

MEMBERS



PROGRAM SITES



CHILDCARE LOCATIONS



BRANCHES



STRENGTHEN COMMUNITY THROUGH YOUTH DEVELOPMENT,
HEALTHY LIVING AND SOCIAL RESPONSIBILITY.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER WE CAN
DO SO MUCH
MORE



METRO YMCAS OF
THE ORANGES
Annual Campaign

WE'RE
MORE THAN
YOU KNOW.
WE'RE
A CAUSE.

Our members and friends call us THEIR Y. We call them OUR greatest resource—the thousands of people who work alongside us and support our work to help our neighbors learn, grow and thrive.

What if we could harness all of that power to make an even greater difference on a larger scale?

With programs from A to Z—like afterschool to advocacy, dance classes to disease prevention, volleyball to volunteerism—we don't just strengthen individuals, we strengthen our community.

Yet there is so much more to do.

The Metro YMCA 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.

**Every gift makes a difference.
Everyone has a role to play.
Together, we can achieve so much more.**

METRO YMCAS OF THE ORANGES
Annual Campaign

The Y. So Much More™

The Y. So Much More™

From A to Z, we offer a variety of experiences to nurture the potential of every child and teen, improve the nation's health and well-being, and provide support to our neighbors.

YOUR GIFT HELPS REDEFINE RETIREMENT

Claire has been an active member of the Y for the past fifteen years. She has also served as a Y volunteer in our intergenerational program at a local senior care center and with our developmentally disabled visitors from ARC.

"Being a member for the past 15 years has been a significant part of my life. In addition to the excellent classes which keep me in optimum health, I marvel at the professionalism, enthusiasm and dedication of the instructors leading the classes.

The instructor brought home the value of volunteering and making a contribution to others. I discovered that giving a little time to others actually makes me feel so much better. I receive much more of a benefit than I give.

There is always the call to "connect" and make new friends. As a result, I have met a nice group of people who socialize together. You can find us chatting and sipping coffee after morning classes.

MY "Y" experience is very positive and fulfilling. It has added a special quality to my retirement years."

and So Much More...

A strong local YMCA is able to offer these opportunities to all seniors and others battling chronic or life threatening health issues. With your financial support, retirement can be an active and rewarding time where participation in Y programs, focused on wellness, exercise and social interaction, are positive aspects of the day. Helping seniors remain active and healthy is a key element in our mission to strengthen community. Healthy seniors contribute wisdom, a sense of tradition and stability to communities and neighborhoods.



READ MORE STORIES OF IMPACT.
Visit metroymcas.org/stories



YOUTH DEVELOPMENT



All kids deserve the opportunity to discover who they are.



HEALTHY LIVING



Health and well-being are all about balance.



SOCIAL RESPONSIBILITY



We work every day to connect people from all backgrounds.

GIVE TODAY | METROYMCAS.ORG/GIVE

When you give to the Y, 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 Essex, Passaic and Sussex Counties.

Together, we'll take on many of the greatest challenges facing our young people, our health and our community.

We have an extraordinary opportunity to ensure a brighter future, but we must take action today, and only your support will make it possible.

Now, when you think of your Y, you'll know it's more than just a place – it's a cause. A cause, that with your generous support, will continue to strengthen the community in which you live.

To find out how you can support our cause, contact the Executive Director at your local YMCA.

The Y. So Much More™

GIVE TODAY!



Your Gift Makes A Difference

- | | | | | |
|---------|----|---------------------------|---|---|
| \$5,000 | OR | \$500/month for 10 months | ➤ | Sponsors the 7th grade membership program for a Branch. |
| \$1,000 | OR | \$100/month for 10 months | ➤ | Makes the dream of summer camp and irreplaceable childhood memories. |
| \$500 | OR | \$50/month for 10 months | ➤ | Supports financial assistance for senior citizen including programs such as gentle fitness, diabetes prevention, nutrition education. |
| \$250 | OR | \$25/month for 10 months | ➤ | Reduces summer learning loss and engages children in a love of reading. |
| \$100 | | | | Teaches the life skill of water safety to children in our SPLASH program. |
| \$10 | | | | Provides Stewards of Children Sexual Prevention training and materials for an adult. |

* These gift descriptions are examples of the scope of services provided by the Metro YMCA branches and are not intended to be specific restrictions for donated gifts.