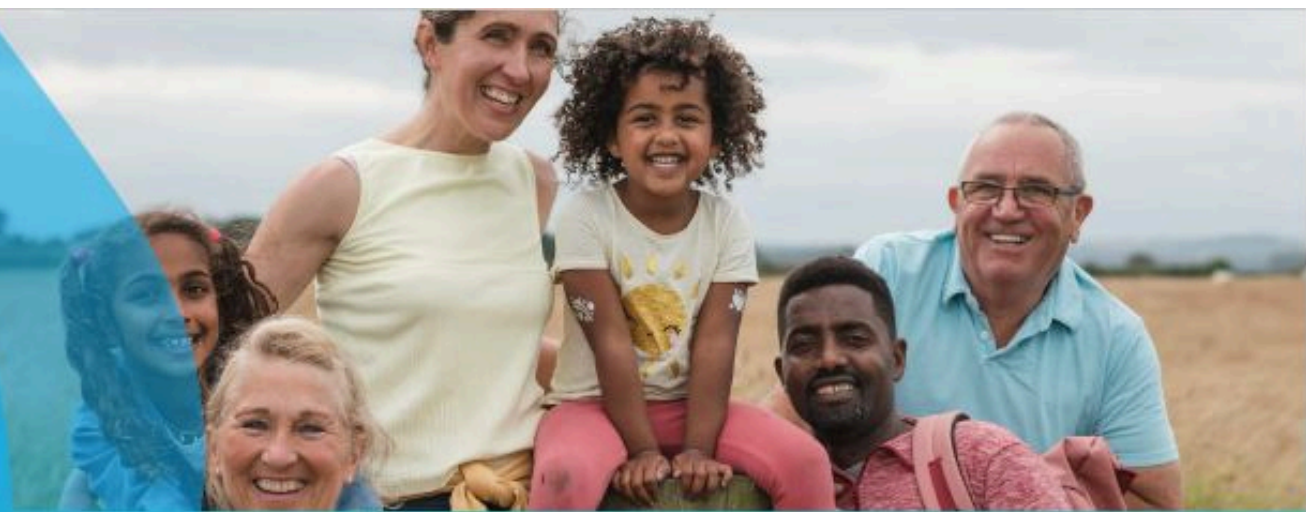




**TOGETHER WE CAN
CHANGE LIVES.**
Support the Y today.



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Cross Timbers Family YMCA

2025 Annual Campaign

\$120,000

CAMPAIGN GOAL

13,370

OF PEOPLE IMPACTED

Safety Around Water

Amount Needed: \$18,000

In the summer, children struggle to stay active without the structure of school and are at greater risk of drowning in North Texas' many pools and lakes. Annual Campaign funds help to provide swim lesson scholarships to families in need and provide critical water-safety information and swim lessons to participants in YMCA Day Camps.

Membership Support

Amount Needed: \$60,000

A YMCA membership can provide individuals an outlet to relieve stress and anxiety through exercise. It can also help individuals with their heart health, weight management, and provide opportunities to meet new people and build friendships. The YMCA's Annual Campaign helps provide membership scholarships for people in need so that ALL have access to these beneficial services.

Camp on the Lake

Amount Needed: \$12,000

Children today struggle to stay active and spend an average of 44.5 hours per week in front of a screen. Without the structure of school in the summer, this problem is magnified. At YMCA Day Camps, children find new talents, try new activities, gain independence and make lasting friendships in a safe environment.

Livestrong

Amount Needed: \$6,000

One of the most difficult challenges faced by cancer patients and survivors is returning to physical activity. Survivors also face mental and emotional challenges. LIVESTRONG at the YMCA is a twelve-week health program individually customized to provide physical and emotional support for cancer survivors during and after treatment.



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Catalyst Initiative

Amount Needed: \$15,000

Through the Catalyst Initiative, the Cross Timbers YMCA helps to meet pressing community needs and builds a sense of togetherness through collaborations and outreach. The Y does this through coordinating services such as back to school drives and blood drives, hosting community events to ensure everyone feels welcome, and providing additional services to seniors and children in need.

Youth Sports

Amount Needed: \$9,000

Sports are the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. But the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to play the sport or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the YMCA is about building the whole child, from the inside out.

**Donate Today to
Make a Difference!**



To Give: Scan code or go to www.donatetothey.org or call 214-880-9622