



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOT SPRINGS FAMILY YMCA **Investing In Our Community**

Mission Statement:

The Hot Springs Family YMCA provides opportunities to all individuals, youth, adults and families in the Garland County community by putting Christian principles into practice through facilities, programs and activities that build healthy spirit, mind and body. Programs are made available to all persons regardless of their ability to pay.

Our Approach

The Y Is committed to making our programs accessible and affordable for all. Financial assistance is provided on a case-by-case basis according to needs. As a non-profit organization dedicated to serving our community, the Y relies on charitable contributions and membership and program fees to fund our financial assistance programs. It is because of the support of donors and our membership base, that the Y is able to offer financially assisted programs and membership to those in need and offer facility space to our community, at little to no cost.

In 2021 the Hot Springs Family YMCA awarded \$174,524.00 in financial assistance to Garland County residents.

In 2022 the Hot Springs Family YMCA awarded \$111,889.00 in financial assistance to Garland County residents.

Our Community

The Board of Directors of the Hot Springs Family YMCA firmly believes in the power of partnerships. We know when our families are afforded an opportunity to thrive, the community thrives. For this reason, the Y partners with the following organizations:

- Garland County School Districts
- Special Olympics
- Fire/ Police Department (Rapid Water Rescue Team)
- Military Recruiters
- Garland County Juvenile Court
- AARP
- American Red Cross
- Arkansas Department of Human Services
- Garland County Library
- Senior Olympics
- Hot Springs Baptist Church
- CHI Cardiac Rehabilitation
- National Park College

To promote strong families and help build community the Hot Springs Family YMCA hosts two large scale, free-of-charge community events each year. Halloween at the Y is a safe fall family activity attended by over 1000 people in our community. Healthy Kids Day is a family health fair that provides fun, wellness-oriented activities for the entire family.

FOR YOUTH DEVELOPMENT

Out of School Time Child Care

Out of School Time child care programs are an imperative component to keeping the Garland County economy robust. When caregivers know they have access to quality care that convenes outside of school hours, they are able to commit to jobs and educational opportunities that benefit them and our community. When school's out, the Hot Springs Family YMCA offers after school and/or all day child care. Participants are able to play, learn and socialize in safe environments. Staff are highly trained and programs are licensed by the Arkansas Department of Human Services. To ensure our program is accessible for all, the Y offers financial assistance to families who might not qualify for traditional child care assistance programs.

In response to the COVID-19 pandemic, the Y partnered with the Arkansas Department of Human Services to provide free programs for families of first responders and those in the Garland County medical community.

The Hot Springs Family YMCA Out of School Time program provides a rich environment for school aged children in our community. Students attending the program receive homework help, physical activity, peer-to-peer relationship building and adult-to-child mentoring, all while being able to explore through activities and field trips benefiting each child's experiential bank.

In 2021 the Hot Springs Family YMCA served 238 students in after school care
In 2022 the Hot Springs Family YMCA served 199 students in after school care
In 2021 the Hot Springs Family YMCA served 213 students in summer child care
In 2022 the Hot Springs Family YMCA served 333 students in summer child care



Reach & Rise ☐ Mentoring Youth Program

Youth in our community deserve hope and the belief that the outcomes of childhood experiences and relationships with adults will positively impact them throughout life. The consistent and caring presence of an adult can be the difference in a young person's educational success and ability to transition into a healthy adult. The Hot Springs Family YMCA mentoring program, in partnership with the Office of Juvenile Justice and Delinquency Prevention, is committed to ensuring youth in Garland County have every opportunity to have at least one adult who will positively impact their life. Mentors can make a profound difference in the lives of mentees, mitigating school drop-out, risky behaviors and unhealthy choices. The Hot Springs Family YMCA Reach & Rise ☐ mentoring program pairs youth with high-quality, trained mentors, focusing on building healthy, caring relationships that have lasting effects.

Since its inception, in 2013, the Hot Springs Family YMCA Reach & Rise ☐ program has served 267 youth partnering with volunteer mentors. All volunteer mentors receive specialized training and undergo a comprehensive background check process.

