



COMMUNITY IMPACT

For a better us.®

YMCA OF THE INLAND NORTHWEST
ymcainw.org | 509 777 9622
1126 N Monroe, Spokane WA 99201

At the Y, we're here to help you find your "why" – your greater sense of purpose – by connecting you with opportunities to improve your health, support your goals, make new friends and contribute to a stronger, more cohesive community for all.

ELISA'S STORY



Elisa came to the Y after multiple ankle surgeries that left her unable to walk, drive or work. She had a complete talus bone replacement, plus pins, rods and screws that not only caused pain but required her to learn to walk all over again. Thanks to our generous donors, Elisa and her family were able to receive a Membership for All membership which was just what she needed. Through her recovery, Elisa and her family came to the Y almost daily. She knew she had to do more than physical therapy to get back to the life she was used to.

The friendly staff immediately made her feel welcomed. Yoga and swimming became her favorite activities. Now able to walk, drive and work, the YMCA is still part of her family's weekly routine. They enjoy swimming, yoga, fitness classes, doing homework in the teen center and just being at the Y. Elisa has not only been able to overcome her obstacles, but she has made friends, built community and found a place she wants to remain a part of for years to come.

Through our core values of caring, honesty, respect, and responsibility, the Y is dedicated to giving all people the opportunity to reach their full potential with dignity. Elisa's story is one example of how we are able to do this every day based on the generosity of our donors. Thank you for believing in our mission and helping to ensure our community has a safe place to learn, grow and thrive.

TOM & GAIL'S STORY



Tom and Gail became members of the Lighthouse YMCA in Sandpoint after attending an Active Older Adults (AOA) class as guests, invited by their friends who were current members. Initially, they had no intention of joining the YMCA. However, the class, particularly the instructor Lana, left such a positive impression on them that they decided to join the Y. They have been so impressed with the AOA class alone, that they say it is worth the membership. Tom, who lives with Parkinson's, and Gail, who has an immune-compromising anemia, both felt immediately welcomed by the community and their instructor, Lana. She refers to the class as "Active Outstanding Adults" and creates an environment where every participant is valued. According to Gail, Lana runs the class with care and intuition like running a ministry. Lana makes an effort to

educate herself about the various disabilities and conditions her class members live with, using this knowledge to adapt the class structure to meet the needs and challenge all participants.

In addition to the class, Lana fosters a strong sense of community by organizing social gatherings for the AOA group at local coffee shops and other community spots. This has helped strengthen the bonds among members outside of the class itself.

Impressed by the welcoming community, Tom and Gail encouraged their daughter to join the YMCA with her children. The whole family enjoys the pool area and exercise equipment in addition to the group fitness classes. As a result, three generations of their family now enjoy coming to the Lighthouse YMCA for exercise, fun, and to build community together.

HOW TO GIVE

Thank you for your gift to the YMCA – a place to uplift and encourage those who need it most.

ONLINE 
ymcainw.org/give

BY MAIL 
YMCA of the Inland Northwest
1126 N. Monroe
Spokane, WA 99201

IN-PERSON
Visit any of our
5 YMCA Branches



PLANNED GIVING



An endowment gift to the YMCA ensures our capacity to strengthen the foundations of this community for years and generations to come.

Tax savings and other benefits may be available through a variety of current and deferred planned gifts. You can choose to support the YMCA through:

- An outright gift
- A bequest in your will
- A memorial gift
- A gift of stock
- Naming YMCA of the Inland Northwest as a beneficiary of insurance or retirement funds

We would be honored to accept your future commitment to the YMCA.



For details visit ymcainw.org/endowments

Your Gift, Their Future

Your generosity makes your community stronger and creates lasting opportunities. Thank you for making a difference today!



