



Give today

to provide opportunities
and access for all.

YMCA MEMBERSHIP

\$55 = One month of YMCA membership for an adult.

SWIM LESSONS

\$92 = A full session of six lessons providing the opportunity to learn a valuable life-saving skill.

YOUTH SPORTS

\$100 = One season for a child to build confidence, learn skills and make new friends.

GROUNDWATER EVENT

\$100 = A three-hour workshop from the **Racial Equity Institute** examining the characteristics of modern-day racial inequity.

KINDERCAMP

\$154 = A week of half-day camp for a preschooler including swimming, arts & crafts, games and nature appreciation.

SUMMER DAY CAMP

\$220 = One week of exciting activities like swimming, games, arts & crafts and sports, combined with positive role models and character development.

CAMP EXCEL

\$220 = A week of exciting activities during our no cost summer day camp including transportation, meals, academic enrichment, positive role models and character development.

RACIAL EQUITY INSTITUTE

\$375 = A two-day learning experience designed to help an adult learner understand and address racism both in their organization and the community.

LEADERS CLUB

\$470 = A year-long program that builds a teen's character, teaches teamwork, and reinforces service to others.

CAMP G.R.A.C.E.

\$515 = A two-week day camp session for a child, age 5 – 15 with Pervasive Development Disorder or Autism.

YMCA NC YOUTH & GOVERNMENT

\$650 = One year of service, teamwork and conference experience for a teen.

Y HEALTH

\$1,078 = One year of prescribed evidence-based care for patients with an identified health risk or diagnosis, including programs like **Moving for Better Balance, Diabetes Prevention, Healthy Weight and Your Child, LIVESTRONG at the YMCA and Weight Loss.**

LIGHTNER Y ACHIEVERS

\$1,205 = One year of civic engagement, community service projects and academic enhancement programs for a teen of color.

POWER SCHOLARS

\$1,436 = Five weeks of summer learning through math and reading remediation combined with enrichment programming in partnership with local school districts.

Y LEARNING

\$2,127 = One year in evidence-informed programs and curriculums that work to close the achievement gap.

YMCA AFTER SCHOOL

\$2,276 = One year of recreation, role models and homework assistance for a child.

YMCA COMMUNITY HOPE

\$2,658 = One year of academically structured mentoring with a focus on literacy that addresses the individual learning needs of students living in affordable housing communities.



YMCATriangle.org/give

Suggested gift amounts reflect the average cost of the program. Programs are subject to change.