



# Program Report

Association Name Anytown YMCA

City Chicago

State IL

Association No. 9999

**No programs or services offered at this YMCA.**

### Active in Y-USA Mission Strategies

- Character Development
- International Involvement
- Membership by Design
- Strong Communities Agenda
- Teen Action Agenda

### Active in Y-USA National Initiatives

- Abundant Assets
- Activate America
- Diversity

### Adult Development

- College Student Programs
- Older Adult Center
- Older Adult Social Clubs
- Older Adult Sports Program
- Older Adult Trips and Programs
- Older Adult Volunteer Program
- Senior Day Care
- YMCA Service Clubs (e.g., Y's Men's)

### Aquatics and Scuba

- Adult Instructional Aquatics Classes
- Aqua Step
- Arthritis Aquatics Classes
- Backyard Pool Programs
- Classes in Aquatics for Adults with Disabilities
- Classes in Aquatics for Children with Disabilities
- Competitive Swimming (under 18)
- Diving Programs
- Lifeguard Training
- Masters Competitive Swimming (18 and over)
- Older Adult Instructional Aquatics Classes
- Parent /Child Aquatics Classes
- Preschool Aquatics Classes
- Scuba Classes
- Snorkeling/Skin Diving
- Synchronized Swim
- Water Fitness Classes
- Water Polo

### Aquatics and Scuba

- YMCA Splash
- Youth Aquatics Classes

### Arts and Humanities

- Active Older Adults Arts
- After-School Arts
- Artists in Residence
- Arts and Education in the Schools
- Arts-Based Memberships
- Ballet
- Ballroom Dancing
- Camp Arts
- Child Care Arts
- Drama/Theater Program
- Festivals
- Filmmaking
- Jazz/Modern Dance
- Mentoring Internships
- Music Programs
- Performing Arts Programs
- Preschool Arts
- Public Art
- Radio or TV Production/Broadcasting
- Reading and Discussion Programs
- Special Arts
- Visual Arts Programs
- YMCA Arts International
- YMCA Arts Week
- YMCA Galleries
- YMCA Hoop Art
- YMCA Writer's Voice

### Camping and Outdoor Enrichment

- Adult Adventure/Trip Programs
- Backpacking Programs
- Climbing Sport Programs
- Day Camp for Teens
- Day Camp for Youth
- Day Camping Programs
- Day Hiking Programs
- Family Adventure/Trip Programs
- Ocean/Water Sport Programs
- Outdoor Fitness Training
- Outdoor Leadership School/Training

### Camping and Outdoor Enrichment

- Outdoor Service Learning Programs
- Parent-Child Camp
- Resident Camp (fall, winter, spring)
- Resident Camp (summer)
- Resident Camp for Families
- School Outdoor Education
- Snow Sport Programs
- Specialty Day Camping Programs
- Teen Adventure/Trip Programs

### Collaborations

- Charter School
- Churches
- College
- Community College
- Community Health and Wellness Coalition
- Corporations
- Elementary School
- Government Agencies - County
- Government Agencies - Federal
- Government Agencies - Local
- Government Agencies - State
- High School
- Home School Programs
- Hospitals
- Juvenile Courts
- Libraries
- Low-Income Public Housing
- Middle School
- Museums
- Neighborhood Associations
- Other Human Service Agencies (Specify) \_\_\_\_\_
- Parks and Recreation
- Rehabilitation/Medical Center
- Retirement/Nursing Home
- Sororities/Fraternities
- Theaters
- Youth Agencies (Specify) \_\_\_\_\_

### Community Development and Resources

- Adolescent Sexuality
- Adult Employment Services
- Adult Literacy Programs

Signature of Executive

Date

**Community Development and Resources**

- AIDS/HIV Education
- Civic Engagement Activities
- Diversity Events/Programs
- English as a Second Language
- Environmental Education
- Environmental Programs (Recycling/Cleanup)
- G.E.D. Classes
- Gang Prevention/Intervention
- Housing for Runaway/Homeless Youth
- Permanent Low-Income Housing
- Programs for Suspended and Dropout Youth
- Programs Targeted to At-Risk Youth
- Programs Targeted to Low-Income Youth
- Programs with a Christian Emphasis
- Public Policy Advocacy
- Service-Learning
- Short-Term Shelter for the Homeless
- Substance Abuse Programs
- Transitional Housing for Families
- Tutoring Programs
- YMCA Week/Sunday Programs
- Youth Employment Services

**Facilities**

- Arts Facility
- Beginner Exercise Area
- Climbing Walls
- Computer Lab
- Leisure Pools / Water Parks
- Mind/Body Studio
- Ropes Courses
- Skateboard Park/Facility
- Sports Complex
- Teaching/Program Kitchen
- Teen Center/Room
- Women Only Exercise Area
- Youth Center/Room
- Youth Fitness Rooms or Equipment

**Family Strengthening**

- Adventure Guides
- Counseling Programs
- Family Activities Programs
- Family Camp