YMCA OF THE INLAND NORTHWEST

CAMP REED | Fan Lake

SPOKANE & SPOKANE VALLEY, WA

CENTRAL Y | 930 N Monroe

NORTH Y | 10727 N Newport Hwy

SOUTH Y | 2921 E 57th

VALLEY Y | 2421 N Discovery Pl

SANDPOINT, ID

LITEHOUSE Y | 1905 Plne St



NORTH YMCA



LITEHOUSE YMCA
Sandpoint, ID



VALLEY YMCA



CENTRAL YMCA



SOUTH YMCA

EWU
CHILDREN'S
CENTER

S ASSEMBLY RD

CHENEY
SPOKANE

57TH

37TH

29TH

S.E. BLVD

GRAND BLVD

REGAL

FREYA

GLENROSE RD

HARTSON

APPLEWAY

DISHMAN-MCA RD

UNIVERSITY

BOWDISH

32ND

16TH

EVERGREEN

SULLIVAN

FORKER

ARGONNE

BIGELOW GULCH RD

THIERMAN RD

UPRIVER DR

FREDERICK

MISSION

ILLINOIS

SPRAGUE

TRENT

BOONE

DIVISION

MONROE

MAPLE

ASH

WELLESLEY

DRISCOLL BLVD

NORTHWEST BLVD

NINE MILE RD

INDIAN TRAIL RD

FIVE MILE RD

HAWTHORNE RD

MAGNESIUM

LINCOLN

NEVADA

CRESTLINE

MARKET

WALL

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YOUTH DEVELOPMENT

Empowering young people to reach their full potential



Central YMCA, EWU and South Children's Centers: Infants, toddlers, and preschoolers develop social, physical, and cognitive skills in an age-appropriate, child-centered environment. Our state licensed programs ensure children are kindergarten ready. The EWU and South locations provide Early Childhood Education & Assistance Program (ECEAP).



Camp Reed: Since 1915, Camp Reed on Fan Lake has provided a sense of community in a safe wilderness setting. From traditional overnight summer camp to leadership retreats and school field trips, camp is a place that transforms ideals into lasting behaviors.



Camp Goodtimes: For youth affected by cancer we celebrate each day and invite kids to come and play for a week; making new friends, and enjoying the great outdoors. Camp Goodtimes is medically supported by pediatric and oncology physicians and nurses and offered free of charge annually at Camp Reed.



Before & After School Programs: Parents have peace of mind knowing their children are well cared for beyond the school day at our 19 sites throughout the county. More than 300 children enjoy fun activities that reinforce classroom learning in a safe environment.



Youth & Government: Teens learn the democratic process as they develop leadership skills by researching issues, drafting and critiquing legislation, and debating their positions. Youth Legislature is the culmination, as delegates in Olympia explore the meaning of civics and democracy by assuming the roles of elected officials and voting on their legislative proposals.



Youth Leadership Spokane: High school students commit to 10 months of leadership training based on the principles of servant leadership and cultural competence. Created in partnership with Leadership Spokane.



Safe Sitter® Workshops: Teens learn child care, safety, and basic first aid knowledge to become confident and responsible baby-sitters.



Summer Day Camps: We are dedicated to providing enriching experiences at all of our summer day camps. Programs are created to help children grow in their sense of belonging as they meet new people and develop lifelong friendships in a fun and adventurous atmosphere.



Homeschool PE: This Homeschool Students Program is a great way for students to get the most out of homeschooling by combining physical activity, healthy living, socialization, and play into their home school curriculum.



\$158,495

in financial assistance was awarded families last year - so children could attend the Y's Early Learning Center and Before & After School programs

332

campers received financial assistance to attend YMCA Camp Reed and build lifetime memories



26%

of our local area teens are overweight or obese. The Y is working to reduce this number by providing fitness and sports programming just for youth

OUR MISSION:

Put Christian principles into practice that build healthy spirit, mind and body for all

HEALTHY LIVING

Improving individual and community well-being



LIVESTRONG® at the YMCA: Cancer survivors improve their quality of life in this free program tailored to fit their specific needs. Participants work with specialized trainers in rehabilitative exercise to reclaim well-being in spirit, mind and body.



Safety Around Water/Aquatics: Children and adults gain confidence and life-saving skills in swim lessons for all levels of swimmers, from beginner to competitive to master level. With these skills, we are reducing the chance of accidental drownings in our region's many rivers, lakes and pools.



Pathways to Wellness: Participants are empowered with the tools to develop healthy lifestyles through exercise and education prescribed from a shared medical appointment with their health care provider. This 8-week, small-group program is a partnership between the YMCA and local health care providers.



