



Connection. This is Y.

YMCA OF METRO ATLANTA

2022 ANNUAL REPORT

TO OUR Y FAMILY,

Each year, we pause and reflect on our previous year's impact, counting the number of individuals served, retelling the personal stories of transformation, and lifting up the powerful faces that make up our Y community. In 2022, our 164th year of serving Greater Atlanta, this experience is no different. As an organization, we strive to welcome and serve all, regardless of age, background, or zip code. With your help, we reached more than 175,000 individuals and families last year through programs that were both research-based and best-in-class, and also uniquely tailored to each community and individual we serve.

In the second year of our Y2025 Strategic Plan, we pressed forward in our efforts to build healthy mind, body, and spirit with equity at the heart of our work. We broadened our reach as our communities continued to recover from the pandemic, expanding both our programming and our partnerships.

More importantly, we have deepened our impact. With the support of our funding partners, in 2022, all youth-serving programs were infused with social-emotional learning to focus on strong mental health alongside our signature wellness programs. We launched a more-robust online exercise platform to better support our members whenever and wherever they are in their health journeys. And we deepened community connections and authentic storytelling with the launch of our (Y) Connect podcast.

We hope you join us in reflecting on the powerful community impact made in 2022. We are proud of the work we do at the Y, and we are proud to have you as a partner in this work. Whether as a Y member, staff member, volunteer, or donor, your role in our efforts to champion communities where everyone belongs is essential. Thank you for standing with us.

With gratitude,



Kevin Greiner
2022 Board Chair



Jeff Beckham
2023 Board Chair



Lauren Koontz
President & CEO

By the Numbers



MISSION

Reflecting its Judeo-Christian heritage, the YMCA of Metro Atlanta is an association of volunteers, members and staff, open to and serving all, with programs and services which build spirit, mind, and body.

VISION & VALUES

Vision:

To be the organization that champions communities where everyone belongs.

Values:

Caring, Honesty, Respect, Responsibility

Diversity, Equity & Inclusion Statement:

Our commitment to diversity and inclusion is reflected in our people, our members, and our partners. We are fully focused on equity and believe deeply in diversity of race, gender, sexual orientation, religion, ethnicity, national origin and all the other wonderful characteristics that make us unique.

TOTAL REACHED IN 2022



179,706
facility members



2.5M+
experiences



25,611
youth served

early learning



2,570
early learners

youth achievement



3,014
youth across 62 sites



7,299
youth at 18 holiday
& day camp sites



3,190
overnight campers

holistic wellness



179k
facility members



12.8k
seniors

health equity



270k
meals served



2,323
individuals taught
water safety

INDIVIDUALS REACHED BY IMPACT AREA



37,234
teens



10,245
youth athletes



EARLY LEARNING

A Love for Learning. This is Y.

Early learning is the cornerstone of a child's development. It builds critical language, problem-solving, and social skills. And it fosters a lifelong love for learning, curiosity, and a sense of self-efficacy, empowering children to navigate challenges and thrive in an ever-evolving world.

For three decades, the Y has delivered accessible early learning programs to ensure a bright future for our community's youngest members. Now the largest early education provider in the state, the Y collaborates with subject-matter experts—like the Atlanta Speech School, Children's Healthcare of Atlanta, Georgia State University, and Grady Health System—to educate more than 2,500 children, ages six weeks to PreK, annually.

With a focus on serving under-resourced and historically marginalized communities, the Y employs diverse models tailored to unique community needs, all with a shared goal of preparing children for lifelong success through proven, research-based methods in numeracy, language, and literacy.



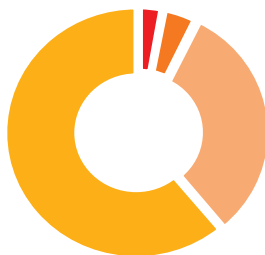
in 2022, we served ...



