Veteran Ops Watch

YMCA Programs
Master U.S. + International Directory

Consolidated from all YMCA scans plus fresh verification and veteran-camp expansion
Research date: October 23, 2026

58	24	8
Records	U.S. states/regions	International markets

Scope note. This master directory consolidates every veteran-relevant YMCA program, benefit, service, or high-confidence lead identified in the prior scans and current verification passes. It is not a literal list of every YMCA building worldwide: YMCA networks include thousands of local facilities and World YMCA operates through national movements in about 120 countries. Programs that are active-duty-only are labeled so they are not misrepresented as veteran benefits. This revised edition also adds major non-veteran YMCA program categories, current international examples, and a dedicated section for YMCA camps and retreats serving veterans and veteran families.

Recommended Veteran Ops Watch use. Prioritize entries marked Current and veteran-specific for partnership outreach, flyers and referral listings. Reverify cohort dates, fees and eligibility immediately before publication.

Executive Summary

- The densest structured veteran-wellness network remains New Jersey, where multiple YMCA associations use a 12-week Veterans Wellness/Pathway model.
- Pennsylvania has a second strong cluster, including Greater Philadelphia, Harrisburg, Pittsburgh and Centre County programs spanning wellness, food support and coalition activity.
- Several YMCAs offer services beyond fitness: Saginaw operates a veteran service hub; Dallas offers peer connection; San Antonio provides counseling; Oregon YMCA partners support veteran housing; and Indianapolis integrates a VA clinic with YMCA access.
- International veteran-specific YMCA programming is much thinner in public web results. The strongest current leads are in the United Kingdom, while Canada and New Zealand provide partnership/history leads that need direct confirmation for current veteran-facing services.
- The national Military Outreach Initiative is important but should not be presented as a general veteran benefit. Current ASYMCA rules are tied to qualifying Title 10 service situations.
- Veteran camp opportunities include direct-to-veteran therapeutic weekends, veteran-family retreats, and subsidized camps for children of veterans; each is labeled by who actually attends.

Priority Outreach Categories

- Structured veteran wellness cohorts
- Mental-health and peer-support programs
- Adaptive aquatics and outdoor recreation
- Veteran housing / homelessness prevention
- Food, benefits navigation and service hubs
- Veteran membership discounts and waived join fees
- Veteran-family retreats and camp opportunities

National

Armed Services YMCA - DoD/DoW Military Outreach Initiative

Type	Status	Summary
Active-duty / qualifying Guard-Reserve support	Current	No-cost fitness memberships and respite care for eligible Title 10 personnel and families. ASYMCA explicitly states the federal program is not available to veterans based only on veteran status.

Source: https://asymca.org/what-we-do/dod-moi/

YMCA of the USA - Military Outreach Initiative / national network

Type	Status	Summary
Military-family support	Current	Participating Ys provide membership and respite child care under Armed Services YMCA/DoD rules. This is not a blanket veteran benefit; veteran eligibility must come from a separate local YMCA benefit or program.

Source: https://www.ymca.org/what-we-do/social-responsibility/military-outreach

Arizona

Valley of the Sun YMCA - Southwest Valley - Veterans Wellness Initiative

Type	Status	Summary
Veteran-specific wellness	2026 session listed	Structured 12-week program focused on strength, cardiovascular health, mobility, healthy habits and community connection.

Source: https://phoenix.recliquecore.com/programs/2000048/healthy-living-programs/

California

YMCA of San Diego County - Veterans Active & Strong

Type	Status	Summary
Veteran-specific wellness	Current	Complimentary 12-week physical-activity and peer-support program with twice-weekly sessions at participating branches including Mottino, John A. Davis and Toby Wells YMCAs.

Source: https://www.ymcasd.org/programs/well-being/veterans-active

Colorado

YMCA of the Pikes Peak Region - Veterans Wellness Initiative

Type	Status	Summary
Veteran-specific wellness	Current 2026	Free 12-week wellness initiative for veterans and their families; association also has substantial military-community programming in Colorado Springs.

Source: https://ppymca.org/

Connecticut

Valley Shore YMCA - Military & Veteran Discount

Type	Status	Summary
Veteran membership support	Current	Membership and eligible-program discount for active duty, reserve, retired, veteran and Coast Guard servicepersons with proof of eligibility.

Source: https://vsymca.org/membership/

YMCA of Central Connecticut Coast - Alpha Community Services - Supportive Services for Veteran Families (SSVF)

Type	Status	Summary
Veteran housing stabilization	Current directory listing - verify intake	Housing stabilization, case management, outreach and temporary financial assistance for very-low-income veteran families experiencing or at risk of homelessness.

Source: https://mentalhealth.networkofcare.org/connecticut/services/agency?pid=YMCACENTRALCONNECTICUTCOASTALPHACOMMUNITYSERVICESSupportiveServicesforVeteranFamiliesSSVFBridgeport_556_2_0

Florida

First Coast YMCA - Operation Strong & Ready - Veteran Version / Military Outdoor Adventures

Type	Status	Summary
Veteran wellness and outdoors	Current / strategic expansion	Veteran-focused wellness programming plus outdoor adventures; First Coast strategic plan calls for expanding veteran wellness and retreats across its service area.

Source: https://fcymca.org/military-outreach/

Tampa Metropolitan Area YMCA - Operation Strong Families

Type	Status	Summary
Veteran family wellness	Current	Free multi-week family wellness program for active military and veteran families; association also advertises military/veteran membership savings.

