



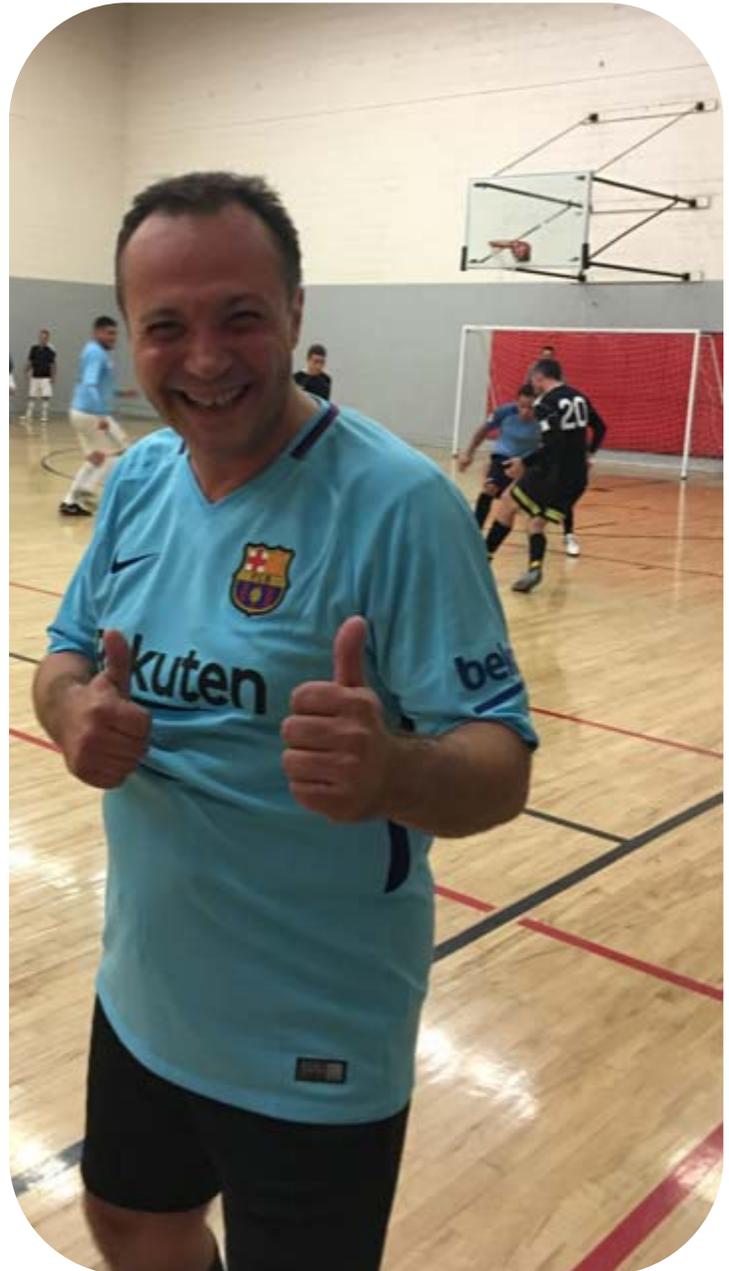
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

I FEEL LIKE A KID AGAIN

Armen Movsessian joined the Burbank Y Adult Soccer League in September and has been loving every single minute of it. He is thankful for the opportunity to participate and says it made him feel like he was 15 years old again.

He drastically changed his life and started exercising five days a week. As a professional musician and recording artist, indoor soccer at the Y helps him stay in shape and takes all his stress away.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

BUILDING MEMORIES AND FRIENDSHIPS

My son has been at the Burbank Y afterschool program since he started kindergarten in 2016. Each day, he shares stories with his friends from other Burbank schools as well as with his counselors who have become our great friends. I trust them 100%.

It has been a struggle for us financially. I work three jobs and I attend college studying ceramics and glaze calculations, working on becoming a ceramics teacher. There was a time when I was working seven days a week as a single mom and could barely afford for Jack to continue at the Y. His father passed away in May 2018 adding a struggle for us emotionally.

Thank goodness the Y awarded us financial aid, not only for the school year but for summer camp as well. I am forever grateful for the support as well as the bond between the center and my son, building lifelong memories and friendships!



~Jennifer Hartman and Jack Hartman-Maynor





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

SUMMER FUN AND EXPLORING

We decided to check out the Burbank Y, uncertain where to have our daughter go to summer camp last year. Then we learned that the Y offered extended camp hours which allows parents to drop off their child(ren), work 8 hours and return for pick up all during summer camp hours. The children are grouped by their ages, thus the outings and activities are planned age accordingly.



We definitely liked the variety of outings and activities they planned for campers. Our daughter, Jazlynn, absolutely loved all of the silly and crazy songs taught to the campers and they were encouraged to sing at the top of their voices!! Most days, Jazlynn would sing these songs all the way home.

She also really enjoyed exploring places like LA County Museum of Art, Planet Rehab and the Discovery Cube. She loved the Pirate show, seeing a Sparks game and going to Raging Waters. What was really cool, was we had never taken her to some of these places.

~Karen Woods and Alfred Gonzalez

"I liked summer camp because we sang songs, played games, went on a lot of field trips, and every week we did something different. For example, one week was water week and another week was Messy Olympics. YMCA summer camp was a lot of fun this year!!"

~Jazlynn





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

RECLAIMING HEALTH

Marin: I started coming to the Y about one and a half years ago. I had lost 25 pounds and wanted to do more. Having Multiple Sclerosis (MS), aquatic exercise was my only option. I began taking Deep Water class and Finning along with swimming laps and continued to drop another 60 pounds for a total weight loss of 85 pounds. These classes are a total body workout and have helped me with core strength and endurance. Although I will always have MS, the aquatics program has helped me get my life back.



Jill & Marin

Jill: I have been a member of the Y for 20 years. I am a breast cancer survivor and returned to the Y taking three yoga classes a week. Needing more exercise, I began taking Deep Water and Finning classes. Finning class has been a great complement to yoga by improving my core strength and endurance.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

OUR PATHPOINT FAMILY

The Burbank Y and PathPoint, a local nonprofit supporting adults with disabilities, have had a successful partnership since 2008. Individuals in PathPoint's employment program work for the Y, learning job skills and contributing to the community. They help clean gym equipment and maintain general housekeeping. Say "hello" to our great PathPoint team the next time you see them.

PathPoint partners with people with disabilities, people with mental health diagnoses, and young adults to pursue their hopes and dreams through strengthening workplace abilities, building life skills, and



developing meaningful relationships. Founded in 1964, it supports more than 2,700 individuals annually in five Central Coast and Southern California counties: Kern, Los Angeles, San Luis Obispo, Santa Barbara, and Ventura. To get more info visit www.PathPoint.org





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



95 YEARS AND GOING STRONG !

By Mary Cutone, President/CEO

This year marks our 95th year serving the Burbank community and I feel a little like a school girl excited for her birthday. I begin by sharing the stories that keep us going, that keep us inspired, that remind us of who we are and why we come together to become stronger in spirit, mind and body. At our core, the Y is about helping individuals reach their full potential.



Yet far too many of our neighbors still face barriers to their health and wellbeing. Children from low income households need summer learning camps and other enrichment experiences in order to keep up, build self-esteem and thrive. I hope that you will join me in making a \$95 gift to the Y this year in celebration of our 95th birthday so that we can continue to be a powerful force in Burbank, creating the strong, welcoming community we all call home.

**The Y: For a better you. For a better community.
For a better us.**