



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



PROGRAMS AND SERVICES

YMCA OF GREATER DES MOINES

Area of Focus	FOR YOUTH DEVELOPMENT Nurturing the potential of every child and teen				FOR HEALTHY LIVING Improving the nation's health and well-being				FOR SOCIAL RESPONSIBILITY For All			
Offering Categories	CHILD CARE	EDUCATION & LEADERSHIP	SWIM, SPORTS & PLAY	CAMP	FAMILY TIME	HEALTH, WELL-BEING & FITNESS	SPORTS & RECREATION	GROUP INTERESTS	SOCIAL SERVICES	GLOBAL SERVICES	VOLUNTEERISM & GIVING	ADVOCACY
Programs & Services	School Age Child Care Learn & Play	Afterschool Enrichment Summer Learning Loss Prevention Y Camp Outdoor Education Program	Swim Lessons Preschool Enrichment - Gymnastics - Sports - Swim - STEAM After School Fitness Tae Kwon Do Strength Training Youth Sports - Basketball - Flag Football Swim Team After School Sports Clinics Safety Around Water	Summer Day Camps Residential Camps Leader in Training Programs School Days Out Teen Adventure	Family Camps Family Nights Family Wellness Classes Parent/Child Exercises Parent's Night Out Healthy Kids Day Gymnastics Open Gyms	Personal Training Group Exercise - Yoga - Pilates - Zumba - BODYPUMP - HIIT - Tai Chi - Indoor Cycling - TRX Adult Aquatic Classes Mind/Body Above & Beyond Cancer	Youth & Teen Basketball Family Swim Swim Team Lap Swimming Sports Camps Adult Swim Lessons Girls on the Run	Group Strength Training Camp Retreats & Rentals Healthy Kids Day Small Group Personal Training Weight Loss Challenge Tri-Athlon Training Birthday Parties - Youth Sports - Aquatics - Gymnastics Above & Beyond Cancer	Annual Campaign Fatherhood Substance Abuse Prevention Forum Y Supportive Housing Y Camp Outdoor Education Program	Child Care & Camp Curriculum CPR/First Aid Certifications Y Camp Counselor in Training	Annual Campaign Youth Sports Coaches Leader in Training Programs Blood Drives	Board of Directors/ Advisory Annual Campaign Health Fairs Welcoming Week