



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER OMAHA

CORONAVIRUS OUTREACH

YMCA VIRTUAL SWIM SAFETY LESSONS

YOUTH DEVELOPMENT

- Virtual Swim Safety Lessons
- Emergency Childcare



6 swim safety at home videos were created



29,000+ community & Y members viewed the videos



80%

of our enrollment were children of first responders

4

YMCA Early Learning Center locations



YMCA EMERGENCY CHILDCARE - FIRST RESPONDERS

Y WITHOUT WALLS - VIRTUAL FITNESS & FAMILY FUN



the site contained

7,500+

visits to the Y Without Walls webpage



132,000+

reached via social media for all workout videos & tutorials

50 workouts • **23** projects for kids • **16** healthy recipes & blog posts

79

participants

12-week virtual program



3%

average body weight lost by program finishers

Y WEIGHT LOSS VIRTUAL

HEALTHY LIVING

- Y Without Walls
- Y Weight Loss



SOCIAL RESPONSIBILITY

- Fresh Produce Project
- Senior Outreach



YMCA FRESH PRODUCE PROJECT



17,540

boxes containing



429,730

pounds of fresh produce



72 volunteers served for **272** hours over 8 weeks

1,500+

connections were made with our senior members while shut down

via phone & email



4 active older adult focused fitness videos created with

800+ views of the videos

YMCA SENIOR OUTREACH



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CONTINUING TO RESPOND TO COMMUNITY NEEDS

In the spring and summer of 2020 the YMCA of Greater Omaha rapidly responded to urgent community needs created by the pandemic. Moving forward, the Y remains committed to being attentive and responsive to new and emerging needs, here are a few examples how.



YOUTH DEVELOPMENT

Many youth experienced months of isolation with limited contact and interactions with their peers. In alignment with local government council and adhering to all safety precautions outlined by the health department, the YMCA has resumed swimming lessons and youth sports. The Y believes that every child should reach their fullest potential and have the opportunity to be active while developing their character. The Y addresses those needs in YMCA swim lessons and youth sports.

HEALTHY LIVING

The YMCA of Greater Omaha's Community-Based Health Programs work towards providing solutions to improve quality of life for cancer survivors with LIVESTRONG® at the YMCA, those with Parkinson's with Delay the Disease, and individuals looking to lose weight and be healthier.

This fall, six of our YMCA locations are offering Community-Based Health Programs with both in-person and virtual options available to better serve our participants. LIVESTRONG® at the YMCA and Delay the Disease are subsidized through our Strong Communities Campaign which makes these programs free or extremely affordable for all.



SOCIAL RESPONSIBILITY

As many businesses are feeling the financial burden of the pandemic, employees are under increased pressure to show up consistently. If parents are missing work due to lack of reliable childcare, they face a greater risk of losing employment when companies make layoff decisions. In order for parents to remain employed, provide for their families, and build a career, reliable childcare is essential.

This fall, the YMCA created 5 out-of-school time sites at our YMCA locations to support school district's on-line and 3/2 return-to-school models. High quality childcare services allow parents to work and pursue career opportunities with confidence, knowing that their children are well cared for and are receiving the tools and education that will set them up for success in school.



OUR COMMITMENT

For the last 150 years, the YMCA of Greater Omaha has been a nonprofit that is committed to strengthening the foundations of community, and this year has been no exception. The YMCA will continue to listen to the needs of our community and identify service opportunities for us to support our members, staff and neighbors.