**Family Strengthening**

- Family Fitness
- Family Programs That Build a Family's Positive Networks
- Family Programs That Help Family Members Connect to Resources in the Community
- Family Programs That Impact a Family's Economic Self-Sufficiency
- Family Resource Centers
- Parenting Skills Programs
- Prime Time Family Time
- Programs for Pets
- Y-Guides/Princesses
- Y-Trail Programs

**Health and Fitness**

- 12 Week Starter Fitness
- Adult Obesity Programs
- Aerobic Group Exercise Classes
- Back Exercise Classes
- Cancer Wellness
- Cardiac Rehabilitation Programs
- Child Obesity Programs
- Circuit Training Classes
- Core Training
- Corporate Health and Fitness Programs
- CPR / First Aid
- Diabetes Wellness
- Family Wellness Programs
- Group Strength Training Classes
- Health Risk/Lifestyle Appraisal
- Indoor Group Cycling
- Injury Rehabilitation
- Kick Boxing Exercise
- Nia Movement Fitness Programs
- Non-Aerobic Group Exercise Classes
- Nutrition Programs
- Older Adult Fitness/Exercise
- Parent-Child Exercise Classes
- Personal Trainers
- Physical Education for Home Schoolers
- Physical Education in Schools
- Physical Fitness Testing
- Physical Therapy Programs
- Pilates

**Health and Fitness**

- Prenatal Exercise Classes
- Preschool Movement Classes
- Programs for People with Chronic Disease
- Programs for People with Disabilities
- Stability Ball Classes
- Step Aerobics
- Strength Training
- Strength Training for Older Adults
- Strength Training Programs for Youth
- Stress Management / Relaxation Programs
- Tai Chi Programs
- Teen Fitness/Exercise
- Teen Obesity Programs
- Walking Classes/Clubs
- Weight Management
- Women Only Fitness Program
- YMCA Personal Fitness
- Yoga
- Youth Fitness/Exercise

**International**

- Exchanges of Volunteers and Staff
- Forums, Events and Festivals
- Hosting International Visitors
- International Activities in Y Programs
- International Camp Counselors
- International Fund-Raising Campaigns and Events
- International Programs
- International Y to Y Relationships
- Peace Week/World Service Week
- Programs Targeted to Immigrant Communities

**Operations**

- Christian Emphasis Committee
- Community Disaster/Health Crisis Planning
- Formal Staff Mentoring
- Insurance or HMO Reimbursement for Program/Membership
- Intentional Community Building
- International Committee
- Medical Advisor/Advisory Committee
- Membership Committee
- New Member Interviews
- Program Committee
- Volunteer Coordinator

**Sports and Recreation**

- 10K or Shorter Race/Fun Run
- Adaptive / Inclusive Youth Sports
- Adult Basketball Leagues
- Adult Golf
- Adult Soccer Leagues
- Adult Softball Leagues
- Adult Tennis
- Adult Volleyball Leagues
- Boys Gymnastics
- Competitive Gymnastics
- Cycling/Mountain Biking
- Fencing
- Handball
- Ice Hockey
- Indoor Soccer
- Judo
- Karate
- Lacrosse
- Progressive Gymnastics
- Roller Hockey
- Skateboarding
- Skiing
- Snowboarding
- Squash
- Tae Kwon Do
- Track/Field
- Triathlon
- Wall Climbing
- Women's Sports Leagues
- Wrestling
- Youth Baseball
- Youth Basketball
- Youth Field Hockey
- Youth Flag Football
- Youth Golf
- Youth LaCrosse
- Youth Racquetball
- Youth Soccer
- Youth Softball
- Youth Tackle Football

**Sports and Recreation**

- Youth T-Ball
- Youth Tennis
- Youth Volleyball

**YMCA Early Childhood and Afterschool Programming**

- Afterschool Academic Enrichment Programs
- Afterschool Clubs and Social Programs
- Afterschool Health and Wellness Programs
- Afterschool Recreational Enrichment Programs
- Corporate Child Care
- Extended Day Child Care (before 6 a.m./ after 6 p.m. and/or weekend care)
- Full-Day Infant Care (age <1)
- Full-Day Preschool Care (ages 3-5)
- Full-Day Toddler Care (ages 1-2)
- Head Start
- Part-Day Preschool Programs
- School Age Child Care (5 days/week)
- School-Based Family and Outreach Programs
- School-Based Youth Center/Clubhouse
- State Funded School Readiness Programs

**Youth Development**

- 21st Century Community Learning Center
- Adults Mentoring Youth
- Big Brothers/Big Sisters
- Black/Minority Achievers
- College Preparation/Exploration
- College Students Mentoring Youth/Teens
- Earth Service Corps
- Leaders Clubs
- Middle School Afterschool (12-14)
- Preteen Dances
- Preteen Programming (11-14)
- Teen Clubs
- Teen Councils/Youth Advisory Boards/Teens in Governance Role
- Teen Dances
- Teen Nights
- Teens Mentoring Youth
- Teens/Youth Participation in Fund Raising
- Young Adult Programming (18-25)
- Youth Achievers

**Youth Development**

- Youth and Government
- Youth Civic Engagement Activities
- Youths on Boards

Please tell us about any programs or services your Y conducts that you consider to be especially creative or unique.

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