

STRONGER TOGETHER {month} {date}, 2020

YMCA OF CENTRAL OHIO

STRENGTHENING THE WHOLE COMMUNITY

To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body.



MISSION FOCUSED

Building a healthy spirit, mind and body for all.

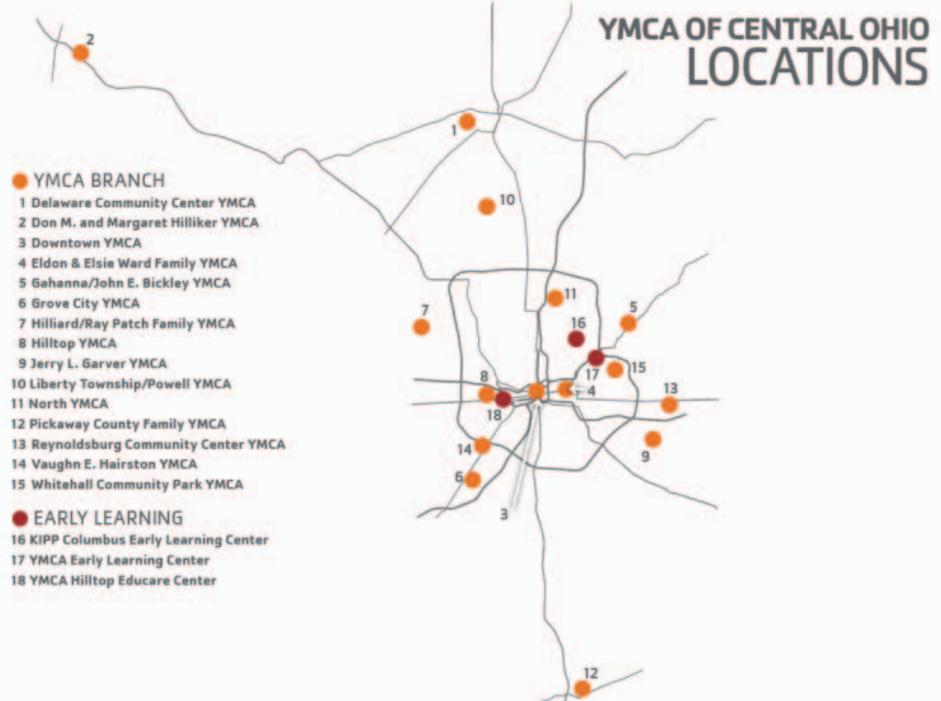
ALL ACCESS

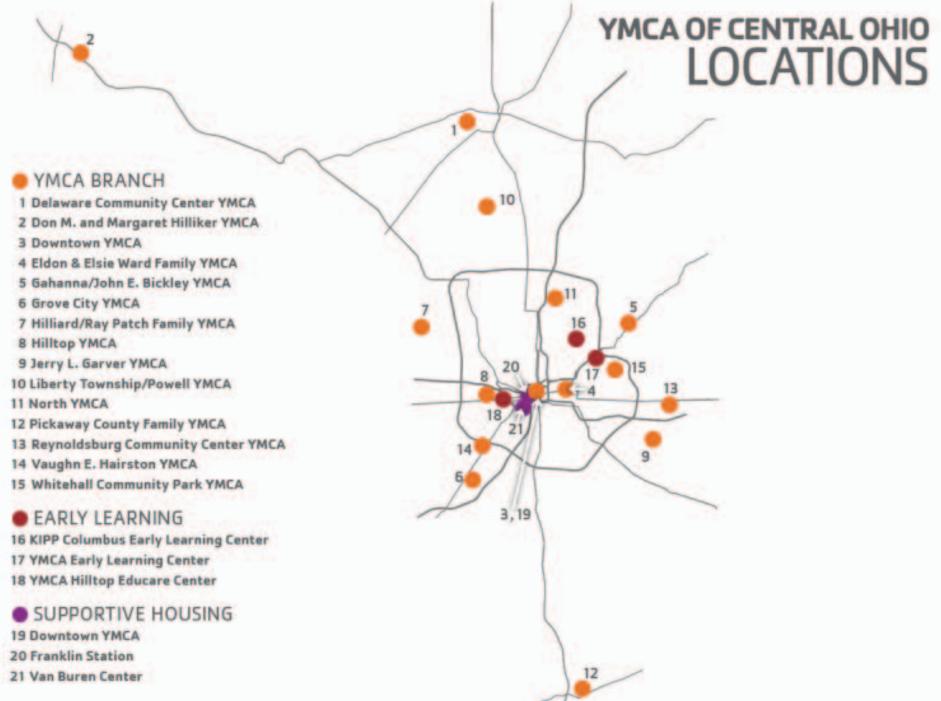
Membership includes all YMCA of Central Ohio branches.

