



# PALISADES-MALIBU YMCA Community Impact 2023

## This Is the Y Your 2023 Contributions in Action

### Youth & Teens

With your support in 2023, the Y empowered young people to be confident and engaged global citizens who work to strengthen their communities.

- » 75 kids learned more about their world, developed healthy relationships with adults and other kids, and built self-reliance — while in the safe, nurturing environment of Youth & Government.
- » 160 teens participated in the Ys "Get Summer" Teen Initiative free of charge.

### Education

The Y ensured that every child has an opportunity to pursue their best possible future.

- » IBM Skills Build program helped 112 teens build communication and leadership skills and expanded their connections.
- » More than 250 youth received social responsibility and enrichment activities, keeping them active and learning even after the school bell rang.

### Sports & Camp

The Y empowered kids to develop lifelong, healthy habits from the inside out.

- » More than 150 children were engaged in Tee-ball and sports programs, gaining confidence and building positive relationships with adults and kids alike.
- » Through Summer Day Camp over 420 children learned essential skills to help them stay safe and have a fun way to stay fit and healthy throughout life.

### Healthy Living

At the Y, well-being activities went beyond just working out to helping us find our purpose.

- » 5,400 registrants enjoyed our wide variety of group exercise classes.
- » The Y's community partner events have inspired more than 300 families to build healthful habits.

### Nourishing Our Communities

The Y works year-round, since 2021, to ensure that no one goes hungry. This year we served participants from over 60 different cities across Los Angeles County.

- » Over 330 families have registered for the Palisades Y Food Distribution Program.
- » 68 seniors have registered for the Food Distribution Program.

### Palisades-Malibu YMCA

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### TOGETHER...



We provided **175+** kids sports and enrichment programs



We engaged **100+** teens and young adults in leadership and service



We taught **420** children safety skills and outdoor activities



We served **1,000's** of older adults staying active and healthy



We activated **75+** volunteers who shared their time and talents



Provided financial assistance to people of all ages in need of support

**TOGETHER WE MAKE POSSIBLE HAPPEN.**