Source: https://tampaymca.org/programs/health-fitness/military

YMCA of Collier County - Home Base Health & Fitness Program

Type	Status	Summary
Veteran-specific wellness	Current	Free 90-day health and fitness program for Southwest Florida veterans with supervised exercise and education on nutrition, sleep, stress and wellness.

Source: https://ymcacollier.org/homebase.html

YMCA of South Florida - Veteran Support & Membership

Type	Status	Summary
Veteran support / membership	Current	Discounted memberships, financial assistance, employment/volunteer opportunities, wellness seminars and other veteran resources.

Source: https://ymcasouthflorida.org/blog/how-does-the-ymca-support-veterans-in-south-florida/

YMCA of the Treasure Coast - Military & Veteran Discount

Type	Status	Summary
Veteran membership support	Current	Discounted monthly membership for active duty and honorably discharged veterans; documentation required.

Source: https://ymcatreasurecoast.org/military-discount/

Georgia

Summit Family YMCA (Metro Atlanta) - Veterans Expo

Type	Status	Summary
Veteran resource event	Recurring	Free veterans resource expo connecting veterans, active-duty personnel, families and caregivers with VA and community resources.

Source: https://www.ymcaatlanta.org/events/summit-vet-expo-old

YMCA of Metro Atlanta - Veterans & First Responders

Type	Status	Summary
Veteran wellness / membership	Current	Specialized veteran and first-responder programming with fitness, mental-health resources and camaraderie-building; membership discount may apply.

Source: https://www.ymcaatlanta.org/veterans

Indiana

YMCA of Greater Indianapolis - Veteran & Military Services / VA Clinic partnership

Type	Status	Summary
Veteran wellness, membership and health access	Current association commitment	20% membership reduction for veterans/military households; OrthoIndy Foundation YMCA includes a VA medical clinic; association collaborates with veteran service organizations and operates veteran-focused events and wellness activity.

Source: https://indymca.org/news/special-ymca-military-membership-rates/

Louisiana

East Jefferson / Dryades / Belle Chasse / West St. Tammany YMCAs - Veteran Fitness Discounts

Type	Status	Summary
Veteran membership support	VA directory listing - verify locally	VA Southeast Louisiana lists multiple YMCA locations as offering veterans a 10% discount and possible waived sign-up fee; confirm current branch terms directly.

Source: https://www.va.gov/southeast-louisiana-health-care/programs/

Massachusetts

YMCA of Central Massachusetts - Boroughs Family Branch - Warrior Wellness

Type	Status	Summary
Veteran fitness / peer support	Current page - verify schedule	Veteran exercise and peer-support program designed to improve fitness, activity and community connection.

Source: https://www.ymcaofcm.org/news/warrior-wellness-for-veterans/

Michigan

Monroe Family YMCA - Task Force 20 Veteran Membership

Type	Status	Summary
Veteran membership and personal training	Current	Task Force 20 partnership provides approved veterans a one-year free YMCA membership with 24-hour facility access and six one-hour personal-training sessions.

Source: https://www.monroefamilyymca.org/membership/military-veteran-discount/

Saginaw Family YMCA - Saginaw County Veteran Service HUB

Type	Status	Summary
Benefits navigation / food / transport	Current	Veteran Service Officer, Michigan Veterans Trust Fund assistance, veteran food pantry, transportation support, Vet-to-Vet gatherings and wellness events.

Source: https://saginawymca.org/

Minnesota / Wisconsin

YMCA of the North - Military & Veteran Support / Service Matters

Type	Status	Summary
Membership, retreats, camp and recreation	Current	15% veteran/service-member membership discount with $0 enrollment, Military and Veteran Family Retreat, Veteran Kids to Camp, and other veteran engagement opportunities.

Source: https://www.ymcanorth.org/impact/military_veteran_support

Missouri

Jefferson City Area YMCA - Military & Veteran Memberships

Type	Status	Summary
Veteran membership support	Current	10% discount on monthly membership fees for veterans and active military, waived joining commitment, plus reduced active-military day pass.

Source: https://www.jcymca.org/military-veteran-memberships/

Missouri / Illinois

Gateway Region YMCA - Military & Veteran Outreach

Type	Status	Summary
Veteran membership support	Current	10% membership discount for military families past and present across 25 YMCA locations in Greater St. Louis and Southwest Illinois.

Source: https://www.gwrymca.org/military-veteran-outreach

Nebraska

Beatrice Mary Family YMCA - Veteran Program

Type	Status	Summary
Veteran-specific wellness	Current page	Free 8-week wellness program with individualized training, physical and mental-health assessments, certified strength-coach support and full YMCA access during the program.

Source: https://www.beatriceymca.org/veterans-program/

Nevada

YMCA of Southern Nevada - Military/Veteran Outdoor Engagement

Type	Status	Summary
Outdoor recreation	Program example - verify next date	YMCA/National Park Service partnership documented veteran and active-military outdoor engagement including trips such as Zion; verify next scheduled offering.

Source: https://www.ymca.org/

New Jersey

Greater Somerset County YMCA - Veterans Wellness Program

Type	Status	Summary
Veteran-specific wellness	Current	Free 12-week family wellness program with guided exercise, nutrition, mental-health/mindfulness education, assessments and a six-month adult membership after successful completion.

Source: https://www.gscymca.org/programs/health-and-wellness/veterans-wellness/

Hamilton Area YMCA - Veteran / Military Membership Discount

Type	Status	Summary
Veteran membership support	Current	Local veteran and military membership savings with waived joining fee; verify current percentage and documentation requirements.

Source: https://w.hamiltonymca.org/join-now/join-us

Madison Area YMCA - Military Reduced Rate Membership

Type	Status	Summary
Veteran membership support	Current	Veterans, active duty and reservists receive 10% off standard membership, lifetime eligibility, family inclusion and waived initiation fee with proof of service.

