



YMCA OF METROPOLITAN CHATTANOOGA 2021 IMPACT REPORT

The YMCA of Metropolitan Chattanooga is a vital and significant force building strong, thriving and equitable communities since 1871. Across our 4 wellness centers and 100+ program sites, the YMCA has a broad reach throughout Chattanooga, Cleveland, North Georgia and surrounding areas. We are diligent in living our purpose to serve as a catalyst to transform lives and communities. Here's a snapshot of our 2021 impact.

HEALTHY LIVING: Advocates for overall health & well-being



35,000+ individuals prioritize their physical and mental health annually through holistic wellness programs. We are connecting people in group fitness classes, cardio and strength training areas, personal training, healthy living programs, and in communal areas within our 4 wellness centers.



\$1.2 Million in Financial Assistance

Given to individuals by way of program scholarships or memberships, financial assistance enables ALL - regardless of background, financial ability, or socioeconomic status, to be afforded the same opportunities to learn, grow & thrive.



Hospital Partnerships & PT Services

The YMCA has partnerships with 4 area hospitals to provide specialized health services and create accessible and innovative health education for our communities.



Corporate Partners

93 companies are investing in the health of their employees through corporate memberships and partnerships for wrap-around wellness services.



Nutrition

More than 130 participants improved their health, reduced and reversed negative health side effects, and empowered themselves through nutrition education in Food RX and our Nutrition E-Course.



Parkinson's Programming

52 individuals improved their quality of life through increased mobility, dexterity, balance and independence while experiencing community and support in Pedaling for Parkinson's & Rock Steady Boxing Programs.



LIVESTRONG @The Y

53 individuals improved their flexibility, strength, mobility, and outlook through this individualized fitness program, focused on helping cancer survivors rebuild their health.



SOCIAL IMPACT: Uplift & create equitable & cohesive communities



Food Accessibility & Feeding Youth

575,532 healthy meals were prepared and served in 2021 across 80 sites in Chattanooga, Cleveland, North Georgia and Soddy Daisy through programs like Mobile Fit & Backpack Blessings. The Chattanooga Mobile Market served more than 200 shoppers per week across 12 weekly stops, providing access to fresh, affordable food to individuals in food deserts. Backpack Blessings prepared 9,112 healthy meals, engaging 167 volunteers.



Volunteer Hours

More than 1,300 volunteers extended their time and energy to food preparation, tutoring youth, program support, coaching, and guiding the Y on advisory boards - contributing a total of 5,300 hours to our mission in 2021.



YOUTH DEVELOPMENT: Developing a new generation of change-makers

2021 youth served across all programming:
6,794 program participants + 5,545 children fed = **12,339 youth**



YCAP

Approximately 180 youth served during 2021. Benchmarks showed 70% of program youth exhibited an improvement in family relationships, and 69% of program youth exhibited an increase in school attendance.



Education & Leadership

130 children enrolled in YMCA Early Learning Centers and Preschools. 2021 brought the largest YMCA graduating class of school-ready children advancing to kindergarten. 13 local schools represented by teen student leaders participated in personal development education and real-life leadership experience.



Camps/Afterschool Program

YMCA Camps and Afterschool Programs are all about learning new skills, making friends, & having fun! YMCA Camp Ocoee served 1,000 children in overnight camps, and 800 children participated in YMCA Summer Day Camps in 2021. 1,450 children were served at various YMCA Afterschool program sites.



Youth Sports

Whether through basketball, volleyball, soccer, Miracle League or other Y team sports, 1,800 youth of varying ages and abilities participated in activities in a team environment that fostered being active, friendly competition, and healthy practices for life.



Swim/Safety Around Water

As the leading provider in the nation for swim lessons, the Y knows the value of this lifelong skill is priceless. From young to old, the Y offers swim lessons at a variety of levels, as well as a free Safety Around Water Program designed to educate the community on basic water safety tips. 1,115 children participated in swim lessons and/or Safety Around Water in 2021.



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