



**YMCA of Greater New Orleans**

**NO PLACE**  
*Like This Place*



TRUSTED  
IN THE COMMUNITY  
SINCE 1852

# THE So Much *More* than a Gym PLACE

As a 501(c)(3) nonprofit charitable organization, the YMCA lives its mission every day by delivering life-changing programs and services that uplift individuals and families from all walks of life. Guided by our focus on Youth Development, Healthy Living, and Social Responsibility, we believe true and lasting change happens when we invest in our children, strengthen our families, support our neighbors, and build a healthier, more connected community for all.



Membership dues keep our doors open and our facilities running. Donations and fundraising fuel the life-changing programs that strengthen our community, expand access, and ensure everyone has the opportunity to thrive at the Y.

**NO PLACE**  
the **Y**  
YMCA  
*Like This Place*

### WHO WE ARE

The YMCA is dedicated to putting Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

### OUR MISSION

The YMCA of Greater New Orleans is a non-profit community committed to serving our neighbors, supporting them in reaching their wellness goals, and connecting them to the resources needed to live a healthy, fulfilling life.

## 5 COMMUNITY CENTERS ACROSS THE METRO AREA

**BELLE CHASSE YMCA**  
8101 Highway 23  
Belle Chasse, LA 70037  
(504) 392-9622

**EAST JEFFERSON YMCA**  
6691 Riverside Drive  
Metairie, LA 70003  
(504) 888-9622

**WEST ST. TAMMANY YMCA**  
71256 Francis Road  
Covington, LA 70433  
(985) 893-9622

**BURAS YMCA**  
36342 Highway 11  
Buras, LA 70041  
(504) 934-3775

**PORT SULPHUR YMCA**  
278 Civic Drive  
Port Sulphur, LA 70083  
(504) 934-3690

### SERVING OVER

**44,000**

### INDIVIDUALS ANNUALLY

- Educational Services Adult Literacy Program
- Active Older Adult Programs
- Car Seat Safety Outreach Program
- Children's Unified Benefits and Services (YCUBS) Adaptive Programs
- Financial Assistance for Programs and Membership
- Swim Lessons & Water Safety Skills
- After School Programs
- Holiday Camps and Summer Camps
- Sports Programs for Children and Adults
- Leader's Club and Character Development for Youth
- Lifeguard Certification and First Aid Training

### CONNECT WITH US!



# THE FREE ADULT LITERACY PLACE

We offer **FREE** adult literacy services to help people improve their lives and their communities.

From non-readers seeking better daily functioning to workers advancing their careers, we believe in a personalized, flexible approach to helping each student reach their unique learning goals.

Certified instructors support adult learners in the following areas:

- Foundational Reading, Writing, and Math Skills
- HiSET/GED Exam Preparation
- ESL – English as a Second Language
- Digital Literacy

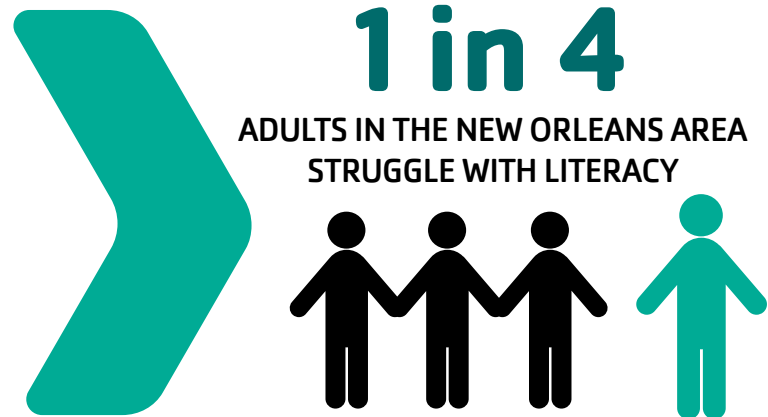
YMCA Educational services are offered **ONLINE** and at the following locations:

**NEW ORLEANS**  
Downtown New Orleans  
Public Library  
3rd Floor Learning Center

**METAIRIE**  
East Bank Regional Library and  
Wagner Library

**MARRERO**  
Belle Terre Library

**AVONDALE**  
Avondale Library and  
J.C. Simmons Community Center



Our students remind us every day what's possible when determination meets opportunity.



Each year, YMCA Educational Services proudly celebrates the incredible achievements of our adult learners at a National Adult Education Honor Society Induction Ceremony.

This special honor recognizes learners who exemplify persistence, cooperation, and self-reliance—qualities that reflect the very heart of the YMCA spirit. Membership in the National Adult Education Honor Society is a remarkable achievement, earned by only about 5% of adult education students nationwide.

YMCA staff select honorees for the powerful character strengths they bring to our learning community and the inspiring commitment they show toward their own personal growth.



**A common storyline for all of our students is that it is never too late to change your life.**

Paul P. (pictured left), describes his desire for learning like his need for air. Even though he has been able to retire as a welder, he has always struggled with how much his literacy skills held him back. He felt so ashamed when his children were little and asked him to read to them. He could not. Now, he is extremely grateful for his literacy program teachers on the West Bank for teaching him to read to his grandchildren.

**Gaining literacy skills builds self-esteem and helps adult learners participate more fully in their communities.**



**After attaining their high-school equivalency diplomas, nearly half of our graduates continue their education by enrolling in post-secondary opportunities.**

As soon as Toria (pictured far right) graduated from our program she enrolled in college. Previously she tried other types of HiSET prep programs, but they didn't stick. Toria found that the YMCA distance learning program gave her the right balance to work at her own pace while also receiving individualized support from her instructor. When asked what was the thing that kept her going when she was tired and maybe thought of giving up, she replied, "I could hear my teacher's voice in my head telling me that I could do hard things, and I listened to her."



**Earning a GED significantly improves employment prospects compared to having no high school credential. GED holders also earn higher median weekly wages than those without a diploma, increasing long-term earning potential and expanding access to more job opportunities.**

Recent graduate Yasmin G. (pictured far right), is pursuing her studies in Business Administration at Delgado Community College. She wants to "work for herself" with predictable hours and income to support her 3 young children.

# THE ACTIVE OLDER ADULTS PLACE

We inspire seniors to be healthy, happy and independent by providing a variety of fitness and social activities.

WE SERVE OVER  
**6,500**  
SENIORS

## PHYSICAL FITNESS

Group Fitness Classes  
Personal Training  
Swimming & Water  
Aerobics  
Fitness Challenges

## SOCIAL ACTIVITIES

Art & Crafts  
Games  
Celebrations  
Time with Friends  
Special Events

The Y works closely with Medicare Advantage Plans to offer FREE membership to seniors.

## HEALTH & WELLNESS RESOURCES

We provide seniors with tools to better manage their health.

### Wellness & Quality of Life

- Social activities that promote stress reduction, social engagement, and mental health.
- Physical activities that encourage safe movement and improve overall fitness and balance.
- Educational sessions on a broad range of topics including home security, estate planning, and more.

### Health

- Preventive health screenings to help catch health issues early.
- Free flu and COVID-19 vaccines.
- Access to healthcare professionals through classes, presentations and health fairs.

### Social Activities and Connection

- Fun group activities that help seniors feel connected and supported.
- Interaction with peers who share similar life challenges to help build confidence and motivation.
- Volunteer opportunities.



### iPhones for Seniors

Rapid changes in smartphone technology have left many seniors feeling frustrated and left behind. To help address this, the Y partners with the Jefferson Community Foundation to offer a four-session iPhone Basics seminar for seniors.

The program curriculum helps participants build comfort and confidence using their phones so they can stay connected with family and friends. Participants learn essential skills such as using voicemail, sending text messages, using the camera, managing apps, recognizing and avoiding scams, and more.

### A Matter of Balance (AMOB) Seminars: Managing Concerns about Falls (AMOB)

Fall prevention is critically important for seniors because falls are a leading cause of injury, hospitalization, and loss of independence among older adults. Older adults who are worried about falling often limit their activities which can lead to physical weakness, making the risk of falling even greater. A Matter of Balance (MOB) is best practice and evidence-based fall risk reduction program that has been proven to help participants manage fall risks and reduce their fear of falling while increasing their activity levels. Participants learn to incorporate simple measures—like strength and balance exercises, home safety modifications, and regular vision and medication reviews—which can significantly reduce fall risk and improve overall quality of life.