FOR HEALTHY LIVING

Partners in Community Health and Wellness

Over 30% of adults in Garland County are considered obese, and 37% of adults report no physical activity outside of normal routine. The Y is a central leader in providing positive pathways to regain individual and family health. Highly qualified staff offer health and wellness opportunities to members age birth to 100+. The Y provides across-the-board wellness offerings and health education for all ages and abilities, ensuring community members can find activity of interest, support and quality guidance while working towards comprehensive health.

Currently, the Hot Springs Family YMCA serves 7,703 individuals in Garland County through membership programming.

Safety Around Water and YMCA Swim Lessons



The Hot Springs Family YMCA is the leading provider of water safety programs in Garland County. The Y's water safety programs include traditional swim lessons, available to all ages, and the YMCA's signature Safety Around Water (SAW) program. Our nationally certified instructors provide water safety education, swimming technique and skill building instruction. Through participation in water safety programs, kids build self esteem and confidence. Residing in Garland County means that children in our community are surrounded by lakes, rivers and streams. Understanding the importance of safety around water and acquiring basic swim skills is not a luxury for the youth of our community but rather a necessity. The Y offers lessons from water acclimation all the way up to and including competitive swimming.

In 2021 the Hot Springs Family YMCA taught 538 Swim Lessons

In 2022 the Hot Springs Family YMCA taught 286 Swim Lessons

In 2021, 2022 and 2023 the Hot Springs Family YMCA provided pool space and coaching for scholastic swim teams from Lake Hamilton, Lakeside and Hot Springs High Schools.



Senior Fitness

Staying strong and physically active is an important part of quality of life for seniors living in Garland County. Having a place where individuals can be part of a community and engage in activities such as pickleball, paddleboard, aqua fitness, yoga, Zumba and strength training helps keep seniors happy, healthy and engaged in our community. It's also an excellent way to mitigate chronic diseases such as hypertension, type II diabetes, and arthritis and prevent feelings of depression and anxiety, which can stem from social isolation. The Hot Springs Family YMCA offers membership at a reduced cost for all seniors residing in Garland County.

In 2021 the Hot Springs Family YMCA served 983 (unduplicated) seniors residing in Garland County. In 2022 the Hot Springs Family YMCA served 846 (unduplicated) seniors residing in Garland County.



Youth Sports

The National Institute of Health has determined that leisure-time physical activity is associated with reduced risk of 13 different types of chronic disease and cancer, including breast, colon and myeloid leukemia. Sports participation is a significant predictor of adults participation in physical activity as a form of recreation. Adolescents who play sports are eight times as likely to be active at age 24 as adolescents who do not participate. Three in four (77%) adults aged 30+ who play sports today played sports as school aged children. (Robert Wood Johnson Foundation/ Harvard University/ NPR 2015) Beyond the benefits of physical activity, youth sports builds growth mindset, responsibility, grit, emotional and resilience skill sets for the young people in Garland County. The Y's youth sports programs are run by volunteer coaches, and employ an "everyone plays" model ensuring that every child has opportunities to grow and thrive.

In 2021 and 2022 the Y served 899 youth athletes and engaged more than 150 volunteer coaches.



FOR SOCIAL RESPONSIBILITY

YMCA Meals Programs

The Hot Springs Family YMCA is committed to feeding kids in our community when school is out of session. In partnership with the USDA child nutrition programs and the Arkansas Department of Human Resources, the Y runs an open-site food program serving breakfast and lunch to all children under the age of 18. The Y also provides after school "super snacks", which include a protein, fruit and dairy product, during the school year in all of our after school programs. All snacks and meals follow nutritional guidelines and ensure children receive optimal nourishment so they can learn, grow and thrive.

In 2021 the Hot Springs Family YMCA served 29,723 meals and 14,550 snacks through the USDA's Child and Adult Care Food Program (CACFP).

In 2022 the Hot Springs Family YMCA served 32,202 meals and 15,593 snacks through the USDA's Child and Adult Care Food Program (CACFP).

In 2021 the Hot Springs Family YMCA served 30,125 meals and 19,046 snacks through the Summer Food Service Program (SFSP).

In 2022 the Hot Springs Family YMCA served 32,755 meals and 16,356 snacks through the Summer Food Service Program (SFSP).

