

Care.

About people like Christine.

Through her consistent presence and determined spirit, Chris has become an integral part of the YMCA community and an inspiration to others.



Adult exercise classes promote wellness while fostering friendship. Social events help build lasting friendships.

Christine Soldate came to the YMCA four years ago on doctor's orders that she needed to lose weight. With the guidance and encouragement of her personal trainer,

she began to exercise at the Y three times a week.

Over time, she has improved her health and energy level by building her muscle tone and losing forty pounds. Today Christine lifts more weight than most men her age!

Create.

Opportunities for teens like Karina.

The YMCA's Monrovia Youth Alliance has brought out the best in Karina Mendoza. For the past two years she's had more than just an opportunity to hang out at the Y - she's made close friends, gained confidence and improved her performance in school.

Through the YMCA, Karina has shown her parents, her friends, her community, and herself just what she can do.



Teen-focused activities tap the energy and potential of youth, cultivate caring, competent leaders who will contribute to society.

With the support of her YMCA mentors and their emphasis on developing life skills and her value as a person, Karina has really come into her own.

Next year she hopes to attend college and with her YMCA experience and support, she looks forward to taking her education to the next level.

Contribute.

Steve Williamson signed up for a family membership early in 2005. Several nights a week, the Williamson family comes to the YMCA. While Steve relaxes in yoga class, his kids, Seth and Shane enjoy playing with friends in the Family Center.

After yoga you can find this active trio together

To Enriching Families like the Williamsons.

playing basketball. The Williamson family has really made this YMCA their own by taking advantage of all the Y has to offer. The Williamson family is a great example of how families can have fun, stay active, and become closer.

The YMCA is helping the entire Williamson family become healthier and stronger.



The greatest gift you can give your child is your time. Play together. Delight in discoveries. Applaud successes.

Santa Anita Family YMCA

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