“As a result of this class, I am more aware of my surroundings and less afraid of falling. The presenters did an awesome job. We also had many opportunities to participate. The class was excellent!”

-Janet H.



# THE UPLIFTING KIDS & FAMILIES PLACE

We support families with a variety of children's programs in a safe and caring environment.

YMCA youth sports gives children a place to be active, learn new skills, and grow in confidence while promoting teamwork, sportsmanship, and healthy habits.

# THE Fun & Games PLACE

## Child Watch

The YMCA childcare program provides safe, nurturing, and developmentally appropriate care for children from infancy through school age. Our programs are designed to help children thrive; socially, emotionally, cognitively, and physically.

We provide a structured environment staffed by professionals who complete rigorous training annually, including CPR & first aid.

"I love our Y! It has great childcare for my toddler. We love Ms. Z! The staff is very helpful and present. My son took swim lessons this year and loved them. Overall a perfect fit for our family."

-Elizabeth W.



When school is out the Y is IN!

## Summer Camp

Y summer campers spend their time exploring and making memories with group sports, arts and crafts, STEM activities, swimming, games, field trips, and character-building experiences rooted in the YMCA's core values. They build confidence, independence, friendships and new skills all while unplugging from devices and engaging with one another.



## Holiday Camps

Y holiday camps serve families with school age children when class is out for the holidays. Children engage in fun and enriching activities that include a mix of active games, arts & crafts, themed activities, STEM and physical play.

## Special Activities

Created with parents in mind, Kid's Night Out at the Y features fun activities and pizza for the little ones. For parents, it's a well deserved evening break with peace of mind.



## YMCA AFTER SCHOOL PROGRAM: BRIDGING THE GAP BETWEEN CLASS-TIME AND DINNER-TIME

Our after school care programs and holiday camps provide academic, social, and physical activities in a safe, clean, and supportive environment. Each year we welcome students, kindergarten through middle school at our community centers located in Metairie, Covington, Belle Chasse, Buras, and Port Sulphur. Our transportation agreement with local schools saves parents time and money. The West St. Tammany YMCA, is a designated bus stop for several schools in the St. Tammany School System. The Belle Chasse YMCA is a designated stop for students of the Plaquemines Parish school system and Belle Chasse Academy.

Children are served a nutritious snack that helps fuel them through the hours before dinner time. Snacks always include fresh fruit or 100 percent fruit juice and milk. Homework is at the core of scheduled camp activities with Y staff and high school volunteers who are ready to help kids tackle their assignments. Once homework is finished, kids are free to enjoy outdoor play, youth fitness classes, games, arts and crafts, and other organized activities.



## YOUTH SPORTS

Competitive Swimming – Basketball – Soccer – T-Ball – Flag Football – Track & Field  
Dance & Tumbling – Cheerleading – Volleyball

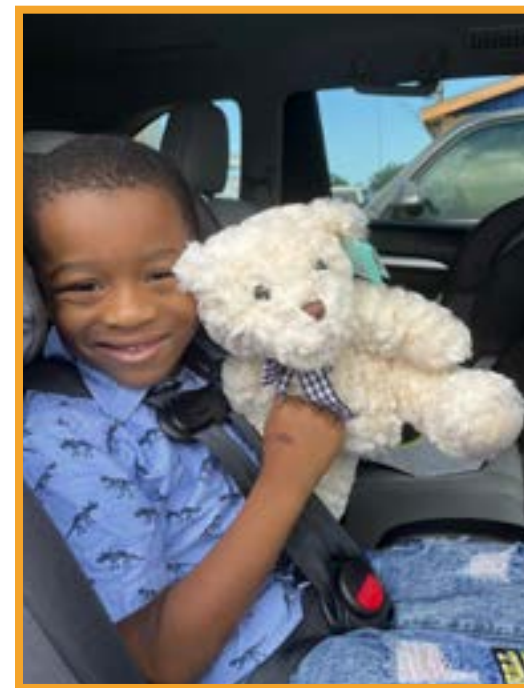


"After years of coaching at the Y, I've learned that when kids try their best and lift each other up, the game becomes something they'll love for life."

