

YMCA of Metropolitan Denver

The Y's Mission:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The Y's Cause:

At the Y, strengthening community is our cause. Every day, the Y works side by side with its neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

Youth Development: Nurturing the potential of every child and teen.

- **Child Care** – Safe, nurturing environment for children to learn, grow and develop social skills.
- **Education and Leadership** – Knowledge, character development, and encouragement to help youth realize their potential.
- **Swim, Sports and Play** – Positive, fun activities that build athletic, social, and interpersonal skills.
- **Camp** – Safe, exciting community for young people to build self – esteem and make lasting friendships and memories.

Healthy Living: Improving the nation's health and well-being.

- **Family time** – Bringing families together to have fun and grow together.
- **Health, Well-being and Fitness** – Programs to maintain or improve physical activity, health and wellness.
- **Sports and Recreation** – Healthy lifestyle activities that bring people together with shared athletic and recreational interests.
- **Social Networks** – Social activities that bring people together that share common personal interests.

Social Responsibility: Giving back and providing support to our neighbors.

- **Social Services** – Training, resources, and support to help our communities bridge gaps and overcome obstacles.
- **Global Services** – Support systems that welcome, educate and connect diverse demographic populations in the U.S. and around the world.
- **Volunteerism and giving** – Voluntary contributions that fund, lead and support the Y's critical work.
- **Collaborations** – Partnerships with community leaders, schools, public and private organizations to develop youth, prevent chronic disease, and build healthier communities.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY