



FIRST FRIDAY REPORT



A Monthly Update for Friends of
THE YMCA OF METROPOLITAN DALLAS

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Dear YMCA Friends,

Here are a few highlights of what's happening through your YMCA:

Youth Development The summer is a particularly vulnerable time for kids who rely on free or reduced-price meals during the school year. 1 in 6 US children don't know where their next meal will come from. At the Y, we know that children who receive daily nutrition are set up to succeed. That's why we're helping kids reach their full potential by proving free access to healthy snacks and meals when school's out for the summer. This summer we have partnered with 5 local non-profit vendors and school districts to provide meals to



11 of our summer day camp locations. Our collaboration with these partners and funding from the Walmart Foundation allowed us to serve over 10,000 meals in one week. Any youth age 18 and under can visit any of our summer feeding locations during meal times and receive a healthy meal.



Healthy Living Healthy living through physical activity is central to the Y's cause. The YMCA's Group Exercise programs are fun and interactive ways to engage members in activity and positively impact their health. Group exercise classes provide a variety of experiences that are designed to engage individuals in a supportive group setting, enhancing social bonds and strengthening community. The YMCA's Group Exercise instructors are well trained to provide safe and effective exercise programs. Additionally, YMCA instructors facilitate connections within the class setting and create opportunities for relationship building. Participants in YMCA Exercise programs have improved physical activity, enhanced overall well-being, and heightened self-mastery to stay motivated and engage in physical activity over a sustained period of time.

Social Responsibility For the past eight years, the J.E.R. Chilton YMCA in Rockwall has offered Angel Camp to families with children with special needs. The eight-week program is for children ages 6-18 and runs from 8:00-3:00 Monday through Friday. The staff ratio is one counselor for every four children with a maximum of twenty children per week. Kids participate in a variety of activities including teaching the campers how to swim. With proceeds from the Y's Annual Campaign, the program is free to parents and provides a needed respite for families of these special kids.



Mark your calendar for the 14th Annual Key Leaders Lunch to be held on Thursday, October 19th, 12 noon at the Westin Galleria Dallas. This year's keynote is J.C. Watt. Watch for invitations coming this fall.

Have you considered including the Y in your will? The Heritage Club is a great way to ensure the Y remains successful for many years to come. For more information, contact Charlie Myer at 469 276 8456 or cmyer@ymcadallas.org

Thank you for your continued support.

In spirit, mind, and body,

Sincerely,

Curt Hazelbaker
President and Chief Executive Officer



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