-Coach M.

## YOUTH SPORTS FOR ALL FUND

Through the dedicated support of a generous donor we offer financial assistance for sports equipment to families in need.



## CAR SEAT SAFETY OUTREACH

The Y gives away over 100 child car safety seats annually to families in need. Our dedicated staff provides training on seat installation and information about child occupant and passenger safety laws.



## NUTRITIONAL SUPPORT

The YMCA is combating child food insecurity by providing nutritional support to children enrolled in our programs throughout the year.



## YMCA CHILDREN'S UNIFIED BENEFITS AND SERVICES (Y CUBS)

The YMCA affirms the dignity and potential of each and every child. We welcome children with autism and other diverse abilities to participate in a variety of adaptive programs and activities including swimming and water safety lessons, summer camp, sports, and art classes.

# THE BUILDING FUTURE LEADERS PLACE

The YMCA Leaders Club is a year-long development program for middle and high school teens (13-18 years of age) that teaches leadership skills, character development, service to the community, physical and mental well-being, and work ethic. Throughout the year participants volunteer to serve the community through Y programs and services. The program culminates with an exciting trip to the YMCA Blue Ridge Assembly.

**YMCA Blue Ridge Assembly** is a historic, 1,200-acre YMCA leadership retreat and outdoor education center nestled in the scenic Blue Ridge Mountains of North Carolina. The mission is to foster leadership, connection, and lifelong learning rooted in the mission of putting Christian principles into practice.

Thousands of YMCA Leaders Club youth and teens from around the world convene to take part in this amazing opportunity for personal growth. The assembly includes values-based programs challenging physical courses, team-building, outdoor activities, and meaningful engagement with peers.

Donations and fundraising make this opportunity possible at little to no cost for participants.

We empower young people to lead inspired, successful lives. We are committed to nurturing the potential of every child and teen.



The Y is a hub for youth employment in our region

**OVER 200 TEENS EMPLOYED ANNUALLY**

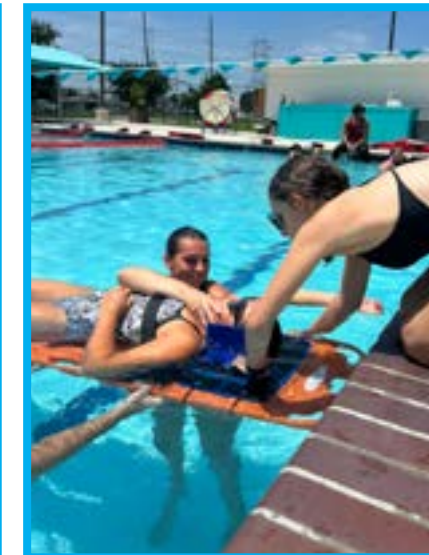
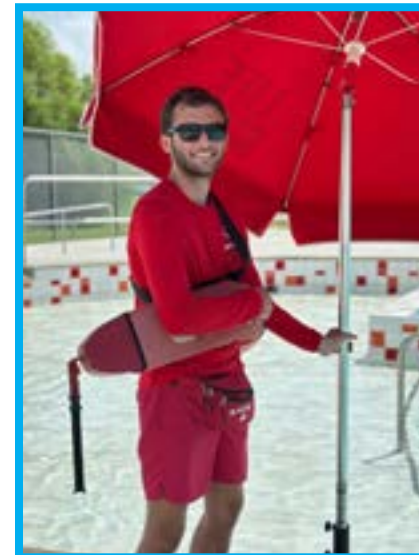


lifeguards  
camp counselors  
swim instructors  
child watch staff  
welcome desk staff



## CERTIFIED LIFEGUARDS AND SWIM INSTRUCTORS

Lifeguarding develops leadership, crisis management, communication skills, and physical discipline—all while providing meaningful responsibility at a young age.



## INSTILLING YMCA CORE VALUES

### RESPONSIBILITY

Be accountable for your promises & actions

### RESPECT

Treat people the way you want to be treated

### HONESTY

Be truthful in what you say and do

### CARING

Show sincere concern for others

## YMCA SUMMER CAMP COUNSELORS

Being a Y summer camp counselor is more than a summer job—it builds leadership, resilience, communication skills, meaningful relationships, and employment experience.