2,570
early learners

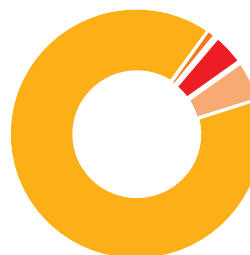


93%
children from
under-resourced
families



AGES SERVED

3% Under 1
4% 1-2 yrs
30% 3-4 yrs
58% 4-5 yrs



ETHNICITY

1% Asian
4% White
5% Hispanic/Latinx
90% Black or
African American

health services

Family Service Associates support our families in utilizing health services and in obtaining insurance and/or making payments in the absence of coverage.

Services provided within 90 days of enrollment:

97% completed
immunizations

95% had health
insurance

75% received preventative
dental care

66% received physical
health exams

signature programs

READ RIGHT FROM THE START

Created in partnership with the Atlanta Speech School's Rollins Center, we train early childhood professionals in research-based, best-in-class techniques for enriching language, literacy, and emotional development for students.

SCIENCE, TECHNOLOGY, ENGINEERING, ART, AND MATH (STEAM)

Leading the way to empower curious, critical thinking change-makers, the Y infuses STEAM concepts into daily classroom learning. Children build strong inquiry-based thinking, language learning, and executive functioning.

START FOR LIFE

Through the Y's research-based, age-appropriate wellness programs, early learners develop gross motor skill movement, learn to make healthy choices, and engage in play-based physical activities.

PROGRAM SPOTLIGHT

Early Learning @ Hollis Innovation Academy

In fall 2022 and in close partnership with Atlanta Public Schools and the Georgia Department of Education, the Y opened its newest early learning program at Hollis Innovation Academy. Located in the heart of Atlanta, Hollis Academy is an exemplary elementary and middle STEM school, serving 100% children from economically disadvantaged communities and 99.9% students of color.

Across two classrooms, 34 Pre-K students each year are set on a path for life-long success through the Y's signature early learning programs and innovative learning enhancements, including interactive classroom technology, an outdoor urban garden, and courtyard STEAM play space elements, all made possible with funding from NCR.



Y2025 STRATEGIC GOAL

Increase access for children and families, explore new models, develop best practices, and influence policy to improve child outcomes.

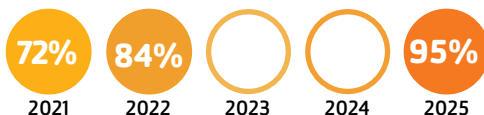
2025 OBJECTIVE & PROGRESS

90% of children will leave Y early learning centers prepared for kindergarten in language and literacy.



2025 OBJECTIVE & PROGRESS

95% of children in Y early learning programs show progress in language and literacy, STEAM, social-emotional learning, and physical domains.



program PARTNERS



EARLY LEARNING READINESS (ELR)

Delivered in the community, ELR is a mobile preschool that prepares Hispanic/Latinx children who do not attend early learning programs—due to cultural, language and financial barriers—to enter kindergarten through enriching activities and by empowering caregivers to be their children's first educators.

SOCIAL-EMOTIONAL LEARNING

Understanding the heightened social and emotional pressures facing families, our early learning educators use Conscious Discipline to integrate social, emotional, physical, cultural, and cognitive learning and build soft skills like critical thinking, problem-solving and resiliency.

FAMILY WRAP AROUND SERVICES

Head Start programs are provided at no cost to children ages birth to 5 from low-income families. Recognizing family wellbeing is core to student success, our Family Support Advocates connect Head Start students and family members with services including mental, dental, and medical healthcare; housing stability; food security; and financial literacy.

YOUTH ACHIEVEMENT

Skills & Support. This is Y.

in 2022, we served ...



3,014
youth across 62 sites



10,245
youth athletes



7,299
youth at 18 holiday
& day camp sites



3,190
overnight campers



37,234
teens

32,947 YMCA Members
4,287 Program Participants
941 YMCA Staff



ETHNICITY

3% Asian
6% Hispanic/Latinx
6% Multi-Racial
20% Not Reported
23% White
42% African American

Across our city, children are struggling to catch up academically and emotionally from the impacts of the past few years. Layering in economic and social inequities, gaps in access and opportunity are widening across racial and economic lines.