Source: https://ww.madisonymca.org/membership/special-memberships

Metropolitan YMCA of the Oranges - Veterans Wellness Program

Type	Status	Summary
Veteran-specific wellness	Current	Free 12-week Veterans Pathway model; current/recent cohorts include West Essex and Sussex County YMCA locations.

Source: https://metroymcas.org/veterans

Raritan Bay Area YMCA - Veterans Wellness Program

Type	Status	Summary
Veteran-specific wellness	Current	12-week program for veterans and spouses/partners with family membership, body-composition assessment, and education on fitness, mental health, mindfulness and nutrition.

Source: https://www.rbaymca.org/membership/veterans-wellness-program/

Summit Area YMCA - Veteran Memberships

Type	Status	Summary
Veteran membership support	Current	Veterans receive discounted membership and waived join fee; qualifying disabled veterans may receive additional support depending on local terms.

Source: https://www.thesay.org/membership/special-offers/

The Gateway Family YMCA - Veterans Wellness Initiative

Type	Status	Summary
Veteran-specific wellness	Current	Free 12-week wellness program for veterans and spouse/partner with fitness and wellness support; recent locations include Elizabeth, Rahway and Union.

Source: https://tgfymca.org/veterans-wellness/

West Morris Area YMCA - Warrior UH20

Type	Status	Summary
Adaptive aquatics	Current	Adaptive water exercise for active-duty military and veterans, including balance, strength, agility, mindfulness and relaxation; program notes relevance to chronic pain, musculoskeletal injury, TBI and PTS.

Source: https://www.wmaymca.org/https%3A/www.randolphymca.org/schedules/main-poolwarm-water-pool/warrior-uh20

Wyckoff Family YMCA - Veterans Initiative / Patriot Club

Type	Status	Summary
Veteran community and events	Current / recurring	Veteran initiative supported by community events, lectures and annual veteran recognition activities.

Source: https://wyckoffymca.org/

YMCA of Montclair - Veterans Wellness Initiative

Type	Status	Summary
Veteran-specific wellness	Current	12-week health and wellness program with guided workouts, educational sessions and complimentary YMCA family membership for veterans and family members.

Source: https://www.montclairymca.org/community-health-wellness/

YMCA of the Jersey Shore / Greater Monmouth County YMCA - Veterans Pathway / Veterans Wellness

Type	Status	Summary
Veteran-specific wellness	Current / cohort dates vary	Free 12-week wellness pathway for veterans and spouses/partners, family membership during the program, and follow-on membership after successful completion. Local branches include Freehold, Old Bridge and Red Bank in recent materials.

Source: https://ymcanj.org/veteranswellness/

New York

YMCA Buffalo Niagara - Military Membership / Veteran Join-Fee Waiver

Type	Status	Summary
Veteran membership support	Current	Active military and retired veterans pay no join fee on a new membership with valid military ID; association also participates in Military Outreach.

Source: https://www.ymcabn.org/military-membership

Oregon

Family YMCA of Marion and Polk Counties - Courtney Place Veterans Housing

Type	Status	Summary
Veteran affordable housing	Current	YMCA-partnered supportive affordable housing in Salem for low-income veterans, with wrap-around services and free Y membership for residents.

Source: https://www.hfdpartners.com/properties/ymca-veterans-apartments

Mid-Willamette Family YMCA Veterans Housing - A Place Called Home / Veterans Apartments

Type	Status	Summary
Veteran affordable housing	Current development / program	Veteran-focused affordable housing initiative in Albany with benefits navigation, peer support and coordinated services; 38-unit project identified with YMCA partnership.

Source: https://yvetshousing.com/

Pennsylvania

Greater Philadelphia YMCA - Veterans Wellness Program

Type	Status	Summary
Veteran-specific wellness	Current - 2026	Free 12-week program for veterans and a designated support person with complimentary membership and wellness programming. 2026 locations: Ambler, Haverford, Rocky Run, Spring Valley and Willow Grove.

Source: https://www.philaymca.org/news/sign-veterans-wellness-program-y

Harrisburg Area YMCA - Veterans Wellness / Veterans Pathway

Type	Status	Summary
Veteran-specific wellness	Current	Free 12-week program for veterans, active military and spouses/partners including exercise, yoga, education and membership support.

Source: https://ymcaharrisburg.org/home/programs/community/veterans-wellness/

YMCA of Centre County - Veterans & Active Duty Benefits / Military Share

Type	Status	Summary
Food, coalition and membership support	Current	20% membership discount, no joiner fee, discounted lifesaving courses, monthly Military Share food distribution, and quarterly Centre County Veteran Coalition meetings at the State College YMCA.

Source: https://www.ymcaofcentrecounty.org/membership/military-benefits/

YMCA of Greater Pittsburgh - Veterans Wellness Program

Type	Status	Summary
Veteran-specific wellness	Current	12-week program with trainer guidance, full facility access and physical, mental and social wellness support for veterans and spouses/partners.

Source: https://www.pittsburghymca.org/veteransupport

Rhode Island

Participating Rhode Island YMCAs - YMCA Military Membership

Type	Status	Summary
Military family support	Current state listing - not general veteran benefit	State veterans office lists the YMCA Military Membership benefit for eligible military families and wounded service members under DoD/ASYMCA rules.

Source: https://vets.ri.gov/find-your-benefits/find-your-benefits/ymca-military-membership

Texas

Greater Austin YMCA - Military Scholarship for Veterans

Type	Status	Summary
Veteran membership support	Current	Eligible active-duty personnel and veterans receive membership support and no join fee with proof of service.