The YMCA Camp Counselor Program focuses on:

- Youth development
- Leadership and responsibility
- Safety and supervision
- Positive role modeling

Counselors are responsible for supervising campers, leading activities, ensuring safety, and creating an inclusive, fun environment, and being positive role models.



# THE EVERYTHING AQUATICS PLACE

The YMCA is known as America's Swim Instructor. We offer swim lessons and safety around water skills for all ages, competitive swimming, and so much more.

## Safety Around Water Around Water Program (SAW)

Swimming can be a lifelong source of fun and exercise if you know how to be safe in the water. We believe that learning to swim and manage water emergencies are among the most important life skills anyone can learn.

Our Safety Around Water (SAW) program consists of six 45-minute sessions in which students learn survival skills like pushing off from the bottom of the pool to resurface, safety skills like water rescue techniques, identifying a safe place to swim, and basic swim skills like floating, blowing bubbles, and beginner swim strokes.

The Y offers financial assistance to families so that no child is turned away due to financial hardship.

water safety and swimming lessons  
FOR **2,500 CHILDREN**  
EVERY YEAR



### Adaptive Swim Lessons

The Y offers free one-on-one and small group lessons for children with special needs. We encourage our instructors to become certified Swim Whisperers through Swim Angelfish, a global adaptive swim organization. The Swim Angelfish methodology encompasses areas of focus and strategies for overcoming roadblocks for swimmers with autism, anxiety, motor issues, physical and sensory delays, discomfort, and trauma.



Rivers is an energetic, 5-year-old boy who is on the autism spectrum. He approaches every swim lesson with abundant enthusiasm. During lessons Rivers is easily distracted by his desire to play. Understanding his personality and needs, his swim instructor incorporated games and activities to help him focus. He quickly learned how to swim forward and roll onto his back to float. Rivers' family was ecstatic with his swimming development because it meant that he could more safely swim at home with them.



## COMPETITIVE SWIMMING

YMCA swim team members learn and perfect the four competitive swimming strokes: freestyle, backstroke, breaststroke and butterflystroke. Together they develop race strategies, participate in regional swim meets, learn about teamwork, and make new friends.



## LIFEGUARD TRAINING

We use the rigorous American Red Cross training course to certify our lifeguards. They learn CPR/AED for the Professional Rescuer, basic First Aid, how to use an AED in a time of need, how to prevent incidents, and how to recognize and respond to emergencies in the pool and on the deck.



## SWIM INSTRUCTOR TRAINING

YMCA swim instructor training prepares individuals to teach swimming and water safety to all ages using the YMCA's values-based approach. The training focuses on stroke development, lesson planning, class management, safety skills, and adapting instruction for different abilities.



# THE BETTER TOGETHER PLACE

The YMCA of Greater New Orleans proudly partners with organizations, businesses, community leaders, individuals, schools, and local government that align with our mission.



In the days leading up to Super Bowl LIX in New Orleans, the Y lead a coalition of local and national organizations to team up with the NFL Wives Club to provide nearly 200 local 3rd and 5th graders free swim and water safety lessons.

Students from Bissonet Plaza Elementary and The Good Shepherd School were welcomed at Tulane University's natatorium for a fun and unforgettable experience! They dove into interactive swim lessons and essential water safety skills—like floating, front glides, and properly fitting a life jacket—guided by Olympic swimmer and world record holder Cullen Jones, certified YMCA instructors, and Tulane student volunteers.

To ensure that the lessons they learned would extend beyond the event, each child received a voucher for eight free YMCA swim lessons sponsored by POOLCORP's SWIMPACT! program. The kids enjoyed lunch and received goody bags containing sunglasses, swim goggles, towels, and water safety activity books.



This YMCA Water Safety Program is made possible by local and national partners such as POOLCORP, YMCA of the USA, Off the Field NFL Wives, Tulane University, Jefferson Community Foundation, Jefferson Parish Government, USA Swimming Foundation, Exceptional Lives, the Junior League of New Orleans, the American Heart Association, and Baptist Community Ministries.

