



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING OUR COMMUNITY

2012 Community Benefit Statement
YMCA OF THE INLAND NORTHWEST

OUR MISSION

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Living Our Cause

We're an inclusive charitable organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

Our Vision

The YMCA experience improves the quality of life for individuals, families and the community in safe, accessible environments.

Our Core Values

Caring, Honesty, Respect and Responsibility

Our Purpose

We give everyone a safe place to learn grow and thrive

Our Strength is in Community

The Y is community centered. For over 125 years, we've been listening and responding to our community.

- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive.
- The Y has local presence and global reach. We mobilize local communities to effect lasting, meaningful change.

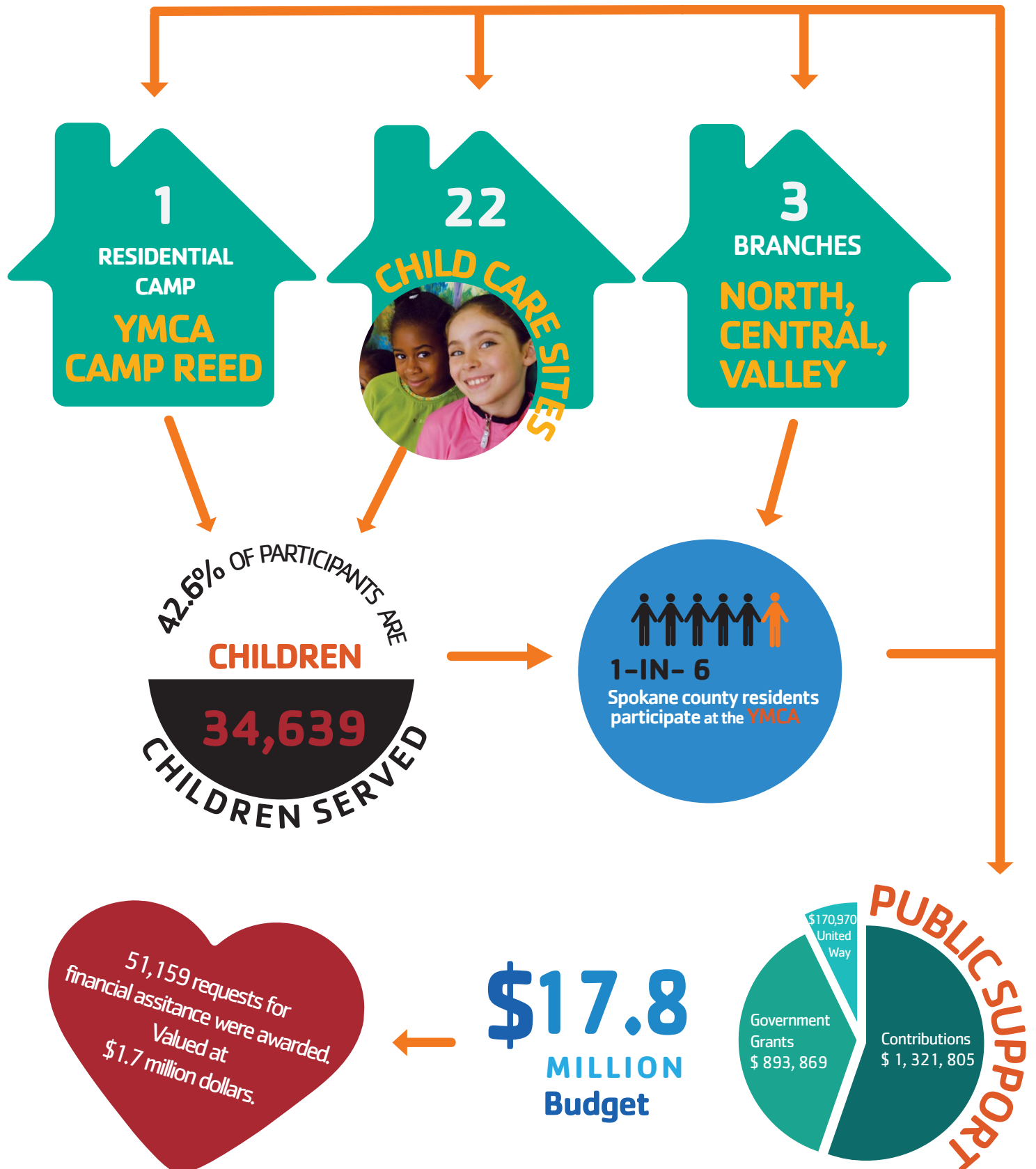
“We give everyone a safe place to learn, grow and thrive!”

This is a very powerful statement: First, it says everyone and we are committed to making the Y a place of inclusion where all are welcome; we are equally committed to making sure our facilities and off-site locations are safe, that individuals and families feel safe upon each and every visit; and finally, we want everyone in our community to thrive and not merely survive.

**–Steve Tammaro
President and CEO**



How Does the YMCA Serve our 74,993 members?



YOUTH DEVELOPMENT

At the Y, we develop programming to respond to emerging opportunities to better serve our children and youth. Using the framework of the Search Institute's model of 40 Developmental Assets, the building blocks for raising healthy children and teens, Y programs offer support, empowerment, boundaries, expectations, and a constructive use of time. We do this to foster within each child a commitment to learning, positive values, social competencies, and finally a positive identity.