Source: https://www.austinymca.org/membership/military-discounts/

YMCA of Greater San Antonio - Veteran Counseling Services

Type	Status	Summary
Veteran mental health	Current	Individual and group counseling for veterans including PTSD, anxiety/depression, grief, trauma and stress/anger management; telehealth may be available.

Source: https://ymcasatx.org/counseling-services

YMCA of Metropolitan Dallas - Semones Family YMCA - Veterans Connect

Type	Status	Summary
Veteran peer connection	Current	Veteran community group focused on connection, wellness, outreach, service and partner resources; meets on a recurring schedule.

Source: https://ymcadallas.org/locations/semones-family-ymca/veterans-connect

Washington

YMCA of Greater Seattle - Veteran & Retired Military Support

Type	Status	Summary
Veteran membership / wellness access	Current	Veterans and retired military receive a $0 join fee when joining in person, plus access to Y wellness programming and 14 Greater Seattle locations.

Source: https://www.seattleymca.org/membership/benefits/military-outreach-initiative

YMCA of Pierce and Kitsap Counties - Military Camperships

Type	Status	Summary
Military family camp support	Current - not general veteran benefit	Subsidized overnight/day camp experiences for eligible active-duty and full-time Guard/Reserve families in Western Washington; useful military-family lead but not a general veteran program.

Source: https://www.ymcapkc.org/outdoorcamps/military-campership-program

Washington / Idaho

YMCA of the Inland Northwest - Military & Veteran Memberships

Type	Status	Summary
Veteran membership support	Current	Veteran/military membership offers waived join fee and 10% off monthly dues at five locations; proof of service required.

Source: https://ymcainw.org/wp-content/uploads/2025/06/Military-Veteran-2025MembershipsFlyer.pdf

Wisconsin

Oshkosh Community YMCA - Beyond Limits Veteran Program

Type	Status	Summary
Veteran wellness and training	Current	Veterans and active service members receive membership savings, no joiner fee, discounted personal training, and specialized training adaptable for injury or disability.

Source: https://oshkoshymca.org/beyond-limits

Canada - Newfoundland & Labrador

Goose Bay Military Family Resource Centre / local YMCA partnership - YMCA Pool Access for Military & Veteran Families

Type	Status	Summary
Veteran family recreation	2026 current-period example	Program provided YMCA pool access for military members, veterans, spouses and children while broader pass arrangements were pursued.

Source: https://cfmws.ca/

Canada - Quebec

Les YMCA du Quebec - Alternative Gym / Dialogue veteran project

Type	Status	Summary
Veteran wellness / homelessness support	Historical - reverify	Veterans Affairs Canada funded a YMCA Quebec project combining supervised physical activity with psychosocial support for veterans experiencing or at risk of homelessness. Treat as a proven model, not a currently open program.

Source: https://www.veterans.gc.ca/en/about-vac/research/veteran-and-family-well-being-fund/funding-recipients/funding-recipients-2018-2019/final-report-summary-les-ymca-du-quebec

Canada - Southwestern Ontario

YMCA of Southwestern Ontario + Military Family Resource Centre - Military Family Membership Partnership

Type	Status	Summary
Military/veteran family support	Older partnership - reverify	Documented partnership offered military families membership discounts and special programming at multiple branches; current terms should be confirmed before publication.

Source: https://www.ymcaswo.ca/news/ymca-celebrates-military-family-appreciation-day-september-16-2022

New Zealand

YMCA New Zealand Soldiers Great War Memorial Trust - Soldiers Trust

Type	Status	Summary
Veteran-linked charitable trust	Current trust - not direct veteran service	Registered trust historically tied to YMCA wartime service; in 2025 it distributed funds to Y associations for youth and inclusion programs. Useful partnership/history lead, not evidence of an open veteran program.

Source: https://ymca.org.nz/soldiers-trust-funding-distribution-2025/

United Kingdom

Central YMCA - Armed Forces resettlement / career-transition relationship

Type	Status	Summary
Service-leaver employment / training lead	Reverify current offerings	Prior scan identified a relationship with Armed Forces resettlement and Career Transition Partnership pathways. Contact directly for current veteran/service-leaver training and eligibility.

Source: https://www.ymca.co.uk/

United Kingdom - England & Wales

YMCA England & Wales - Housing and Support Access

Type	Status	Summary
General support relevant to veterans	Current	Supported housing, homelessness guidance, health/wellbeing and support services. This is broad YMCA support, not a dedicated veteran program.

Source: https://ymca.org.uk/services/housing/

United Kingdom - Plymouth

YMCA Plymouth & Discovery College - Armed Forces Covenant / Armed Forces discount

Type	Status	Summary
Veteran inclusion, employment and fitness	Current	Covenant commitments include veterans/service leavers, spouses, reservists, wounded/injured/sick personnel, employment support, career transition engagement and concessionary fitness access. Armed Forces gym discount is available to active military and veterans.

Source: https://www.gov.uk/armed-forces-covenant-businesses/ymca-plymouth-and-discovery-college

United Kingdom - Wirral

YMCA Wirral - Armed Forces Covenant

Type	Status	Summary
Veteran inclusion / broad support	Current organizational commitment	Covenant recognizes serving personnel, service leavers, veterans and families and connects to housing, health, employment, financial assistance and discounted services.

