



YMCA OF METROPOLITAN  
LOS ANGELES

## Community Impact 2023

# This Is the Y

## Your 2023 Contributions in Action

### Healthy Living

At the heart of the Y lies the power to transform—both yourself and the world around you. All the Y's fitness, personal training, sports and aquatics programs as well as our group social activities, fun family, and community events focus on strengthening spirit, mind, and body, one person at a time.

» **19,350 children and teens in youth sports** gained confidence and built positive relationships with adults and kids alike.

### Youth Development

With your support in 2023, the Y empowered young people to lead inspired, successful lives. From camp to child care to afterschool activities to sports and more, the Y offers holistic programming that enhances, protects, and nurtures the unique development journey of every child and teen.

» **27,000 kids in day camp** and **4,420 youth in resident camp** learned more about their world, developed healthy relationships with adults and other kids, and built self-reliance — all in the safe, nurturing environment of Y camp.

» The Ys Youth & Government (Model Legislature & Court and Model United Nations) helped **3,000+ teens build communication and leadership skills** and expanded their opportunities.

### Social Impact

We work to provide kids, families, and seniors with the resources and opportunities they need to learn, grow, and thrive. That's why we offer a range of programs.

» The Y worked year-round to ensure no one went hungry in our communities and distributed **over 5 million pounds of produce and 500,000 meals**.

» The Y vaccinated **500 individuals** against COVID, flu, and monkey pox and provided health education to **10,000 individuals**.

» The Y assisted **365 men and women with US citizenship applications** and educated **over 5,000 neighbors** through interpretation services, ESL classes, citizenship classes, immigration referrals, and fee waivers.

### TOGETHER WE...



Connected **135,000+**  
active members of all ages,  
backgrounds, and walks of life



Engaged **15,000**  
teens and young adults  
in leadership and service



Taught **68,000**  
water safety skills and swim  
lessons



Empowered **11,000**  
older adults to stay active  
and healthy



Activated **11,000**  
volunteers who shared their  
time and talents



Provided **\$2 million**  
in financial assistance to  
people of all ages in need of  
support