

Gateway Region YMCA

The Gateway Region YMCA features 24 traditional branches in Missouri and Illinois and is committed to serving people of all abilities in an inclusive environment.

The YMCA is committed to strengthening communities, to empower young people and to improve the health and well being for everyone.



Guiding Principles



- Family Focused
- Creating Opportunities
- Establishing healthy attitudes for a lifetime.
- Culturally Responsive
- Forward-Thinking
- Building Collaborations
- Goal-Directed
- Thoughtful Stewardship



INTEGRATED/ADAPTIVE FITNESS PROGRAMS

Land

- 1:1 in-person and virtual support
- 45-60 minute interactions 1-3 times per week
- Weight & strength training
- Mobility & Stability workouts



Water

- 1:1 in-person support
- 30-45 minute interactions 1-2 times per week
- Water Acclimation, movement and stamina
- Independence in the water
- Safety Around Water



Small Group

- Swim With Purpose
- No Limit Fitness
- Step Out Program
- Parkinson program
- Work Out Buddies
- Modified Adapted Facility Orientations



Adaptive and Integrated Fitness/Swim

- ✓ Individual program designed to achieve personal goals and increase physical and cognitive abilities
- ✓ Become familiar and comfortable with programs and equipment
- ✓ Gain and maintain social skills
- ✓ Gain independence and self confidence
- ✓ Increase health, strength & focus
- ✓ Personal in-take process
- ✓ Individualized branch support
- ✓ Age appropriate and safe workouts
- ✓ ADA & User Friendly Facilities



ADAPTIVE ENHANCEMENT PROGRAMS

Innovation

- Adaptive Sports Complex and Paul Goldschmidt scoreboard
- Community Kitchens
- Automatic door buttons on bathrooms coming soon!
- Updated User Friendly Facilities.



Family

- Youth & Family Health and Wellness Programs
- Family Events & Gatherings
- Y Cardinal Night at the Ballpark



Community Building

- Arts & Humanities
- Ceramics
- Cooking & Nutrition programs
- Family Events
- Parent/Guardian Workshops
- Teen Game Nights



OUTCOMES



Participants:

- 111 in May
- 51 individuals off wait list or new intakes

Outcomes: participants 6 months or more meaningful experiences; gain/maintain social skills & self-Management: Increase number of clients over the year and staff team over past year.

- Increase in socialization skills
- Weight loss
- Increased health, hygiene & focus

Challenges:

- Transportation and pool time

Success:

- Seasonal staffing increased number of weekly workouts.
- Definition of staff team has allowed for greater success in goals for clients.
- Utilization of technology has resulted in increased engagement and socialization
- Clients requesting additional weekly workouts & semi-private lessons
- Clients requesting community events

Surveys:

- Individual surveys conducted

Success Story-Meet Chris

Chris is truly our 'comeback kid'

Spent 22 months in the hospital and rehab

6 weeks in a coma, 22 weeks without food

He started with Integrated Fitness in 2014

Had a goal of losing 25 lbs, completing a

Mile on the bike and increasing arm strength.