Source: https://ymcawirral.org.uk/ymca-wirral-signs-up-for-the-armed-forces-covenant/

Branch-Level Confirmations & Network Notes

Greater Philadelphia YMCA - 2026 Veterans Wellness locations

Branch	Address	Phone
Ambler YMCA	1325 McKean Rd, Ambler, PA 19002	215-628-9950
Haverford Area YMCA	891 N Eagle Rd, Havertown, PA 19083	610-649-0700
Rocky Run YMCA	1299 W Baltimore Pike, Media, PA 19063	610-627-9622
Spring Valley YMCA	19 W Linfield-Trappe Rd, Royersford, PA 19468	484-984-2000
Willow Grove YMCA	3300 Davisville Rd, Hatboro, PA 19040	215-392-4900

National network note

Military Outreach participation: YMCA of Greater Seattle reports that roughly 1,700 YMCAs support the national military initiative, while YMCA of the USA provides a national participating-Y finder. Those locations should be treated as military-family resources unless they separately advertise a veteran benefit.

International network note

World YMCA footprint: World YMCA maintains national movements in about 120 countries. This report lists veteran-relevant programs and leads found in public sources, not every national movement. For future outreach, country federations are the most efficient path to uncover local veteran or ex-service programs that are not indexed in English-language search.

Verification & Publishing Guidance

CURRENT: A current or recently crawled official/authoritative page was located. Cohort dates can still change.

CURRENT / COHORT DATES VARY: Program model appears active, but intake periods or exact locations need reconfirmation.

VERIFY / REVERIFY: Credible lead or older official material; contact the YMCA before public posting.

HISTORICAL: Useful partnership precedent but should not be advertised as open.

NOT GENERAL VETERAN BENEFIT: Program is limited to qualifying active-duty/Guard/Reserve categories under separate rules.

Data quality rule for Veteran Ops Watch: Before publishing a program as open, verify the organizer page or contact the YMCA for current dates, eligibility, fees, registration links, accessibility, and a direct program coordinator. Preserve the organizer as the source of truth.

Non-Veteran YMCA Programs - U.S. & International

Purpose. This section expands the master directory beyond veteran-specific services. It captures major YMCA program families and selected current international initiatives. Because local YMCAs independently tailor programming to community needs, a national or international listing does not mean every branch offers every program.

How to use this section. Use national entries to identify program categories worth scanning at local branches. Use named local or international entries as direct outreach leads. Reverify schedules, fees, age requirements and enrollment status before publishing an opportunity.

Program Coverage Snapshot

Area	Examples
Youth & family	Child care, early learning, afterschool, youth clubs, leadership, camps, family support
Aquatics & recreation	Swim lessons, water safety, sports, outdoor education, social groups
Health	Diabetes prevention, cancer survivorship, blood-pressure support, older-adult fitness, healthy weight
Basic needs	Food access, housing, homelessness support, benefits advice
Education & work	ESL, newcomer support, apprenticeships, vocational training, digital skills, entrepreneurship
Mental health & inclusion	Counselling, mentoring, disability programs, youth wellbeing, anti-bullying/human-rights initiatives
Community & global	Welcoming Week, climate action, peacebuilding, cross-border and environmental projects

National

YMCA of the USA - Youth Development

Type	Status	Summary
Youth / education	Current	Child care, early learning, afterschool activities, education and leadership, camps, swim, sports and play are core youth-development offerings; availability varies by local Y.

Source: https://www.ymca.org/what-we-do/youth-development

YMCA of the USA - Child Care & Early Learning

Type	Status	Summary
Child care	Current	Safe, enriching early-learning, child-care and out-of-school-time programs designed to support development, relationships and self-reliance.

Source: https://www.ymca.org/what-we-do/youth-development

YMCA of the USA - Camp & Outdoor Education

Type	Status	Summary
Camp / outdoor recreation	Current	Day and overnight camps provide outdoor learning, confidence-building, independence, friendship and skill development.

Source: https://www.ymca.org/get-involved/participate

YMCA of the USA - Safety Around Water

Type	Status	Summary
Aquatics / drowning prevention	Current	Eight-lesson water-safety program teaching foundational safety skills; Y swim lessons include Swim Starters, Swim Basics and Swim Strokes.

Source: https://www.ymca.org/what-we-do/healthy-living/water-safety

YMCA of the USA - Sports & Recreation

Type	Status	Summary
Sports / recreation	Current	Recreational activities for people of different ages and abilities, including youth team sports and locally offered adult recreation.

Source: https://www.ymca.org/what-we-do

YMCA of the USA - Year-Round Food Programs

Type	Status	Summary
Food access	Current	Afterschool meals, summer meals and whole-family food assistance, often paired with enrichment and physical activity.

Source: https://www.ymca.org/what-we-do/youth-development/food-programs

YMCA of the USA - YMCA Diabetes Prevention Program

Type	Status	Summary
Chronic disease prevention	Current	Evidence-based small-group lifestyle program to reduce type 2 diabetes risk; YMCA of the USA reports availability through more than 1,400 locations in 43 states.

Source: https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention

YMCA of the USA - LIVESTRONG at the YMCA

Type	Status	Summary
Cancer survivorship	Current	Small-group, 12-week physical and mental wellness program for people living with, through or beyond cancer.

Source: https://www.ymca.org/what-we-do/healthy-living/fitness/livestrong

YMCA of the USA - Blood Pressure Self-Monitoring

Type	Status	Summary
Heart health	Current	Personalized support to help participants build the habit of monitoring and managing blood pressure.

Source: https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention

YMCA of the USA - EnhanceFitness

Type	Status	Summary
Older adults / arthritis	Current	Group exercise program for older adults, particularly those with arthritis, focused on strength, mobility and social connection.

