCA summer camp at no charge.

Since then, we have changed our focus to sponsor not only children and youth in day camps, but we are **now sponsoring whole families** to assist them in participating in YMCA programs and memberships **throughout the year** – encouraging healthy lifestyles for everyone.

***Your gift of \$1000 supports 2 children to attend day camp for a full summer.***

## Supports the international YMCA family

The YMCA of Moose Jaw is part of a worldwide network of YMCAs in 130 countries, helping more than 30 million people.

The YMCA of Moose Jaw currently has a 3 year commitment to help the Mexico YMCA with the capital expenditures for their Casa projects. These Casa's house children who have been abandoned at the border by their parents who are crossing over to the US. They are kept safe in these Casa's until re-united with their family.

... and making a difference!



***At the YMCA no one is turned away due to an inability to pay.  
In 2009...we sponsored 119 children and youth & 134 families to participate  
in YMCA programs and memberships.***

**Canada's Report Card on Physical Activity for Children and Youth 2009  
shows:**

- **87%** of children and youth are *still not meeting* the recommended 90 minutes of physical activity per day.
- Children from the *lowest* income level are **three times** more likely to never have participated in organized activities and sports, compared with those in the highest income level.
- Decreases in physical activity are now associated with increasing reports of anxiety, depression and low self-esteem.
- The number of obese children and youth has increased 35.7% from 2003 to 2006 – and it appears to be on the rise.

***What can we do...?***

- The YMCA and the Strong Kids Campaign provides a subsidized rate for youth memberships - ages 10 to 17.
- This has encouraged youth to utilize YMCA memberships as a way to stay physically active – plus the YMCA provides a safe, positive environment for these youth.
- In 2008-09 we subsidized **443** memberships. Dollar value equals \$113,230.80 – *money well spent!*

**The Youth experience...**

- Friday Night Youth Drop in and every Last Thursday Night Family Drop in including Basketball, Gym Games, Rockwall Climbing, the Family Fit Zone and our new Sport Wall!
- Y's Buddies Mentorship Program.
- Skills and Techniques of Wrestling.
- Fitness classes for Youth.
- Tae Kwon Do Program.
- Youth Leadership Program.
- "Cool Pool" aquatic program for kids with physical disabilities
- YMCA "Active Kids" program focusing on health, cardiovascular fitness, muscular strength and endurance as well as nutrition.
- Partnerships with Schools and Community groups to utilize YMCA Services.
- Youth discussion groups meet to discuss needs of youth in the community.

**The YMCA is made up of staff, volunteers and community members who support and believe in our Strong Kids Campaign.**

**We invite you to join us!**