



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA of the Capital Area Newsletter - Y Connection
February 2021



ANNUAL SUPPORT CAMPAIGN

The YMCA of the Capital Area is launching its annual fundraising campaign today to help ensure that everyone in Baton Rouge has access to vital community programs and resources – especially during these challenging times.

Every year, the YMCA of the Capital Area works to respond to the needs of the community and this year has been no different. Since the country began seeing the effects of COVID-19, the Y mobilized to provide the essential services needed in Baton Rouge.

Since March, the Y provided 6,618 meals to children and families in our community, provided child care to 171 children of essential workers, called seniors and others who face social isolation, modified the fitness center to ensure members feel safe while maintaining their healthy routines, and created a safe space for 335 children to learn while schools operated remotely, with some students currently in this program at the Y.

As we begin our annual campaign to raise the charitable funds needed to address the issues facing our community, we hope you will consider supporting the Y. Every dollar donated to the YMCA of the Capital Area stays local and has a lasting impact on the people of Baton Rouge and surrounding communities. Your gift will build a better us by ensuring that the Y's doors are open to all.

Please consider making a financial contribution to our Annual Support Campaign. Donations are accepted at the Y or online at ymcabr.org/give.

RESET CHALLENGE

Six weeks. 5,000 teammates. For 20 minutes a day, five days a week.

We will provide resources to help motivate and support your efforts to reset your health!

Challenge Dates: February 1 through March 15, 2021

Register: January 5 - February 1
FREE FOR Y MEMBERS!

[Click here](#) to register!



SPRING SPORTS

Youth sports can benefit children beyond the field and court, and even beyond childhood. That's why YMCA sports programs are designed with your child's development and age in mind, and always prioritizes having fun and making friends.

**Soccer, Field Hockey, Baseball, Basketball
& Volleyball**

February 1 – March 7 (Registration Dates)
March 22 – May 22 (Program Dates)

Register for sports at the Y or online at
ymcabr.org/sports.



NOURISHING NEIGHBORS COMMUNITY RELIEF INITIATIVE

YMCA of the Capital Area received a \$100,000 grant to support hunger relief efforts in 2021, courtesy of Albertsons Companies and Albertsons Companies Foundation Nourishing Neighbors Community Relief Initiative.

"We're grateful to Albertsons Companies Nourishing Neighbors for awarding us this grant so we can help the most vulnerable members of our community, who face food insecurity on a regular basis; no one should have to go hungry.," said Christian Engle, YMCA of the Capital Area, President/CEO.

With food insecurity on the rise, the Y is expanding its food distribution program to support the Greater Baton Rouge area. The COVID-19 crisis brought into sharp focus the social and economic inequities plaguing our communities, and basic food for kids is one of the most urgent needs right now. One in 4 children don't know where their next meal will come from since the pandemic hit, and we want to see our kids grow up strong and nutrition is a major component of creating that outcome. [Click here](#) to continue reading.

RESOLUTION BINGO

Sticking to healthy habits can sometimes be a challenge. Resolution Bingo is a great way to stay motivated and stay on track. It's not too late to participate, bingo will continue through February 28. Bingo cards are available at the front desk, and participation is free!



CHANGING TABLES

Did you know that 9 out of 10 dads have gone into a public restroom that did not have a changing table? Thanks to Pampers and the Pampers Changing Table Program,

the Y has added 24 Koala Kare Products changing tables at our branches, so moms and dads at the Y are better equipped to take care of their babies!



CHARITY NAVIGATOR RATING

The YMCA is excited to announce that we have been evaluated by Charity Navigator and received a 100 out of 100 rating! This milestone achievement for our Y couldn't have happened without you and your support. Thank you for being part of our family as contributors, funders, and volunteers. Your trust in us is what makes the difference to us and the individuals, families, and communities we serve.

You can find our rating [here](#) or by searching for our profile using our tax ID: 72-0408994.

PROGRAMS

[Nutritional Bootcamp](#)

[Fired Up](#)

[Small Group Training](#)

[LIVESTRONG at the YMCA](#)

[Tennis](#)

[STEM Club](#)

[Summer Camp](#) Registration COMING SOON!



UPCOMING EVENTS



February 1:

Spring Sports Registration Begins, Register online at ymcabr.org/sports

February 14:

Valentine's Day

February 16:

Mardi Gras Holiday, the Y is closed

February 26:

Friend Friday! Y members can bring a guest for free!

February 28:

Last Day for Resolution Bingo

Connect with us



Donate Today!

YMCA of the Capital Area | ymcabr.org

YMCA Baton Rouge | 350 South Foster Drive, Baton Rouge, LA 70806

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