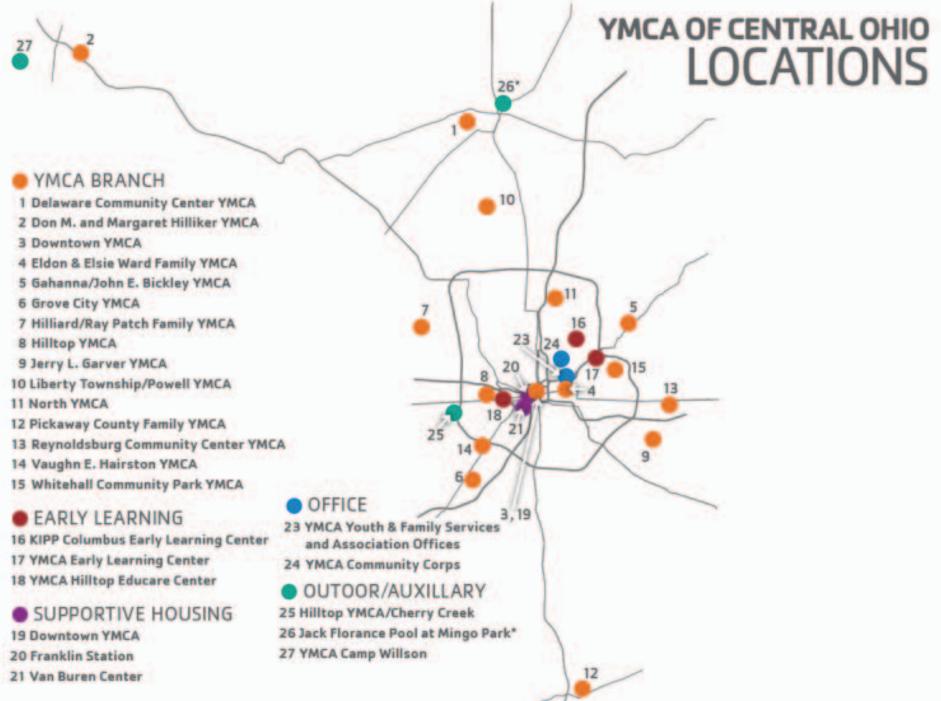
FINANCIAL ASSISTANCE

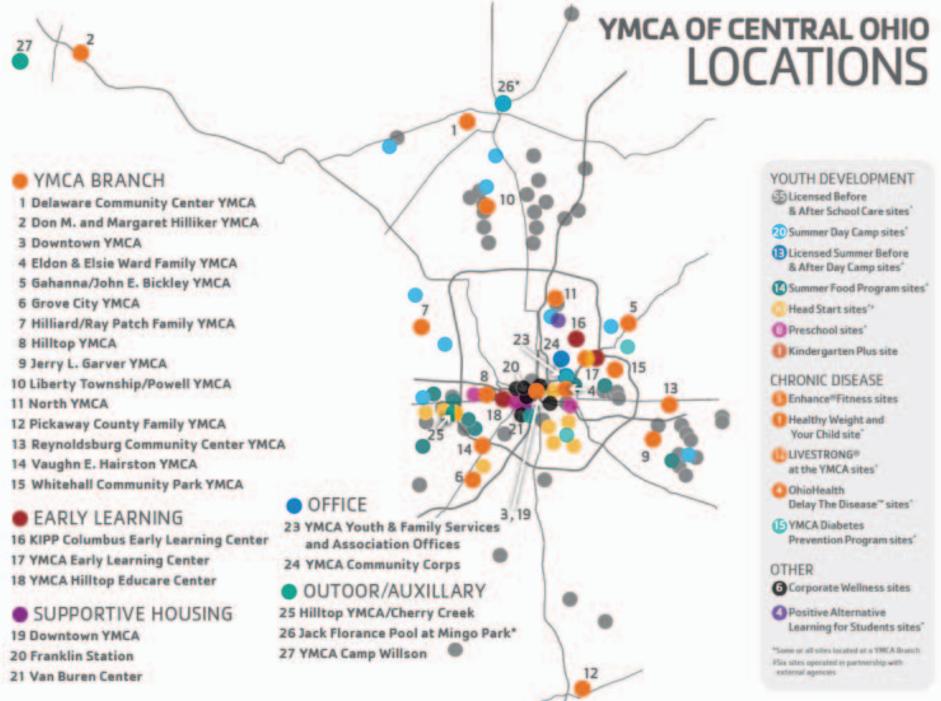
is available.











UNIQUE PROGRAMS

Health & Fitness

• Community Wellness / Disease Prevention

- Corporate Wellness
- Diabetes Prevention
- For Families
- For Kids & Teens
- For Older Adults
- Group Fitness Classes
- Nutritional Coaching
- Personal Training
- Sports & Recreation

Swimming

- Lifeguard Training
- Swim Lessons
- Swim Team
- Water Fitness

Kids & Families

- Family Activities
- Youth/Teen Activities/Sports







Child Care

- Before & After School Care
- Child Watch/Kids Time
- Food Program
- Head Start
- Infant/Toddler Education
- Preschool
- Protecting Children
- School Days Off

Camp

- Day Camp
- Overnight Camp

Social Services

- Advocacy
- Diversity, Inclusion & Global Engagement
- Early Childhood Resource Network+
- Guardians Against Abuse
- Housing Services
- Juvenile Justice
- Military Outreach
- New American Welcome Centers
- Y Without Walls
- YMCA Community Corps









YOU **BELONG** HERE

We are the go-to for health and wellness, family togetherness, and community connectivity