



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STAMFORD FAMILY YMCA

### *Programs and Services for Individuals Ages 18-25*

The Stamford Y is a community service, nonprofit organization committed to programs that strengthen the spirit, mind & body for all. It's impact promise: provide the skills and direction needed for our residents, especially youth, to lead healthy, socially responsible lives. The Stamford Family YMCA's mission is to focus on improving the lives of its members and the community, with a specific focus on at-risk and disadvantaged youth. This mission aligns with our nationwide organization, and as the result of years of successful community service, translates into a three-pronged approach. We integrate all of our programs to provide a consistent experience, and all programs directly impact one or more of three priority focus areas: youth development; healthy living; and social responsibility.

### Program and Services

- ❖ Membership: 316 Active Members of the Stamford Family YMCA ages 18-25.

Membership benefits include:

- Fitness Center
- Group Fitness Classes
- Adult Lap Swim & Exercise Classes
- Basketball Court
- Indoor Track
- Racquetball/Squash
- Discount on YMCA programs

- ❖ Membership: 1,095 Non-Members ages 18-25

- Non-members may participate in programs or enjoy the Y through a guest pass

- ❖ Adult Flag Football: Fall and Spring Flag Football program serves 120 young adults

- ❖ Big League Dodgeball: Fall and Winter program serves 120 young adults

- ❖ Unified Sports: Four sport programs throughout the year (Bowling, Basketball, Soccer and Aquatics) for 18-21 year old individuals with developmental delays. 12 individuals served each session.

- ❖ Volunteer Opportunities: 25 individuals volunteer annually at the Stamford Family YMCA. Volunteers engage in the following activities:

- Raise funds to ensure the Y is accessible to all members of the community;
- Coach our sports teams and teach many of our classes;

Stamford Family YMCA | 10 Bell Street | Stamford CT, 06901

[www.stamfordymca.org](http://www.stamfordymca.org)

- Motivate and support youth in building the character strengths, skills and relationships that lead to positive behaviors, better health, smart life choices, and the pursuit of higher education and goals;
- Participate in opportunities to give back and support neighbors;