Sports: Young athletes develop a healthy lifestyle through an emphasis on fun, skill development, sportsmanship, and teamwork in a positive environment. These experiences promote life-long lessons in character development.



Balanced Living: A sustainable wellness journey that utilizes the YMCA Weight Loss Program curriculum to help create lasting, healthy habits that fit all lifestyles.



Healthy Kids Day: Kids are inspired to try new experiences and challenge their boundaries under caring adult supervision. Healthy, active lifestyles are emphasized and families are introduced to fresh ideas for meals and play. Fun and inspiration for the whole family, this free community event held in June is open to the public.



Powerful Tools For Caregivers: Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This virtual highly effective, evidence-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others.



Community Café: The virtual YMCA Healthy Aging Community Cafés bring together those who are 55+ to engage in meaningful learning and sharing around topics relevant to individuals moving toward and through their golden years. The goal is to build spirit, mind, and body health so all may thrive with greater purpose, connection, & well-being.



Virtual Fitness: Regular exercise is one component of a healthy lifestyle that can help reduce stress and prevent illness. Enjoy over 3,000 virtual fitness classes for all ages on our YMCA360 app.



Corporate Partnerships: The YMCA partners with over 200 businesses and organizations throughout the Inland Northwest. With the Cost Share Membership Program the Y provides a partnership that demonstrates an employer's investment in employee happiness and productivity while empowering them to lead healthier lives.



600+

cancer survivors have participated in the LIVESTRONG® at the YMCA program which provides support and hope for life after cancer

290+

adults have graduated from our Pathways to Wellness program. This 8-week, small-group program is a partnership between the YMCA and local health care providers



46%

of Americans cannot swim well enough to save their lives. The YMCA's Safety Around Water program teaches participants life-saving skills and confidence

OUR VISION:

Improve the quality of life for individuals, families and the community in safe, accessible environments

SOCIAL RESPONSIBILITY

Providing support and inspiring action in our communities



Summer Food Programs: Local children who rely on free and reduced-price meals served during the school year have access to free meals regardless of their participation in Y programs at our Summer Day Camp sites throughout the community.



Free Dinner for Youth & Teens: Youth are welcomed into the Y for free dinner on weekdays and Saturdays throughout the year. All are welcome, regardless of their participation in Y programs.



Refugee Connections: We welcome our global neighbors through weekly youth activities and meals in partnership with other refugee and immigrant services and our annual Welcome Week. We are also able to help ease the financial challenges of moving to a new place for many refugee families with our Welcome Here membership.



Military Appreciation Month: Recognizes and thanks our veterans, current military and their families for their service. An invitation is extended to veterans, current military and their families to try the Y with a complimentary 2-Week Guest Pass in November. Members are encouraged to share a message of appreciation at the 'Thank You For Your Service' display located in all the branches.



Welcoming Week: This inclusive celebration of cultures brings together neighbors – both immigrants and residents – to get to know one another, enjoy a variety of activities and share what unites us as a community.



Retired and Senior Volunteer Program (RSVP): Senior volunteers, age 55+, build a stronger community through partnerships that impact community needs.



Community Garden: Members, volunteers and Y staff, plant, tend, and harvest vegetables to give away to those in need in our community.



Membership For All (MFA): Financial Assistance is available for those who qualify thanks to generous donors who believe in supporting our community to make membership possible for low income individuals, seniors and families.



Togetherhood: A program that gives Y members the opportunity to select, plan and lead meaningful community service projects that benefit people and organizations right here in our neighborhood.



Subsidized Senior Memberships: The Y partners with several insurance providers to offer discounts and free memberships to help seniors invest in their health and stay connected.



Lifeguard Certification & Training: In the US, an average of 4,000 people drown each year. Our lifeguard certification and training courses prepare future lifeguards and swim instructors to play a valuable role in educating others on pool safety while being responsible for the safety of swimmers.

\$2.5 million +

annually in subsidized memberships for seniors on fixed incomes.



360,000+

free meals & snacks served to children through the YMCA to help eliminate food insecurity and hunger in our community

90%

of the area's lifeguards receive their certification at the YMCA, ensuring pools are staffed with skilled professionals



OUR VALUES:

Caring, Honesty, Respect and Responsibility





ymcainw.org/give



**GIVING
FEELS
GOOD**