



YMCA of Austin | Program Highlight Videos

[Early Learning Readiness with the YMCA](#)

Run time: 4 minutes, 10 seconds

The Early Learning Readiness Program is a free grant-based community program for qualifying low-income families that focuses on preparing children 2-4 years old for school, while providing their caregivers with the tools to facilitate their child's development and encourage learning at home.

[YMCA of Austin Afterschool Child Care](#)

Run time: 3 minutes

Y Afterschool provides opportunities for physical, social-emotional, and cognitive learning experiences. Participants gain a sense of achievement, build relationships, and find their sense of belonging. For parents, Y Afterschool offers peace of mind knowing their child is in a safe and enriching place.

[Summer Camp at the YMCA of Austin](#)

Run time: 3 minutes

Fun. Delivered fresh daily. YMCA Summer Day Camp, Spring Break Camp and Winter Holiday Camp offer children and teens - ages 4 to 14 - a safe, exciting and memory-making day camp experience.

[Senior Fitness at the YMCA](#)

Run time: 5 minutes, 10 seconds

At the YMCA we've made the health and fitness of our seniors a top priority by providing programs for the spirit, mind, and body. Through group exercise classes and aquatic programs that concentrate on mobility and flexibility, dance classes, social events, and volunteer activities, the YMCA is bringing Seniors/Active Older Adults (AOA) together for camaraderie, fellowship, and fun!

[LIVESTRONG at the YMCA](#)

Run time: 3 minutes, 45 seconds

LIVESTRONG at the YMCA is a FREE 12-week YMCA-funded and YMCA-managed physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people move beyond cancer in spirit, mind and body.

[Meet the Future Stewards of YMCA Camp Moody](#)

Run time: 2 minutes, 25 seconds

The YMCA of Austin has recently completed Phase 1 of one of our largest and most ambitious projects to date, building an 85-acre multi-use site for day & overnight camps, group events, retreats, and outdoor education just 15 miles south of downtown Austin. Meet some of the future campers that we can't wait to host at YMCA Camp Moody!

[North Austin Community Garden](#)

Run time: 2 minutes, 55 seconds

The volunteer-led North Austin Community Garden is helping forge a connection between the earth and the food we eat.

[YMCA Special Needs Aquatics](#)

Run time: 2 minutes

SNAP Aquatics are water-based lessons that incorporate swimming and water safety skills. Classes focus on fun, fitness and independence in a supportive, non-competitive environment. Private and Group lessons are available to help participants reach their individual goals.