There is a pressing need for innovative, personalized solutions to close the opportunity gap for young people, particularly those from communities of color.

This is where the Y steps in.

As the largest provider of out-of-school-time programs, we are working with partners to bring access, research-based programs, and skills development to thousands of children across greater Atlanta. In 2022, we implemented two new initiatives to better serve youth: choice-based afterschool programming and an infusion of social-emotional learning into all youth serving programs. **Together with our partners, we reached more than 40,000 youth across the Greater Atlanta area.**

the Y is one of the
**LARGEST EMPLOYERS
OF TEENS**
in the Greater Atlanta area

signature programs

Y EXPLORE AFTERSCHOOL, CLUBS & MORE

Access to high-quality and affordable academic enrichment and career development is one of the most important investments to make in our youth's future. Through Y Explore—our reimagined afterschool programming—we are supporting young people's educational and social-emotional needs and introducing them to careers and skills to reach their full potential and live prosperous futures. Through specialized activities encompassing academic growth, social-emotional learning, and career exploration, Y Explore aims to bolster academic achievement and create a generation of change-makers.

TEEN LEADERSHIP PROGRAMS

Young people are catalysts for change in the world, and the Y offers leadership programs and activities to lift up their voices and support them in their efforts to create positive change. Our programs—including Leadership Development, Civic Engagement, College & Workforce Readiness, and Boys & Young Men of Color—support the strengths of our youth by providing the necessary tools, resources and educational experiences needed to navigate adolescence, to prepare them for adulthood and, ultimately, put them on a path to successful and fulfilling lives.



PROGRAM SPOTLIGHT

Social Emotional Learning with WINGS

For over 25 years, the mission at Wings for Kids (WINGS) has been to equip kids with the skills they need to succeed in school, stay in school, and thrive in life. With an evidence-based model and approach to building social emotional skills within elementary-age youth, WINGS collaborates with the Y to provide thousands of children with educational support, social-emotional learning (SEL), real-world skills, and workforce development to close the opportunity gap.

Together, we deliver extensive SEL staff training, integrate social emotional learning through all activities, and deliver explicit curriculum to develop skills across five social emotional core competencies.



Y2025 STRATEGIC GOAL

Provide educational support, social-emotional learning, and real-world skills and workforce development for youth to close the opportunity gap.

2025 OBJECTIVE & PROGRESS

90% of staff will support SEL in Y youth through authentic engagement.



2025 OBJECTIVE & PROGRESS

90% of youth and teens will build strong relationships with peers.



2025 OBJECTIVE & PROGRESS

Youth development staff will have confidence in delivering positive youth development programming.



program PARTNERS



OVERNIGHT CAMP

Having a place for kids to just be kids is more important now than ever. Each summer, Y Camp High Harbour at Lake Burton and Y Camp High Harbour at Lake Allatoona offer thousands of youth the opportunity to unplug from technology and connect with nature, make new friends, and gain leadership skills that last a lifetime. Whether it's on the ropes course, competing in archery, or riding a wakeboard, campers explore interests and discover new talents.

YOUTH SPORTS

Across the Y, we offer a wide variety of youth sports including soccer, baseball, softball, flag football, gymnastics, basketball, swim team, and much more. While children acquire fundamental skills, learn the rules of the game, and participate in team play, they also build strength, agility, endurance, and improve overall health. As Y athletes, kids learn valuable social-emotional skills like sportsmanship, perseverance, confidence, and leadership that are critical for success in school, career, and life.

HOLISTIC WELLNESS

Wellbeing. This is Y.

Health and wellness programming is core to the work of the Y. For many, it is their first experience with the Y. While our programs in education, enrichment, and equity continue to grow, our foundation will always be in holistic wellness.

