



Northfield Area Family YMCA Annual Campaign

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



We Build People



Annually the Y raises funds to gather the financial support needed to fulfill our mission of providing healthy & beneficial programs and services to everyone, regardless of their ability to pay.

How You can Help



\$100 will support 1 teen in our leadership Youth-In-Government program

\$200 will send 3 kids to summer camps

\$350 will support 10 kids at risk of not graduating through mentoring & role modeling in our boxing program

\$500 provides 18 children time away from 'screen time' in sport programs

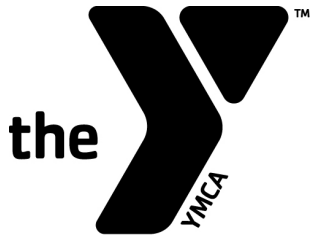
\$1,000 provides socializing, networking and healthy activity for 13 families in Y memberships

\$1,500 supports 50 kids in year-round recreational programs addressing the alarming childhood obesity rates

Responding to Needs

The U.S Department of Health and Human Services, Healthy People 2010 report

describes a healthy community as one that continuously creates and improves both its physical and social environments



2010's Amazing Results & Progress

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At the Y, strengthening the Northfield community is our cause. We provide programs and services to thousands of local residents each year addressing three critical areas: youth development, healthy living and social responsibility.

Youth Development: All kids deserve opportunities to discover who they are and what they can achieve. Y programs help youth define the skills and values that lead to positive behaviors, better health and educational achievement. In 2010,

- 689 kids and teens participated in active sport programs
- 201 kids participated in Y summer camp
- 117 kids participated in the first annual Y Kids Triathlon
- 116 preschool children enjoyed regular exercise in the new Healthy Champs program
- 58 middle & high school students participated in Youth in Government

Healthy Living: Improving our health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports and shared interests. In 2010,

- 7,700 visits from teens and adults to the Y Health & Wellness Center
- 7,000 adults participated in worksite wellness programs
- 1,000+ family members attended Healthy Kids Day
- 75+ kids and adults participated in the Y Fall Classic & Youth Fun Run
- 114 dads/daughters attended the Daddy Daughter Dance

Social Responsibility: Giving back and providing support to our neighbors. The Y responds to our community's unmet needs and provides programs and services to all people, regardless of their ability to pay. In 2010,

- 290 kids, families and adults received scholarships through the Annual Campaign
- 224 volunteers provided 3,700+ hours of service to ensure top quality Y initiatives
- 86 staff (85 part-time and 1 full-time) worked to deliver programs and services
- 29 work study students or interns shared their skill & talent (the Y is the largest community work study employer in Northfield)

The Northfield Y creates its programs and services in large part through partnerships with other local organizations, working together to address various issues in a more effective manner.

Key 2010 Partnerships:

- Northfield Senior Center (water exercise and family swim)
- Northfield Public Schools and Community Services (afterschool program)
- Artech Charter School (weekly physical education for middle & high school students)
- Rice County Public Health and Blue Cross Blue Shield of MN (worksite tobacco cessation and physical nutritional health)
- Laura Baker Services (youth & family programs accessible to kids of all abilities)
- Basketball and Soccer Association and the Volleyball Club (expanded programs)
- United Providers Association (physical activity for children in daycare settings)