

# What a Difference the Y Makes!

## In Family Life



Families. They are a precious resource at the Palo Alto Area YMCA. One we work hard to preserve. Two parent, single parent, divorced, extended, blended...whatever shape or size they come in, our programs help to strengthen the bond between parent and child, making a difference in family life.

Over 200 dads and their kids enjoy one-to-one time together as members of our dad/child clubs.

From campouts to skating, hundreds of families enjoy time with each other as well as other families through our family activities and camping programs.

## In Youth Development

By investing in our youth, the YMCA believes we are investing in our future. With cutbacks in social services, the opportunities for self discovery the YMCA provides make an important difference in youth development.

Now in its second season, over 900 area youth are learning the importance of teamwork and individual achievement in the Stanford Area Youth Basketball program.

Each summer more than 500 kids spend part of their vacation at day camp learning crafts, games and how to get along with others, under the supervised care of trained counselors.



## In Health



The benefits of a healthy lifestyle go a long way towards helping children and adults feel good emotionally, psychologically as well as physically. The Palo Alto Area YMCA is a leader in making a difference in how people take care of their health.

With more than one hundred classes offered at a variety of times and locations, in addition to a wide range of facilities, the YMCA makes it easy for thousands of adults and children to exercise on a regular basis each year.

Special programs like YMCARDiac Therapy and Y-Walkers, enable people with special needs to live a fuller life through tailor-made exercise programs.

**You can make a difference too by contributing to the Sustaining Support Campaign**