

# YMCA OPEN DOORS

At the YMCA, we believe no one should miss out when it comes to living a healthy life.



**At the Y, communities come first  
and as a not-for-profit with a rich  
history, our vision is clear;**

Bendigo Regional YMCA has operated in the community since 1905 and in this time we've demonstrated a continuous record of community involvement and impact. While our particular activities and operations may have changed over the years, our work with the community hasn't.

We're all about helping create healthier and happier people and we achieve this by delivering a range of activities including:

- Health and fitness
- Swimming lessons
- Older adult programs
- Occasional Care
- Sport stadium
- Volunteering
- Community strengthening
- Community events

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While we offer a range of programs and services for people of all ages, abilities, cultural backgrounds and lifestyles, not all people can afford to participate. YMCA's mission is to provide equal access to all members of the community, to make sure no one misses out.



### **WE DO THIS THROUGH OPEN DOORS**

YMCA Open Doors aims to address and reduce health inequalities by ensuring no one is denied access. Through Open Doors, YMCA subsidises the cost of accessing programs and services. Subsidies for eligible recipients range from 80-100% of full program fees.

### **HOW IT WORKS**

Applications are received either via a referral process or by individuals. All applications are assessed according to sound selection criteria . Completed in consultation with community agencies, which support those in mostneed if required

For more information on YMCA Open Doors please contact

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