

## MOODY FAMILY YMCA

### IMPACT OF COMMUNITY & OUTREACH EFFORTS IN 2023

The Moody Y is a Community Resource and provided 300 hours of meeting space to local non-profits, schools, churches, member groups and families. This support is the equivalent of \$25,000 of room rental fees.

#### Organizations the Y Supported:

- Capernaum, quarterly
- To Be Like Me, as needed
- HP Toast Masters, Weekly
- Father/Son Bible Study, Weekly
- Girl Scouts, Service Projects
- HP Academic Booster, Semi Annually
- Kingdom of Men Bible study, bimonthly
- YMSL, Service Projects
- HP Culturefest performance practices
- Hyer Mom's skit practice, Various
- DKMS Youth Advisory, quarterly



The Y also partners with other community groups to elevate and enhance their programs by using the Y's network and voice.

#### Organizations the Y Partnered with:

- Carter Bloodcare for Blood Drives, 100 pints per year
- Food and Toy drives with HPCAN, 400 pounds of food and 500 toys donated
- Hosted 4th of July Rotary Parade Watch Party and ran the Bike Decorating Competition
- Support Local Events: Easter Egg Hunt, National Night Out, HP Preservation Car Show, HPISD Health Fair, Walk to School Days, Christmas Tree Lightings
- 50% Membership Discounts for all HPISD staff, Local Government Employee staff and all local Church Employees
- Donated over \$10,000 in YMCA services to HPISD School, PTA and Club Auctions, Church auctions and in support of local private preschool fundraising efforts



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The Moody Y also provides free Outreach programming to the community to make it a better place for all. In 2023, the Moody averaged 25 hours/week of free programming, totaling 19,000 hours!

#### Programs offered inside the YMCA:

- Lunch and learn – Education and Socializing for Seniors, 600 hours of free programming annually
- Senior self defense classes – 600 hours of free programming annually
- Adapted yoga for participants with special needs – 400 hours of free programming annually
- Special Needs fitness classes – 400 hours of free programming annually
- Livestrong cancer survivor program – Three sessions per year serving 45 families
- National Charity League Self Defense classes for girls – 200 hours of free programming annually
- Mental Health Presentations – 100 hours of free programming

#### Programs offered outside the YMCA:

- Senior fitness: Edgemere, The Forum, Belmont Village, Westminster Church, NPPC, HPUMC
- Special needs fitness: Connecting Point, Segue Center, HPISD, Belong Ministries(HPUMC)
- Provide YMCA Staff speakers for local organization fitness education programs



With a focus on providing Programs & Outreach for all, the Moody Y also places great value in providing Special Needs Adapted Programming for the Park Cities community.

- Ashford Rise School of Dallas providing preschool to 60+ special need children
- Adapted Yoga and Zumba classes for the HPISD Transitions Program
- Internships for HPISD Transitions Program students
- Adapted Pickleball for the community
- Life Skills class at the Segue Center, Connecting Point
- Adapted Sports through the HPUMC Belong Ministry
- Fitness classes brought to Connecting Point, Segue Center, HPUMC
- Moody Y is home to adult Special Olympics Bowling, Basketball, Track & Soccer