

# South Mountain



The South Mountain Family YMCA has been helping people grow in spirit, mind and body since 1995. YMCA activities and programs take place in an environment that emphasizes our core values of Caring, Honesty, Respect and Responsibility. We conduct the Strong Kids & Families Campaign every year to help make it possible for every boy, girl, and family to experience those values. No one is turned away from the YMCA because of the inability to pay fees.

Our Strong Kids and Families Campaign goal is to offer financial assistance to kids and families in 2010, as well as, provide support for other programs such as youth fitness, youth sports, and swim lessons, which require subsidy in order to be maintained. So that we can achieve our goal—we will need your help to raise money to make this happen.

#### Program areas that will benefit from this campaign are:

- **Family Wellness** – In 2010, the YMCA will continue to offer our Family Wellness program. Our program goes beyond focusing on traditional exercising and includes teaching nutrition, encouraging parental involvement, and other practices to help families lead a healthier life. The YMCA will offer programs at no charge that teach and enforce age appropriate exercise, nutrition, and active lifestyles.
- **Youth Development** – In 2009, we were able to serve more than 300 teens through our programs. 2010 will see the YMCA offering new programs that provide our teens with positive role models, healthy alternatives to “hanging out”, and leadership skills that will follow them through life. We are also continuing to offer teens a glimpse into the future with our College Access Program. Programs like these provide nurturing, friendly, active-based environments where teens of all backgrounds can succeed and plan for the future.

## *Enriching Lives*

at the  
South Mountain  
Family YMCA



In addition to our base programming, our nationally accredited preschool prepares children socially to enter into kindergarten. In 2009, we served on average over 350 preschoolers. Other exciting new ventures include the return of our after school program for elementary and middle school-aged youth focusing on sports and fitness, arts and humanities, science and technology, service learning, character development, and literacy. By supporting this campaign, you will help ensure that our next generation can lead healthy, productive lifestyles in spirit, mind and body. Thank you for your generosity.

For more information on how you can be a part of this amazing campaign please contact:

**Crystal Cheng**  
**602-276-4246**

Or Visit us at

**222 E. Olympic Drive**  
**Phoenix, AZ 85040**  
**(South of Baseline on Central Ave.)**



[www.valleyymca.org](http://www.valleyymca.org)