CHILD CARE & DAY CAMPS

At the YMCA of the Inland Northwest, Child Care is about more than looking after kids – it's about nurturing their development and providing them with a safe place to learn foundational skills and develop healthy, trusting relationships. Some of our Child Care offerings include before and after school programs, kindergarten readiness early childhood development, and infant care.



YOUTH SPORTS

At the YMCA of the Inland Northwest, everyone plays and everyone wins. Our Youth Sports programming strives to enhance every child's growth and development, sports skills, and fundamentals. Fair play, sportsmanship, and a sense of teamwork are incorporated into all we do. And, on top of that, kids have a blast! Coaches — often volunteering parents — emphasize teamwork and cooperation over winning at any cost. Developing good values is far more important than developing the next superstar.

TEEN PROGRAMMING

The YMCA of the Inland Northwest cares about teens. We cultivate teen leaders by creating opportunities for them to contribute to their communities. Our teen programs partner with families, schools, businesses, and the entire community to provide them with the tools they need to build a bright future. Our Y gives teens a safe place to call their own, build self-esteem, and a chance to connect with positive role models and adults who care about them. Our teen programs serve a variety of interests from Youth & Government to Film Club to Music Lessons



provided for children through the summer food program.

CAMP

At YMCA Camp Reed, kids have the opportunity to explore nature, try exciting activities, gain confidence, and make lasting friendships and memories. Camp Reed covers 555 acres on the beautiful, yet secluded, Fan Lake. This traditional camp in a wilderness setting has served children from a broad base of socioeconomic and culturally diverse backgrounds for many generations. Anyone of any income can go to camp free of financial discrimination.

HEALTHY LIVING

A multitude of Y programs give guests the opportunity to stay fit and enjoy classes that benefit them physically, socially, and mentally. While life's experiences affect people in different ways, the pursuit of health helps our members move forward. With the Y, we strengthen individuals and families.

ACTIVE OLDER ADULTS

The YMCA of the Inland Northwest offers a variety of programs designed for Active Older Adults. These programs help older adults maintain a healthier lifestyle, strengthen social ties, and have a positive outlook on life. SilverSneakers is an award-winning blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health, and have fun while doing so!



9,933

Adults remain physically and socially active with their **YMCA membership**

In addition to our programs that promote healthy living, the YMCA of the Inland Northwest also offers programs that target chronic disease prevention. For example, the [Diabetes Prevention Program](#) helps those with prediabetes or those at high risk of developing type 2 diabetes adopt and maintain healthier lifestyles by increasing physical activity, eating smarter, and losing a modest amount of weight in order to reduce their chances of developing the disease.

LIVESTRONG® AT THE YMCA

LIVESTRONG at the YMCA is a free program tailored to fit the specific needs of cancer survivors who would like to improve their quality of life following completion of treatment. Through this program, the YMCA of the Inland Northwest is creating community among cancer survivors, and is also guiding them through safe physical activity, building supportive relationships, and reducing stress levels.



SWIMMING

At the YMCA of the Inland Northwest, our swimming programs are more than simply skill-building. Structured classes are divided by age and skill level, and are taught by certified instructors who guide with praise and encouragement. Students will improve swimming skills, build confidence in the water and learn personal safety. Whether it's learning how to swim, perfecting your stroke or staying fit, the Y has an aquatics program that's right for you.



10,007

Families and kid gained swimming and water safety skills

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

YOUTH INVESTMENT

The Youth Investment Program not only provides at-risk youth with an opportunity to complete court ordered community service requirements – it also gives them a safe, encouraging learning environment centered around making a difference in their lives. Participants will work alongside a mentor to develop work ethics, values, and principles that will help them succeed. Projects include anything from maintenance projects to working in our community garden and greenhouse.

1/3 OF ALL
JUVENILE COURT MANDATED
COMMUNITY SERVICE HOURS
ARE DONE BY
237
YMCA YOUTH
INVESTMENT MEMBERS



PARTNERS FOR YOUTH CAMPAIGN

Our annual community support campaign, Partners for Youth, has one simple yet significant goal in mind: to ensure no one is denied the chance to participate with the Y because of inability to pay. The campaign raises funds that help us develop fresh, exciting program and, most of all, supply financial assistance to deserving families and individuals. We recognize that communities succeed when everyone is given the opportunity to be healthy, confident, connected and secure.

OUTSIDE THE BOX

Outside the Box is a free program for North Central High School freshman to help with the transition from middle to high school. YMCA staff members attend classes with them in order to better assist them with their schoolwork, as well as take them on field trips around Spokane. We bring in guest speakers and do a lot of cooperative learning activities to build a strong support community around these students.

FINANCIAL ASSISTANCE

Scholarships and financial assistance for program fees define our aid to the community. Every year the need for assistance becomes greater wholly demonstrated by the influx of applications. While funds always have their limitations, we continue our vigorous effort to reach more and more people, removing prevalent financial obstacles.





YMCA OF THE INLAND NORTHWEST

WE GIVE EVERYONE A SAFE PLACE TO LEARN, GROW, AND THRIVE.

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