

THE Y MAKES A DIFFERENCE IN OUR COMMUNITY

THE Y IS A CAUSE DRIVEN CHARITABLE ORGANIZATION

The Y and our mission is bigger than our building. Here, a workout is more than physical exercise. It is stress relief. When people meet someone new, it helps them feel connected. Giving back to the Y through time, talent and treasure, can increase someone's sense of purpose. The Y is here to help people feel better and to make our community stronger.



Every year, thousands of our neighbors suffer from economic hardship, chronic disease, poor mental health, obesity, and more. Donations to the Superior Y's Annual Support Campaign fund our Financial Assistance Program which allows us to offer more affordable life-changing programs. Everyone has the opportunity to overcome these challenges and become a better version of themselves.

Please consider a donation to help us reach our goal of \$100,000 so that we can help more people feel better.



"There are no words to describe what receiving financial assistance means to me. Working out in the Fitness Center and swimming the Rec Pool give me strength to get out of bed every day. The Y gave me my life back!"

-Anonymous



A PLACE FOR ALL TO BELONG

"I started working out at the Superior Y about a year and a half ago. My goal was to lose 40 pounds and I lost 42 pounds in 17 months. I've met a lot of positive people and built many great relationships through the Y. The staff is awesome. Bill Stapp, the lifeguard taught me to swim. I always wanted to learn to swim and he took the time to teach me. This place is awesome!"

- Dan Andrews



Since 2016, over 1,600 kids have learned swimming & water safety skills through our Safety Around Water program funded by our Annual Support Campaign.

EMERGENCY CHILDCARE ASSISTANCE

"As a mother who is considered an essential employee in the healthcare field, the Superior Y was so helpful, flexible, and encouraging toward myself and our family, ensuring that our 3 boys we cared for when both my husband and I did not have the option to stay home with our children last spring.

No schedule? Drop in any day you need childcare. Food? We will feed them breakfast and lunch. Home schooling? We will have them do their homework here. Financial strain? Apply for our scholarship. That is what it is there for. The Financial Assistance has helped us immensely as we did not prepare for childcare expenses (months they should have been in school). I left many days breathing a sigh of relief leaving knowing that our boys were in great hands, having a blast at the YMCA (they love teacher Ryan), and were engaging in some sort of 'normalcy' during this time. I LOVE they can go to the Y and Y camp and just enjoy being a kid.

The Y has never been in such a great place as it is right now; making a difference in our community and stepping up to the plate when we all need them the most."

-Anonymous



"I love the NDPP program because of all of the components: the virtual meetings, interaction with my peers and membership to the Superior Y. We have a check in every week. This helps us stay accountable and in case we get off track, there's never any shaming. Our instructor and my peers are so encouraging and they keep me moving forward in the right direction. This is better than other weight loss program I've been a part of. I am so thankful for the Y and this program. I am becoming healthier and stronger everyday because of NDPP."

-Anonymous



The Superior YMCAs National Diabetes Prevention Program is fully funded by our Annual Support Campaign and Essentia Health.

GIVE THE GIFT OF BELONGING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR DONATION MAKES A DIFFERENCE IN OUR COMMUNITY

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
www.superiorymca.org

**ANNUAL
SUPPORT
CAMPAIGN**

Every dollar donated to the Superior Douglas County Family YMCA has a lasting impact on the people of our community. Donate today for a better us.

DONATE ONLINE
www.superiorymca.org

SPIRIT, MIND & BODY DONOR \$1,000 & UP

\$1,000 gives two families the opportunity to work toward better health in spirit, mind and body through YMCA memberships and programs for one year.

CARING SUPPORTER \$500-999

A gift of \$50 per month builds self-confidence by providing free swim lessons and water safety programs for 3 children.

RESPECT DONOR \$250-499

A gift of \$25 per month allows 3 youth to participate in summer Y programs ensuring the stop to the literacy gap.

HONESTY SUPPORTER \$100-249

A gift of \$10 per month gives an adult with special needs or a senior on fixed income a place to come to get healthy and make new friends.

RESPONSIBILITY DONOR \$1-99

A gift of any size can help youth grow in caring, honesty, respect and responsibility.

SUPERIOR DOUGLAS COUNTY FAMILY YMCA
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All contributions are administered by Superior Douglas County Family YMCA, a 501(c)(3) not-for-profit organization. All contributions are tax-deductible to the extent allowed by law and are acknowledged in writing.