Our signature wellness programs are founded in community needs and backed by science. Working with experts locally and internationally, for more than 160 years, we have developed, delivered, and enhanced programs that address key health challenges impacting our local communities.

Building from the lessons learned over the past few years of heightened health and community concerns, we continue to expand access to the Y through scholarships, increased virtual programming at partner sites, and more. We are grateful to help hundreds of thousands improve their health and wellbeing through our signature programs and partnerships.

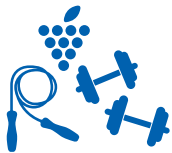
in 2022, we served ...



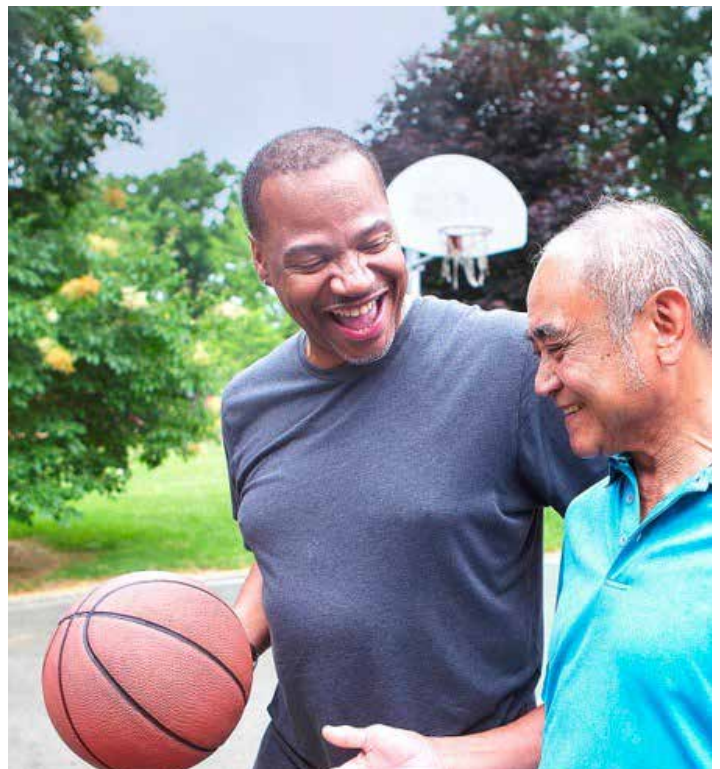
179k
facility members



12.8k
seniors



10k+
daily visitors at an Atlanta Y
to work towards their health &
wellness goals



signature programs

GROUP EXERCISE & FITNESS

Across 19 Y membership facilities, we offer a variety of wellness options for individuals including wellness centers with exercise equipment and access to group classes. With diverse offerings such as yoga, YFit, Body Pump, and spin, members of all ages and abilities are encouraged to lead healthy lives.

COACH APPROACH®/ PERSONAL COACHING

All Y members have free access to our personalized exercise support program designed to teach new and returning exercisers how to start AND stick with their exercise routines. Trained wellness coaches work with members to deliver this evidence-based health behavior change system building the skills to maintain a sustained commitment to physical activity.

PROGRAM SPOTLIGHT

Wellness Partner in the East Lake Community

Since 1858, we have championed communities where everyone belongs, building healthy mind, body, and spirit. One example is our partnership in the East Lake Community. As part of the Purpose Built Community model, we are the signature wellness partner for East Lake residents.

Beyond our support of early learners (through our East Lake Early Learning Center) and school-aged children (providing health and wellness to Drew Charter School students), we are proud to work with East Lake Foundation and others to deliver East Lake Healthy Connections (ELHC). Through this program, all eligible East Lake families have access to health insurance, may effectively utilize primary and preventive health care services, properly manage chronic diseases, and establish contact with accessible medical facilities. Families also receive nutritious meals, fresh produce and free trainings, like CPR certification and mental health support.



