



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A STRONGER COMMUNITY

YMCA of Central Kentucky

The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other

OUT OF SCHOOL DAYS

are available most days when "School's Out" for Fayette and Franklin County Schools systems. You can bring your child to the Y for full day care.



POWER SCHOLARS ACADEMY™

is a no cost program that helps elementary and middle school students, who are most at risk for falling behind in their reading and math skills, to stay on track and avoid summer learning loss.

YMCA BLACK ACHIEVERS

empowers teens in grades 6-12 during the academic school-year to reach their full potential and obtain higher education and career goals.

YOUTH SWIM TEAMS

teach swimmers of all abilities competitive swimming skills like stroke development, time improvement and working together as a team while developing a healthy lifestyle.

KIDS TRIATHLON

is an annual event encouraging children to discover the fun in fitness and help teach life long skills that can be applied in every aspect of their lives.

SWIM LESSONS

save lives by giving people of all ages a life-long skill through certified instruction that emphasizes the importance of safety, confidence and endurance in the water.



BAR Y OUTDOOR SUMMER CAMP

gives kids the life-changing experience of an outdoor camp, where they will learn more about nature, gain a greater sense of independence and build friendships and memories.

TOYOTA BLUEGRASS MIRACLE LEAGUE

program provides opportunities for children and adults with disabilities to play baseball, regardless of their abilities.

ACTIVE OLDER ADULTS

gain strength and energy while enjoying a variety of social events at the Y. Activities range from group exercise classes to pot-luck lunches or special trips.

SCHOOL AGE CHILD CARE

provides a safe, enriching environment where kids in elementary and middle school can learn, grow and thrive during the critical hours before and after school.



CENTRAL KENTUCKY SWIMS

is a no cost program designed to reach children at risk of drowning and teach them basic water safety skills to keep them safe in and around the water.

BACK TO SCHOOL RALLIES

provide elementary, middle and high school children with free backpacks and school supplies to help them go back to school prepared.

The Y.™ For a better us.



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GIVE. FOR A BETTER US.

YMCA of Central Kentucky

We focus on empowering young people, improving health and well-being, and inspiring action in and across communities



ADULT SPORTS

offer a variety of leagues and programs that provide fun and healthy activities for men and women of all fitness levels. Stay active, get fit and explore new hobbies!

MULTIPLE SCLEROSIS EXERCISE PROGRAM

guides and motivates individuals with multiple sclerosis to improve or help maintain endurance, flexibility and cardiovascular strength.

CERTIFICATIONS AND TRAININGS

deliver the skills and knowledge needed to provide care and act in an emergency. Lifeguarding, CPR, first aid and more.

WELLNESS COACHING AND SUPPORT

is offered free to every member of the Y. Staff help them on their path to a healthier lifestyle.

YOUTH SPORTS PROGRAMS

strive to give every child the opportunity to build skills, gain confidence and learn teamwork while having fun and staying active through participation in team sports.

SUMMER DAY CAMPS

provide kids with a variety of imaginative activities that make sure they stay engaged and discover more about themselves and the world around them during the summer.



YMCA'S DIABETES PREVENTION PROGRAM

helps people, who are at risk for developing type 2 diabetes, learn to reduce their risk by making healthy lifestyle choices.



LIVESTRONG® AT THE YMCA

is an evidence-based program that helps adult cancer survivors reclaim their health and well-being.

HEALTH, WELL-BEING & FITNESS

programs provide the activity and motivation to help individuals and families learn healthy choices while growing stronger in spirit, mind and body.

ADAPTIVE SPORTS PROGRAMS

are designed so that children with special needs have the opportunity to make friends, have fun and build skills through team sports.

PARENTS' NIGHT OUT

gives parents a break from time to time. With Parents' Night Out, parents enjoy a night out while kids engage in fun and safe activities at the Y.



ENHANCE® FITNESS

an evidence-based group exercise program for adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life.

Learn more at ymcacky.org/support