## Running for a Cause

Since 1980 the YMCA's Annual Corporate Classic 5K has been bringing together local businesses and organizations, teams, and individuals to support the Y's Adult Literacy Program.

In partnership with the Crescent City Classic the 3.1 mile race at City Park is open to runners, walkers, and strollers and culminates in a post-race celebration that has something for everyone.



The Y recognizes that at the heart of all we do are countless amazing people. Every year we come together to honor these individuals for their dedication and service to the community.

# THE CARING FOR COMMUNITY PLACE

## Award Recipient Pastor Gregory T. Manning

The **C. Allen Favrot Humanitarian of the Year award** is named for legendary New Orleanian, C. Allen Favrot, who was a dedicated longtime YMCA Board member, community activist, and philanthropist. The award honors those who give and serve above and beyond ordinary volunteer service and stewardship.



Rev. Gregory T. Manning serves as Pastor and Mission Developer at the Broadmoor Community Church since 2011. Before moving to New Orleans, he served for ten years at Grace Lutheran Church in Kansas City. He graduated from Wabash College in Indiana where he majored in Theater and Religion. After obtaining his Bachelor of Arts Degree, Pastor Manning went on to attend Concordia Theological Seminary in Fort Wayne, Indiana, his hometown, where he earned his Master of Divinity. Pastor Manning considers himself a living witness, that as written in Philippians 4:13, "I can do all things through Christ who strengthens me." He believes that everyone's life has a story that we are to use to glorify God.

Pastor Manning has served on the YMCA of Greater New Orleans Board of Directors for the past 6 years. He has been a champion of our Black Achievers Program as well as a student mentor for the YMCA Educational Services Adult Literacy Program.

In addition, Pastor Manning engages the wider community through his service to a broad range of causes and non-profit organizations. Pastor Manning's proven commitment to faith filled community service reflects the spirit of the award's namesake, Mr. C. Allen Favrot, and his lifetime commitment to our YMCA values.

The **Mildred Wild Volunteer of the Year award** is in remembrance and gratitude for the late Mildred Rita Wild who was devoted to the eternal values that made the United States of America a strong country—hard work, integrity, self-reliance, thrift, belief in God, and dedication to family.

## Award Recipient Carolyn Pearce



As a retired educator, former member of the Covington City Council, community volunteer, and staunch advocate of the YMCA, Carolyn Pearce exemplifies the qualities and values we honor with the Mildred Wild Volunteer of the Year Award.

Carolyn is a lifelong resident of the Covington area, where her family roots run deep. She has been a West St. Tammany YMCA member for over 40 years and has served on their board for 25 of those years. Throughout her decades of service, she has generously given her time, knowledge, and resources to make the Y a hub for community health and social connection. In fact, Carolyn was present at the 2007 dedication of the West St. Tammany Y's new building, which she counts among her best Y memories, noting, "It was a fantastic evening and the culmination of a lot of work and a sign of a busy future ahead." She was right!

From left to right: Susan Talley, Carolyn Talley Pearce, Edward Johnston, Elizabeth Pearce, James Gulotta

# THE GROWING TOGETHER PLACE

Since 1852 the YMCA of Greater New Orleans  
has been governed by a volunteer  
Board of Trustees.

## YMCA OF GREATER NEW ORLEANS 2025 BOARD OF DIRECTORS

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## YMCA LEADERSHIP TEAM

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Julie Belou, Administrative Coordinator  
Laura Jacobs, Marketing Manager  
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Vanessa Paige, Associate Executive Director  
Anna Thomas, Wellness and Youth Sports Director  
Zach Clark, Membership and Marketing Director  
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### East Jefferson YMCA

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Buras Community Center Director  
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### West St. Tammany YMCA

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Ed Estapa, Jr., Wellness and Youth Sports Director  
Lauren Heisser, Community Aquatics and Membership Director  
Abby Allen, Youth and Family Program Director  
Susan Lockhart, Senior Programs Director

### YMCA Educational Services

Dr. Amy Leggette, Executive Director  
Mary Popp, Instructor  
Mia Frost, Instructor  
Kal Jones, Instructor



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