Y2025 STRATEGIC GOAL

Be the leading community resource for preventative wellness to reduce chronic and progressive disease through partnerships with the health care community.

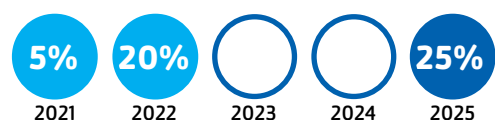
2025 OBJECTIVE & PROGRESS

Through an intentional, data-driven approach, regain membership units lost during the pandemic.



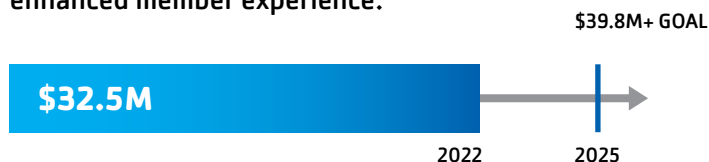
2025 OBJECTIVE & PROGRESS

25% of members will use virtual programming to complement existing membership and program engagement.



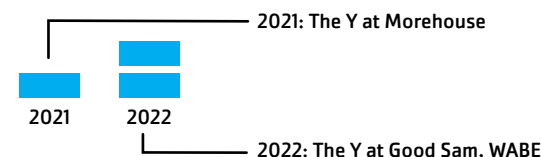
2025 OBJECTIVE & PROGRESS

Grow membership revenue above and beyond 2019 through innovative membership models and an enhanced member experience.



2025 OBJECTIVE & PROGRESS

Establish five or more new Association and/or Regional third party partnerships to provide onsite wellness, early education and/or youth programs.



WEIGHT LOSS FOR LIFE

Knowing that regular physical activity is the most significant predictor of maintained weight loss, the Y offers Weight Loss For Life to members who struggle with obesity. The program couples Coach Approach® with exercise support and group meetings, offering information on diet and nutrition, behavior change, and the exercise-weight loss maintenance relationship.

ADULT SPORTS

Team sports have long been recognized for their benefits for youth, but they are equally important for adults. The Y offers fun opportunities for adults to connect with community through tennis, soccer, pickleball, basketball, and hockey. Through sports, members get exercise and recreation that boosts their physical and mental health and connects them with others in their community.

HEALTH EQUITY

Beyond our Walls. This is Y.

Across neighborhoods in our city, life expectancies vary dramatically based on economic and racial factors. Residents in Buckhead are expected to live 10 years longer than those on Atlanta's Westside. Since 1858, the Y has built and delivered programs that directly address these inequities and serve those often overlooked by our society.

As health and equity gaps widen in Atlanta, our Y remains laser-focused on delivering programs through vehicles and venues that reach communities with the fewest resources.

With your help and the help of our partners, we are ensuring basic needs are met, increasing access to health and wellness programming and deepening impact by disrupting systemic inequity and improving social determinants of health.

in 2022, we served ...

270k
meals served

2,323
individuals taught
water safety

\$7M+
scholarship
provided



signature programs

WATER SAFETY & DROWNING PREVENTION

Guided by our Y-2025 Strategic Plan, the Ys goal is to provide 10,000 children with FREE access to our Safety Around Water program and significantly reduce drowning disparities between racial and socio-economic populations.

Y ON THE FLY

Through this unique mobile program, trained Y staff deliver program offerings directly in communities.

Y on the Fly goes beyond the walls of our Ys to bring education, wellness, and enrichment activities to individuals and families across our communities.

ACCESS FOR THOSE IN NEED

In partnership with CareSource and Peach State, families who qualify for Medicaid receive free members to the Y. Additionally, select Y branches provide complimentary memberships for children in foster care and the families caring for them.

PROGRAM SPOTLIGHT

Community Garden at the J.M. Tull-Gwinnett Family YMCA

Gwinnett County is rich in diversity and community, drawing approximately 40 percent of its population from outside of the U.S. To address food insecurities and build inclusive community, we launched our Community Garden at the J.M. Tull-Gwinnett Family YMCA in October 2022.