Source: https://www.ymca.org/what-we-do/healthy-living/fitness/older-adults

YMCA of the USA - Moving For Better Balance

Type	Status	Summary
Older adults / fall prevention	Current	Twelve-week modified Tai Chi program designed to improve balance and help prevent falls.

Source: https://www.ymca.org/what-we-do/healthy-living/fitness/older-adults

YMCA of the USA - Healthy Weight and Your Child

Type	Status	Summary
Family health	Current	Family-based program for children ages 7-13 who meet eligibility criteria, combining education, healthy eating and physical activity.

Source: https://www.ymca.org/what-we-do/healthy-living/fitness/healthy-weight-and-your-child

YMCA of the USA - Newcomer Integration Services

Type	Status	Summary
Newcomer / immigrant support	Current / local availability	Local Ys may offer ESL/adult education, citizenship support, health and well-being, employment programming and community-integration services.

Source: https://www.ymca.org/what-we-do/social-responsibility/global-services

YMCA of the USA - Welcoming Week

Type	Status	Summary
Community inclusion	Current / annual	Annual cross-cultural community events connecting immigrant and U.S.-born neighbors; 2026 Welcoming Week runs September 10-19.

Source: https://www.ymca.org/what-we-do/social-responsibility/newcomers/welcoming-week

YMCA of the USA - Healthy Kids Day

Type	Status	Summary
Family / youth wellness	Current / annual	Annual family event promoting physical activity, play, curiosity and healthy food; local Y participation varies.

Source: https://www.ymca.org/what-we-do/healthy-living/family-time/healthy-kids-day

YMCA of the USA - Healthier Communities Initiatives

Type	Status	Summary
Community health	Current / local initiatives	Community-level policy, systems and environmental work supporting healthier lifestyles, food access, active transportation and chronic-disease prevention.

Source: https://www.ymca.org/what-we-do/healthy-living/communities

International - Canada

YMCA Canada - Camping & Outdoor Education

Type	Status	Summary
Camp / outdoor education	Current / local availability	Day and overnight camps and outdoor adventures for youth and adults, designed to build confidence and independence.

Source: https://ymca.ca/en/what-we-do/ymca-programs-services

YMCA Canada - Health, Fitness & Aquatics

Type	Status	Summary
Health / aquatics	Current / local availability	Local Canadian YMCAs operate health, fitness and aquatics programming; specific classes and services vary by association.

Source: https://ymca.ca/en/what-we-do/ymca-programs-services

YMCA Canada - Child Care & Family Programs

Type	Status	Summary
Child care / family	Current / local availability	Local associations provide child care and family supports; financial assistance may be available depending on location.

Source: https://ymca.ca/en/what-we-do/ymca-programs-services

YMCA Canada - Newcomer & Immigrant Services

Type	Status	Summary
Newcomer support	Current / local availability	Many local YMCAs offer free newcomer services such as employment, housing, child-care and community-connection support.

Source: https://ymca.ca/en/who-we-are/about-us

YMCA Southwestern New Brunswick - Newcomer Employment Training

Type	Status	Summary
Employment / newcomer services	Current	Employment-language training, workplace preparation, employer contact and short-term certification pathways for newcomers.

Source: https://swnb.ymca.ca/newcomers-connections/employment-training-programs/

International - England & Wales

YMCA England & Wales - Health & Wellbeing

Type	Status	Summary
Health / fitness	Current	Gyms, sport, recreation, healthy-living activities and community hubs supporting physical and social wellbeing.

Source: https://ymca.org.uk/what-we-do/

YMCA England & Wales - Family & Youth Work

Type	Status	Summary
Youth / family	Current	Nurseries, children's centres, before/after-school clubs, holiday clubs, camps, youth work, young-carer respite, parenting support and family mediation.

Source: https://ymca.org.uk/services/family-and-youth-work/

YMCA England & Wales - Supported Housing & Homelessness Services

Type	Status	Summary
Housing	Current	Emergency accommodation, supported hostels and foyers, move-on housing and other supported housing with personalized pathways toward independence.

Source: https://ymca.org.uk/services/housing/

YMCA England & Wales - Training & Education

Type	Status	Summary
Education / employment	Current	Life skills, literacy/numeracy, ICT, budgeting, work experience, apprenticeships, alternative education and further education pathways.

Source: https://ymca.org.uk/services/training-and-education/

YMCA England & Wales - Support & Advice

Type	Status	Summary
Mental health / welfare	Current	Employment advice, mentoring, mental-health education and counselling, sexual-health support, drug/alcohol support, benefits/housing advice, and food-bank/pantry services.

Source: https://ymca.org.uk/services/support-and-advice/

YMCA England & Wales - Disability Programmes

Type	Status	Summary
Disability / inclusion	Current / local availability	Local YMCA directory includes disability programmes and rehabilitative/special-care services; offerings vary by location.

