



CUMBERLAND YMCA

Strengthening the foundations of community



The Cumberland YMCA is a powerful association of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering social responsibility. We believe that lasting personal and social change can only come about when we work together to invest in our kids, our health and our neighbors. Since **1874**, strengthening the Cumberland community has been our cause. Every day we work side by side with each other to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



For Youth Development



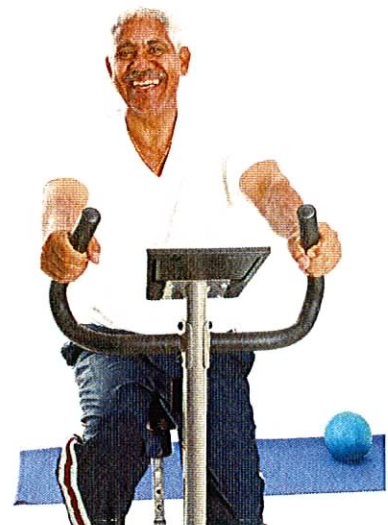
The Cumberland YMCA believes all kids deserve the opportunity to discover who they are and what they can achieve. Through the Out of School Time Program which serves over 200 youth representing all social-economic groups, children are developing values, skills, and relationships that lead to positive behaviors, better health and educational achievement.



For Healthy Living

The Cumberland YMCA is a leading voice on health and well-being. With a mission centered on balance, the Y brings families and neighbors closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

- Over **60** seniors participate daily in fitness, wellness and aquatic programs at the Cumberland YMCA
- Over **2,000** children and adults participated in our Indoor Soccer Program
- **65** young people are engaged in the YMCA's Swim Team Program





For Social Responsibility



Volunteers are paramount to the on-going success of the Cumberland YMCA. Whether developing educational skills or providing housing for families in crisis within the Tri-State Region, the Y's volunteers are raising **\$130,000** annually for the continued support of these services to our members and program participants.

- Housing is provided to over **130** individuals who would be homeless without our Gilchrist Center Y Programs
- Over **280** pregnant or parenting teens participated in parenting, life skills and employment/job linkage programs at our Gilchrist Center Y
- Over **26** adjudicated young ladies were served through our Allegany County Girls Group Home
- Over **\$120,000** in financial assistance through our membership program

The mission of the Cumberland YMCA is to serve human needs through programs and services that promote lifelong personal growth and the balanced development of the spirit mind and body.