Funded generously by the Arthur M. Blank Family Foundation, this outdoor gathering and gardening space brings together residents from a variety of communities and cultures to grow fruits and vegetables, learn about the lifecycle of food, and, in addition to meeting food insecurities, overcome cultural barriers with a shared love of healthy, affordable food.

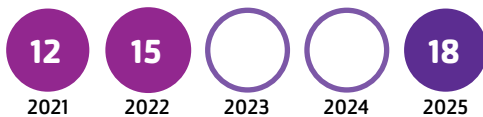


Y2025 STRATEGIC GOAL

Address health disparities across race and socio-economic conditions, lead with education, and provide connections to health services and resources.

2025 OBJECTIVE & PROGRESS

100% of Ys reach beyond their walls through virtual or mobile programs to meet critical community needs.



2025 OBJECTIVE & PROGRESS

Leverage community partnerships to serve 1M+ meals and food packs outside the walls of the Y.



2025 OBJECTIVE & PROGRESS

Teach 10k children, with a focus on under-resourced youth, to be safe around water and learn to swim.



program PARTNERS



HUNGER RELIEF

At the onset of the pandemic, the Y leveraged our deep community connectivity and partnerships with 65+ organizations to transform branches and program sites across metro Atlanta into hubs for providing hunger relief. As Atlanta stabilizes post-pandemic, the Y continues to focus hunger relief efforts on children and teens from low-income families.

did you know?

➤ 79%

CHILDREN FROM FAMILIES THAT EARN LESS THAN \$50,000 A YEAR DO NOT KNOW HOW TO SWIM.

➤ 1M+

GEORGIA RESIDENTS – INCLUDING ALMOST 1 IN 7 CHILDREN – STRUGGLED AGAINST HUNGER IN RECENT YEARS, GIVING THE STATE THE NATION'S HIGHEST LEVEL OF FOOD INSECURITY.

VOLUNTEER LEADERSHIP

Leading Together. This is Y.

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*In Memoriam: 10/2023





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Family YMCA

Jennifer Callender

Arthur M. Blank Family Youth
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Bill Love

Covington Family YMCA

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Cowart Family YMCA

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Josh Crafford

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Family YMCA

Sylvia Anderson

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Walter May

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Family YMCA

Reagan Havens

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YMCA

Debi Hinerfeld

Northeast Cobb Family YMCA

Harli Grawronski

Northwest Family YMCA

Brian Gray

Robert D. Fowler Family YMCA

Charley Cheney

Summit Family YMCA

Quisa Foster

The Villages at Carver
Family YMCA

Jacqui Steele

Wade Walker Park Family YMCA

Chris Clayton

YMCA Camp High Harbour
at Lake Allatoona

Jason Huggins and Matt Johnston

YMCA Camp High Harbour
at Lake Burton



Y2025 STRATEGIC PLAN

PILLARS, PRIORITIES & GOALS

EARLY LEARNING

Increase access for children and families, explore new models, develop best practices, and influence policy to improve child outcomes.

goals

Prepare our youngest learners for kindergarten and longterm academic success through access to highly trained teachers, research-based curriculum, and dynamic learning environments.

Through improved educational outcomes and advocacy, the Y will influence policy that supports Georgia's children regardless of zip code.

HOLISTIC WELLNESS

Be the leading community resource for preventative wellness to reduce chronic and progressive disease through partnerships with the health care community.

goals

People of all abilities, ages, and backgrounds have access to a pathway of in-person and virtual wellness programs.

The Y is the prescribed community partner in preventative wellness and lifestyle medicine, recognized as a place for quality, evidence-based programs and resources.

INCLUSION + EMPOWERMENT

Create spaces and experiences that foster equity and inclusion, promote understanding and acceptance of people of all faiths and backgrounds, and be an organization that welcomes all.

goals

Y programs and facilities increase access to programs that foster achievement and empowerment for all – especially youth and people of color.

