

## MAKE A GIFT TODAY Strong Kids Campaign Pledge/Gift



Donor Name
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Does your company offer matching gifts? (please circle one) Yes No
Company
YES! I WILL STEP UP FOR KIDS AT THE Y!
Contributor's signature
I will:  Make a gift easily through my Y membership draft by Adding \$ to my monthly continuous draft starting on
Exp date  The YMCA of El Paso is a non profit, charitable organization, serving the needs o our community since 1886. your support of the Y helps to ensure that anyone, regardless of their circumstances or ability to pay, can benefit from the Y's cause driven programs. Your gift is tax deductible.
Thank you for your support!
Campaign volunteer

## IMAGINE A HEALTHIER COMMUNITY

Andie, Erin and Reagan, three generations of strong, charming women, have used everything Westside Family YMCA has to offer. The result has been a family strengthened in spirit, mind and body.

Grandmother Andie suffered a severe ankle injury in the spring of 2007, and she was told the best way to rehabilitate and improve that ankle was water exercises. Andie began to see improvement in her overall cardio and strength when she began to swim laps. She then noticed the water aerobics class, "It looked like they were having such a great time that I joined right up!" Now, she is a dedicated regular at water aerobics, and takes advantage of its challenging, full-body workouts.

Mother Erin and daughter Reagan returned to El Paso in 2010. They were looking for a sense of community and activities that would reduce the stress of their major life changes. Erin took advantage of the Y's cardio, Group X, and crotchet classes.

Early on, Erin realized her daughter is fearless when it comes to water. Erin wanted Reagan to "be a strong swimmer while remembering water safety." Reagan signed up for swimming lessons. Reagan participated in the Y's summer swimming lessons, and while there, she excelled! Andie and Erin agree, "It was exciting to see her success and progression as Reagan learned and mastered swimming skills."

YMCA OF EL PASO www.elpasoymca.org