

# GAP PROGRAMS

Growing And Producing (GAP) Programs were developed to offer structured activity during non school days. Programs maintain a strong character development theme, while exposing youth to sports and activities which may not be otherwise available. Included in GAP Programs are Outreach Golf, Tennis, Upgrade Cycling, Swimming, College Tours, Youth and Government and Fishing, just to name a few. New programs started in 2013 include Westbrook Evolution, Booker T. Washington Club, Summer Learning Loss Prevention Program, and 24/ DADS.

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**"After participating in this program  
I will live more for Christ."**

**- Caldwell Youth**

## YMCA Annual Campaign

The YMCA of Southwestern Indiana is volunteer founded and volunteer led. You can become a volunteer by giving of your time or joining with us and donating to our YMCA Annual Campaign. When you give to the Y, you contribute to strengthening our community and changing lives.

Please consider giving to the Y and know when you do, that your gift will have a meaningful and enduring impact for generations to come.

**YMCA OF SOUTHWESTERN INDIANA**  
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Evansville, Indiana 47708  
[www.ymcaswin.org](http://www.ymcaswin.org)

**For more information, contact  
the Outreach Department at  
423.9622 ext 3348**

### **Our Mission:**

The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.



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

# COMMUNITY OUTREACH PROGRAMS

**YMCA OF SOUTHWESTERN INDIANA**



# ABOUT COMMUNITY OUTREACH

The YMCA's Community Outreach Branch provides FREE programs to ALL youth in our community, with an emphasis on serving those youth who are considered to be at risk and underserved. The Y sponsors 29 programs in 25 schools in Vanderburgh, Warrick and Posey counties collectively serving over 1500 youth per year, averaging over 25 hours each in mentoring activities.

**"I changed from my old self to somebody new"**

**- DIAMOND Youth**

All programs are designed to develop character, promote commitment to school, improve relationships, build self esteem, and increase youth awareness of support within the community while focusing on the YMCA's core values of Caring, Honesty, Respect, Responsibility and Faith.



**"It taught me how to be respectful and to be a leader, not a follower"**

**- Y-CAP Youth**

## DIAMONDS

For the last 15 years, The DIAMONDS Program has worked to increase self-esteem in young ladies from Vanderburgh, Warrick and Posey counties by promoting healthy choices and relationships. The objectives of the program are to develop trusting relationships with adults, establish career goals, reinforce family values, encourage community involvement through volunteerism, promote commitment to school, and educate on the dangers of drug and alcohol abuse.



## Y-CAP

The YMCA Community Action Program (Y-CAP) promotes the growth of young males in our community by encouraging them to respect themselves and others, make sound decisions and set personal and educational goals. 30 minutes of physical activity, utilizing various researched based curriculum is included each day to promote physical health. Y-CAP has seen success in improving grades, reducing delinquent behaviors, promoting family values as well as active participation in community events.



## DUNIGAN COMMUNITY PROGRAMS

Dunigan Outreach Programs use research based curricula to develop positive character traits in youth from Vanderburgh, Posey and Warrick Counties. Youth have the opportunity to participate in leadership programs such as "In It To Win It" that help prepare them for success in the future and Y-READ, a program designed to provide support by tutoring 3rd grade students identified at risk of not passing the state IREAD test. First year results indicated that more than 85% of participants went on to pass the IREAD test. Various educational activities, mentoring opportunities and community service projects are all designed to help students develop a healthy spirit, mind and body.

## CALDWELL COMMUNITY CENTER

Powered By:  **VECTREN**  
*Live Smart*

At the Caldwell Center, youth living in and around the Caldwell Housing Development participate in various programs that offer academic assistance, leadership development, recreation, character building and friendship. We strive to help our youth reach new heights through positive opportunities such as Scouting, parent based programs such as resume writing, healthy cooking and financial literacy, and end with Bible studies. Caldwell offers a safe place for youth Monday through Friday, 2:30pm - 6:30pm as well as special programs on Saturday including basketball, soccer, flag football, NYPUM Dirt Bike Program, and swimming.