



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BE WHY

YMCA of Central Florida 2023 Annual Giving Campaign

A Message from Kevin Bolding

YMCA OF CENTRAL FLORIDA PRESIDENT & CEO

What is your WHY? Your WHY is the reason behind the things that you do. For example, you exercise so that you can stay healthy. You go to work so that you can provide for your family. What is your WHY?

As people across Central Florida continue to deal with the effects of the pandemic, current economic and financial hardships, and other pressing issues, the need for organizations like the YMCA has never been greater. But with every challenge comes an opportunity — an opportunity to make a positive, lasting impact in the life of someone else. **Now, you have the unique opportunity to be someone else's WHY.**

You can be why a child doesn't drown, why a teen doesn't suffer from poor mental health issues, and why a senior has a safe place to belong. You can be why our YMCA continues to invest in our community by providing life-changing programs that help all people grow stronger in spirit, mind, and body.

It's up to all of us to set the pace for the change we want to see in our community. And now, you can be why all people, no matter who they are or where they're from, have an equal shot at becoming the best version of themselves.



Are you ready to be someone else's WHY? Donate today!

The Power of Giving in 2021



1,800
group exercise classes
hosted across 14
family centers

200,000

individuals impacted through
the launch of YMCA360

3,300

youth participants
in summer camps across
six locations



12,000+ students
at 30 schools served
in after-
school
programs



7,000+ youth
stayed active, grew
their skills, &
learned values
in Youth Sports



4,500 🍏
meals distributed
to families across
Central Florida



10,000+
swim lessons
provided to children,
teens, and adults

971 volunteers
helped us
share our mission across
Central Florida



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STRENGTHENING THE COMMUNITY



ELISA VIANA
J. Douglas Williams YMCA

"I just remember seeing her face down at the bottom of the pool and I jumped in to pull her out."

Following a near-drowning experience at a friend's swimming pool, Elisa knew she had to help her daughter Emory learn lifesaving water safety skills. That's when she turned to the YMCA of Central Florida for swim lessons. Since then, Emory has developed into a strong and confident swimmer and even swims competitively for the YMCA. Elisa says the Y's drowning prevention programs have helped both her and her daughter not be scared in or around the water, and she believes that Emory would not be the skilled swimmer she is today without the YMCA's support. Elisa says she is grateful to the YMCA for its continued commitment to saving lives through these important water safety programs.



GINA CLARK
Roper YMCA

"You feel okay because there are other people who are at the same level you are. Then you watch them progress, as well as yourself. It becomes a giant group hug after a few months because it becomes your community."

In her search for community, Gina Clark has found a new group of close friends through the YMCA. As someone who deals with the challenges of rheumatoid arthritis, Gina says she is able to overcome the feeling of isolation and grow closer to her YMCA family through movement and group exercise. Initially reluctant to join, Gina says she is grateful that a YMCA team member introduced her to the scholarship program, which has made membership more accessible to her at a time when she needed it most. Gina says she is thankful for her ability to participate in YMCA classes and programs that help her grow stronger in spirit, mind, and body, all while finding fellowship and connection with her neighbors.



ALEX PATTERSON
South Orlando YMCA

"After school, there are so many things that you can get into, but instead of out there doing those things, I'm here in a positive environment doing things I like to do."

Alex Patterson is a teenager who participates in the YMCA's Links 2 Learning (L2L) Program. L2L is designed to create new opportunities for local teens and empower lifelong success in and out of the classroom. Students receive after-school homework help in an interactive learning environment and participate in field trips, college tours, guest speakers, community service projects, and more. Alex says the program has helped him grow academically, emotionally, and socially, and he is grateful for the opportunity to connect with his peers, build confidence, and find a sense of belonging. He says the YMCA has been a positive outlet in his life and he is thankful for the relationships he has built along the way.