The Y is a community leader in embracing diversity and our leadership and staff reflect the makeup of our communities.

YOUTH ACHIEVEMENT

Increase access for children and families, explore new models, develop best practices, and influence policy to improve child outcomes.

goals

Youth have access to reimagined extended learning experiences that improve academic achievement and build a generation of change-makers.

Through real-world skill development, teens are prepared to take ownership of their futures and are empowered to excel in life and positively impact their communities.

HEALTHY EQUITY

Address health disparities across race and socio-economic conditions, lead with education, and provide connections to health services and resources.

goals

Communities have increased access to resources, education, and programming that close the health and well-being gap.

Y programs extend beyond the walls of the Y to meet people where they are through partnerships and community-based programming.

PEOPLE ARE WHY

Connect individual passion to purpose for staff, volunteers, and members with opportunities and experiences for each individual to create positive change

goals

Working together as one Y, staff create authentic experiences and foster relationships between each other and those we serve together.

The Y builds a culture where individuals belong, are inspired to do their best, and find meaning in their contribution.



YMCA of Metro Atlanta Leadership & Learning Center:
569 Martin Luther King Jr. Drive NW, Atlanta, GA 30314 • 404.588.9622
www.ymcaatlanta.org • Facebook.com/MetroAtlantaY • X.com/atlantaymca • Youtube.com/MetroAtlantaYMCA

See more at: ymcaatlanta.org/annual-report

YMCA OF METRO ATLANTA MAP

MEMBERSHIP LOCATIONS

- 1 Andrew and Walter Young Family YMCA
- 2 Carl E. Sanders Family YMCA at Buckhead
- 3 Covington Family YMCA
- 4 Cowart Family YMCA
- 5 Decatur Family YMCA
- 6 East Lake Family YMCA
- 7 Ed Isakson/Alpharetta Family YMCA
- 8 Forsyth County Family YMCA
- 9 G. Cecil Pruett Community Center Family YMCA
- 10 J.M. Tull-Gwinnett Family YMCA
- 11 McCleskey-East Cobb Family YMCA
- 12 Northeast Cobb Family YMCA
- 13 Northwest Family YMCA
- 14 Robert D. Fowler Family YMCA
- 15 Summit Family YMCA
- 16 The Villages at Carver Family YMCA
- 17 Wade Walker Park Family YMCA
- 18 YMCA at Good Sam
- 19 YMCA at Morehouse School of Medicine

OVERNIGHT CAMPS / PROGRAM SITES / OTHER

- 20 Arthur M. Blank Family Youth YMCA
- 21 Cherokee Outdoor YMCA
- 22 South DeKalb Family YMCA
- 23 YMCA Camp High Harbour at Lake Allatoona
- 24 YMCA Camp High Harbour at Lake Burton
- 25 YMCA Leadership & Learning Center
- 26 YMCA Youth and Teen Development Center

EARLY LEARNING CENTERS

- | | |
|---|--|
| 1 Andrew and Walter Young Family YMCA Early Learning Center | 30 YMCA Dean Rusk Early Learning Center |
| 25 Arthur M. Blank Early Learning Center at E.A. Ware | 31 YMCA Early Learning Center at Hollis Innovation Academy |
| 20 Arthur M. Blank Family Youth YMCA | 32 YMCA Greene County Early Learning Center |
| 6 East Lake Family YMCA Early Learning Academy | 33 YMCA Morgan County Early Learning Center |
| 27 YMCA Academy of South DeKalb Early Learning Center | 34 YMCA Paulding Early Learning Center |
| 28 YMCA Barrow County Early Learning Center | 35 YMCA Woodson Park Early Learning Center |
| 29 YMCA Chattahoochee Early Learning Center | |

In addition to the traditional early learning centers listed, the YMCA of Metro Atlanta operates early learning programs through more than 20 public schools, including Atlanta Public Schools. For a complete list of traditional and partner program sites and addresses, please visit www.ymcaatlanta.org.