Source: https://ymca.org.uk/locations/

International - Australia

YMCAs Queensland & Whittlesea - Community Schools

Type	Status	Summary
Community wellbeing / education	2026 Impact Awards finalist	Community-school model serving vulnerable people; selected as a 2026 World YMCA Impact Awards finalist.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - England

YMCA Norfolk - Youth Mental Health Counselling Pathways

Type	Status	Summary
Mental health	2026 Impact Awards finalist	Connects vulnerable young people with mental-health counsellors and professional therapeutic pathways.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Singapore

Metropolitan YMCA of Singapore - Nature Therapy, Skills & Employment Pathways

Type	Status	Summary
Disability / employment / wellbeing	2026 Impact Awards finalist	Nature-based therapy, skills training and employment pathways for young people and people with disabilities.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Sierra Leone

YMCA Sierra Leone - Youth Livelihoods Programme

Type	Status	Summary
Employment / entrepreneurship	2026 Impact Awards finalist	Skills and entrepreneurship training plus small grants for marginalized young people, especially women.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - East Jerusalem / Jericho

YMCA East Jerusalem - Vocational Training Centre

Type	Status	Summary
Vocational education	2026 Impact Awards finalist	Vocational education for young people and vulnerable groups in a refugee-camp context, with boarding support for resident students.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Ghana

YMCA Ghana - Film & Media Training for Peace

Type	Status	Summary
Youth skills / peacebuilding	2026 Impact Awards finalist	Onsite filmmaking and media training for young people linked to peacebuilding.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Scotland

YMCA Tayside - Learn2Earn

Type	Status	Summary
Digital skills / employment	2026 Impact Awards finalist	Digital skills, enterprise development and accredited qualifications designed to improve employment pathways.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Togo

YMCA Togo - Climate-Smart Demonstration Farm

Type	Status	Summary
Climate / livelihoods	2026 Impact Awards finalist	Demonstration farm teaching young farmers climate-smart organic, zero-waste and sustainable agriculture.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - New Zealand

YMCA North - Te Wairoa River Restoration

Type	Status	Summary
Environment / community	2026 Impact Awards finalist	Community-led ecological restoration initiative focused on the Te Wairoa River.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Cameroon

YMCA Cameroon - Plastic Recycling Social Enterprise

Type	Status	Summary
Environment / youth engagement	2026 Impact Awards finalist	Community and school engagement around plastic pollution plus a bottle-recycling unit.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Nigeria

YMCA Gombe - Climate, Livelihood & Tree-Nursery Initiative

Type	Status	Summary
Climate / livelihoods	2026 Impact Awards finalist	Community nurseries and income-generating tree planting integrated with training and livelihoods.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - India

YMCA India - Mobile & Community Primary Healthcare

Type	Status	Summary
Healthcare	2026 Impact Awards finalist	Community outpatient clinic and mobile unit reaching villages in the mountainous Bhimtal region.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Madagascar

YMCA Madagascar with YMCA Sweden - Doing It Right / Youth Power Spaces

Type	Status	Summary
Youth justice / protection	2026 Impact Awards finalist	Youth Power Spaces supporting youth justice rights, protection, reintegration and green ideas.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Japan

YMCA Morioka - Children's Human Rights & Anti-Bullying Project

Type	Status	Summary
Youth rights / education	2026 Impact Awards finalist	Uses a traditional card game to teach children about human rights and counter bullying.

Source: https://www.ymca.int/ymca-impact-awards-2026/

International - Mexico / United States

YMCA Mexico + YMCA of San Diego County - Cali-Baja Binational YMCA

Type	Status	Summary
Cross-border youth/community development	2026 Impact Awards finalist	Binational YMCA initiative coordinating programs, leadership, fundraising and community work across the Cali-Baja border region.

Source: https://www.ymca.int/ymca-impact-awards-2026/

Tennessee

YMCA of Middle Tennessee - Mental Health First Aid Initiative

Type	Status	Summary
Mental health	2026 Impact Awards finalist	Staff training to identify, understand and respond to mental-health challenges; selected as a 2026 World YMCA Impact Awards finalist.

Source: https://www.ymca.int/ymca-impact-awards-2026/

General YMCA Program Publishing Guidance

Local availability varies: YMCA of the USA and YMCA Canada both emphasize that local associations tailor programs to their communities. Confirm availability at the specific branch before publishing.

Do not assume membership is required: Some programs are member benefits, others are community programs, grant-funded services or free public events. Verify participation terms.

Check age and referral criteria: Youth, chronic-disease and housing programs may have strict age, medical, residency, referral or income requirements.

Preserve source attribution: For Veteran Ops Watch listings, link to the YMCA or program organizer as the source of truth and do not replace their registration process.

Separate evergreen from cohort-based programs: Swim lessons and child care may be recurring; wellness cohorts, camps, trainings and events can have limited enrollment windows.

YMCA Camps & Retreats for Veterans and Veteran Families

Purpose. This section isolates YMCA camp opportunities connected to veterans so they are easy to use for Veteran Ops Watch referrals and outreach. “Veteran attends” means the veteran is the camper/retreat participant. “Veteran-family” means a spouse, family unit, or child of a veteran participates. Always confirm space, dates, cost and documentation before publication or travel.

Flat Rock River YMCA Camp - Annual Vet Camp

Location	St. Paul, Indiana
Participant	Veteran attends
Status	Current annual program; 2026 event completed, 2027 date not yet posted
Program	Veteran Health Indiana and the OrthoIndy Foundation YMCA sponsor an annual therapeutic weekend at the 240-acre Flat Rock River YMCA Camp. VA reporting says the camp typically brings together about 50-60 veterans for fellowship and outdoor/Whole Health activities including range sports, campfire cooking, tai chi, yoga and ziplining. A September 2026 community report described more than 70 veterans attending the 2026 Vet Camp.
Contact / next step	YMCA of Greater Indianapolis / Flat Rock River YMCA Camp; camp: 765-525-6730; flatrock@indymca.org
Source	https://www.va.gov/WHOLEHEALTH/features/VA_YMCA_partnership_springboards_Veterans_to_bette.asp

YMCA of the North - Military and Veteran Family Retreat

Location	Minnesota / Wisconsin family-camp network
Participant	Veteran + family
Status	Current program; specific retreat dates vary / verify with Veteran Engagement
Program	YMCA of the North’s Veteran Engagement department partners with its camps to provide active military members, qualifying veterans and family members a weekend outdoor getaway designed around peer support and military/veteran community building.
Contact / next step	YMCA of the North Veteran Engagement; use the military/veteran support page for current registration details.
Source	https://www.ymcanorth.org/impact/military_veteran_support

