



**YMCA
INSPIRED
GIFTS**

YMCA INSPIRED GIFTS

Every YMCA Inspired Gift you purchase helps to enrich the lives of children, teens, adults, seniors, and families in need. The YMCA provides programs and services that nurtures youth development, fosters healthy living, and inspires social responsibility.

Please fill out the program scholarships you wish to give to, and your contact information.

___ **Swim Lessons \$100**

___ **Pre-Teen and Teen Memberships \$250**

___ **Active Older Adult Membership \$500**

___ **Family Membership \$1,000**

___ **Summer Day Camp \$3,000**

___ **LIVESTRONG® at The YMCA \$5,000**

**Give to the YMCA Scholarship Fund to support
Y initiatives with the greatest need \$ _____**

▶ **TOTAL DONATION AMOUNT \$ _____**

Name

Address

City State Zip

Phone

Email

Credit Card # Exp. Date CVV

Signature

SWIM LESSONS



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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SWIM LESSONS

Every child has a right to be safe around the water, and the opportunity to enjoy swimming as a lifelong recreational sport. Your gift of **8 swim lessons** prevents drowning, ensures fun in the water, and teaches a child what to do if they find themselves in the water unexpectedly. Y Swim Lessons foster a sense of achievement and can accommodate students of varying abilities. Your generous support will save young lives, and provide a lifelong skill.

\$100

PRE-TEEN AND TEEN MEMBERSHIPS



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PRE-TEEN AND TEEN MEMBERSHIPS

Your gift provides access to **Pre-Teen or Teen Center and Teen Programs for one year**. We nurture the potential of children, provide academic enrichment to young people, and prepare teens to become competent, successful adults. YMCA Pre-Teen and Teen Centers provide a safe and structured environment with positive activities and opportunities to socialize and explore interests under the watchful care of adult mentors. Access to the YMCA of Long Island's state-of-the-art facilities are available to community youth, both members and non-members, on Friday and Saturday evenings during the school year, free of charge. Leaders Club shapes the leaders of tomorrow with character building, leadership training, and volunteering in the community. The YMCA of Long Island is committed to nurturing the potential of all youth and providing opportunities for them to discover who they are and what they can achieve.

\$250

ACTIVE OLDER ADULT MEMBERSHIP



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ACTIVE OLDER ADULT MEMBERSHIP

Your generous donation will provide a **membership to an active older adult for one full year**. This gift will ensure that local seniors can benefit from the Y's Senior Social and Physical Wellness Program, improving the emotional well-being and quality of life for older adults. Aging presents several challenges, however, studies show that education, social, and physical activity programs for older adults improve mental and physical outcomes, reduce loneliness, and protect against social isolation. Your gift supports Moving for Better Balance, a fall prevention program, EnhanceFitness, a group exercise program focused on improved flexibility, balance, strength, and low-impact cardiovascular fitness, the Y Walking Program, and creates membership access so older adults can benefit from our weekly senior social activities.

\$500

FAMILY MEMBERSHIP



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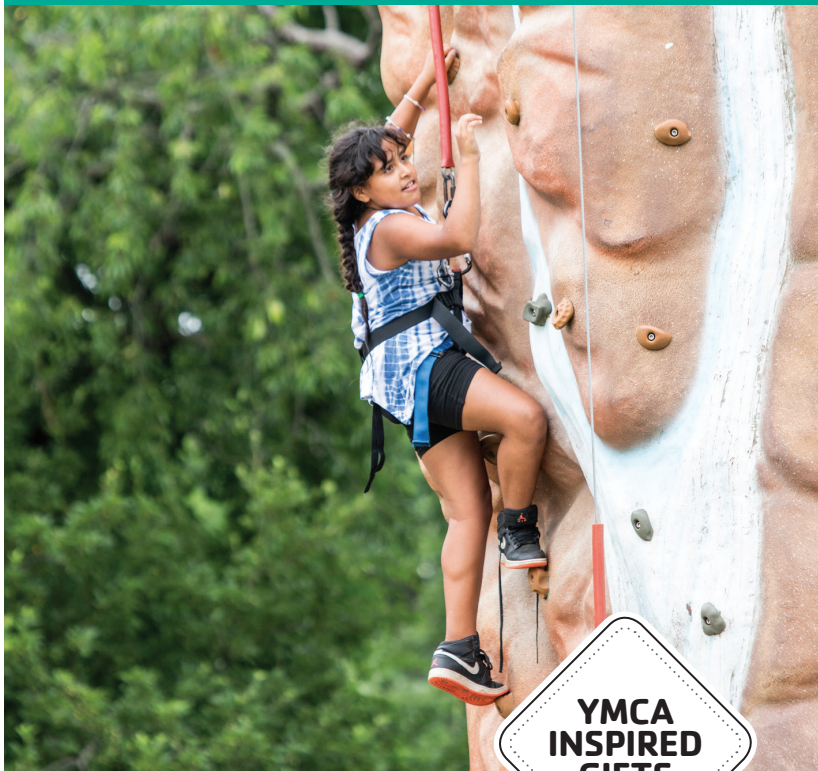
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FAMILY MEMBERSHIP

The gift of a **YMCA Family Membership** **provides stability and support to a local family in need for a full year**, allowing each member to learn and grow. The Y is a place to strengthen bonds and improve the health of everyone in the family. With your contribution, kids can enjoy engaging activities in Child Watch or benefit from youth sports while the parent enjoys a group fitness class, or works out in the wellness center. The entire family may enjoy family swim time, family gymnasium time, or a special event. Your gift of wellness will lift moms, dads, and the kids to reach their potential, together.

\$1,000

SUMMER DAY CAMP



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SUMMER DAY CAMP

Your gift of **YMCA Summer Day Camp** will transform a young life for one full summer by providing a safe, active, enriching, and fun experience. At camp, children step beyond family and school, learning new skills, making new friends, and overcoming fears. YMCA Summer Day Camp infuses every camp day with traditional fun such as athletics, swimming, color war, archery, arts & crafts, rock climbing, and so much more. No less important is summer learning loss prevention with literacy-based programming and the STEM Discovery Lab. All children deserve to enjoy the summer and be ready to succeed in school in September. Camp opens a door, enriches a child's life, and paves the way for a bright future.

\$3,000

LIVESTRONG® AT THE YMCA



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LIVESTRONG® AT THE YMCA

Cancer can be devastating, but there can and should be life after cancer. Thanks to your gift sponsoring **10 classes of LIVESTRONG® at the YMCA**, a cancer survivor will have the opportunity to connect with other cancer survivors, share struggles and successes, and gain vital strength which vastly improves quality of life. Also, more than 20 studies have shown that exercise after cancer treatment can decrease the risk of cancer recurrence. Your generous contribution provides healing, recovery, and hope.

\$5,000