YMCA of the North - Veteran Kids to Camp

Location	Minnesota / Wisconsin
Participant	Children of veterans / service members
Status	Current initiative; summer registration cycles vary
Program	Veteran Engagement partners with YMCA camping programs to extend day-camp opportunities to military and veteran families. The published eligibility language includes any person who is or has served in a military branch and was released under conditions other than dishonorable; documentation may include DD214, NGB22, ORB, ERB or a current CAC.
Contact / next step	YMCA of the North Customer Service / Veteran Engagement.
Source	https://www.ymcanorth.org/blog/2023/10/06/4720820/ymca_military_and_veterans_camps_programs

Operation Flat Rock - Flat Rock River YMCA Camp

Location	St. Paul, Indiana
Participant	Children of veterans / military families
Status	2026 session was July 5-10; monitor for 2027 dates
Program	One-week traditional overnight camp offered exclusively to children whose parents are veterans or currently serve, including Reserve and National Guard families. The YMCA states the session is subsidized by Y-USA and its Annual Campaign, with priority for families within a deployment window or whose parent has a service-connected disability. Service verification is required.
Contact / next step	Flat Rock River YMCA Camp; 765-525-6730; flatrock@indymca.org
Source	https://www.flatrockymca.org/operation-flat-rock

YMCA Camp Carson - Operation Military Support

Location	Princeton, Indiana
Participant	Children of active-duty or veteran families
Status	Current camp program; confirm next available session

Program	One-week coed overnight camp for ages 7-16. Camp Carson states that children of all military families, including veterans, are eligible. The week follows the traditional overnight-camp model while adding activities and cabin discussions for children who share military-family experiences. Donor support keeps the program low-cost and scholarships may be available.
Contact / next step	YMCA Camp Carson; 812-385-3597; carsonoffice@ymcacampcarson.org
Source	https://www.campcarson.org/military-camps

YMCA Camp Carson - Camp Corral

Location	Princeton, Indiana
Participant	Children of wounded, ill or fallen military heroes
Status	Current partnership; registration through Camp Corral
Program	Camp Carson partners with Camp Corral for a free one-week experience for eligible military children. Camp Corral's mission includes children of wounded, ill and fallen military heroes; veteran-family eligibility should be confirmed directly through Camp Corral for the applicable season.
Contact / next step	YMCA Camp Carson; registration directed through Camp Corral.
Source	https://www.campcarson.org/military-camps

YMCA Camp Ernst - Camp Corral

Location	Burlington, Kentucky (Greater Cincinnati region)
Participant	Children of wounded, ill or fallen service members and veterans
Status	Current camp listing; applications generally open seasonally
Program	Camp Ernst lists Camp Corral programming for ages 8-15 and states that summer camp is offered to children of wounded, ill and fallen military service members and veterans. Camp Corral handles applications and eligibility.
Contact / next step	YMCA Camp Ernst / Camp Corral; confirm current session availability before referral.

Source	https://myycamp.org/summer-camp/summer-camp/

YMCA Camp Seymour / Camp Lake Helena - Military Camperships

Location	Gig Harbor & Port Orchard, Washington
Participant	Military-family camp; current YMCA rate eligibility is active-duty / full-time Guard & Reserve
Status	Current; Fall Camp Corral Family Camp listed October 23-25, 2026; veteran eligibility must be confirmed separately
Program	YMCA of Pierce and Kitsap Counties offers subsidized day and overnight camp through Armed Services YMCA funding. Its published campership rate is currently limited to Active Duty and full-time Guard/Reserve stationed in Western Washington, ranks E1-E7. The same page also lists Camp Corral Family Camp. Do not present the ASYMCA campership rate as a general veteran benefit.
Contact / next step	Registrar Heidi Johnson; hjohnson@ymcapkc.org; 253-884-3392.
Source	https://www.ymcapkc.org/outdoorcamps/military-campership-program

YMCA Camp Twin Lakes - Military/Veteran Family Scholarship Lead

Location	Austin / Central Texas area
Participant	Children of military, veteran and first-responder families
Status	2026 partner-announced scholarship; verify renewal for 2027
Program	A 2026 Heroes' Anchor partnership announcement reported a limited number of full summer-camp scholarships for children of military, veteran and first-responder families at YMCA Camp Twin Lakes, covering day and overnight options with a registration fee. This is a partner-source lead rather than a YMCA page, so renewal and current terms should be confirmed directly with the camp.
Contact / next step	YMCA Camp Twin Lakes / Heroes' Anchor; verify current scholarship before publication.
Source	https://www.linkedin.com/posts/heroes-anchor_were-grateful-to-share-a-new-partnership-activity-7478465085129113600-Az-E

Veteran Camp Publishing Notes

- Direct veteran camps and children/family camps are different products. Label the participant clearly so veterans are not sent to a youth-only program.
- Many camp programs are seasonal, grant-funded, or capacity-limited. Recheck dates, costs, waitlists and required service documentation immediately before posting.
- Camp Corral and Armed Services YMCA partnerships can have eligibility rules that differ by host camp. Use the host YMCA and partner application as the final source of truth.
- For 2027 outreach, the highest-priority contacts are Flat Rock River YMCA Camp, YMCA of the North Veteran Engagement, YMCA Camp Carson, YMCA Camp Ernst, and YMCA of Pierce and Kitsap Counties.