

OUR PROGRAMMES

From subject 2 CITIZEN



The business of Kenya YMCA revolves around youth empowerment and the transformation that come with the programmes that are crafted and executed to achieve the desired empowerment. The YMCA programmes focus on the individual youth positive growth attained through self-discovery and the development of skills and talents to the fullest.

The Subject to citizen (S2C) programme components enable the youth to develop resources of responsibility as well as self-awareness on their potential and fundamental rights and freedoms. This empowers the youth and motivates them to strive not only to develop themselves but in the process enlighten others around them and thereby begin the process of social and economic transformation of society.

Vocation Training programme

Vocational training started in 1966 and is currently conducted in 6 local branches. Graduates attain marketable skills in commercial or technical skills which enable them to become self-reliant in the otherwise highly unemployment environment in Kenya today

Hi-Y Clubs

The YMCA Hi-Y is a school, college and church based youth programme that is designed to enhance the process of developing the mind, body and soul through the activities that meet the developmental needs of youth in their busy lives in school and out of school.

Where do you find Kenya YMCA's?

BusiaYMCA (Busia county)
Chavakali YMCA(vihiga County)
IndangalasiaYMCA(Kakamega County)

KisumuYMCA(Kisumu county)
AnyikoYMCA, Siaya County)

Mombasa YMCA(Mombasa County)
Kilifi YMCA(Kilifi County)

Nakuru YMCA, Nakuru County)
NaivashaYMCA((Nakuru County)

Nairobi south YMCA (Nairobi County)
Nairobi Central YMCA(Nairobi County)
Shauri Moyo YMCA (Nairobi County)
Kibera YMCA(Nairobi County)

MeruYMCA(Meru County)
Kondo YMCA(Machakos County)
MugonaYMCA(Tharaka Nithi County)

ThikaYMCA (Kiambu County)
Ngecha YMCA (Kiambu County)
Kenya YMCA College of Agriculture and Technology-Limuru (Kiambu County)
Nyeri YMCA(Nyeri County),
Githumu YMCA(Murang'a County)

Everyone is encouraged to be a member regardless of Class, Age, religion, Gender ,Denomination, Creed or Nationality .

please contact the nearest YMCA branch.

If you are not sure of the right one, please contact the National Secretariat.

KENYA YMCA

Phone: 0736330715 or 0729152816

+254(0)202724116/7

Email: info@ymcakenya.org

Website: www.kenyaymca.org

Post: P.O. Box 30330-00100

Nairobi

Or visit us

State House Road, Nairobi, Next to United Kenya club/
opposite University of Nairobi hostels



Vision

Empowering young people for the African Renaissance

Mission

We are committed to facilitating and enhancing the physical, mental and spiritual well-being of youth as productive and responsible citizens.

Motto : Many parts-one body

WHAT IS KENYA YMCA?

YMCA is an international, Christian, Ecumenical, voluntary Membership Movement under Christian Leadership serving youth and communities without discrimination. It was founded on 6th June, 1884 in London by George Williams and up to date it has grown to cover 119 countries with 58 million members worldwide.

In Kenya, YMCA was founded on 8th November, 1910 by the former United States president Theodore Roosevelt and has a network of 25 branches and units spread across the country.

Jesus a foundation for life

The first YMCA started from a prayer meeting and till today YMCA is a spiritual movement with strong Christian values. We encourage people to use Christianity to create a solid foundation for the whole life of young people through devotions, prayers and bible studies. Members worship together, learn how to involve Jesus in day to day challenges of life and spread the kingdom of God.

However YMCA is not a church but an interdenominational movement. We work closely with different denominations to help young people find a reliable foundation in Jesus Christ.

Our core values

Founded in Trinity,
Professionalism,
Volunteerism,
I n c l u s i v i t y,
Creativity,
Integrity,
Equity

How can you get involved?

- ⇒ Become a member
- ⇒ Volunteer to serve
- ⇒ Support in kind/financially
- ⇒ Offer leadership

*'creating safer spaces
for youths in Kenya'*



How can one benefit by being a YMCA member

- Intellectual development
- Discount on sports and recreational facilities
- Networking
- Improved interpersonal relationship skills
- Spiritual growth and nourishment
- Improved leadership skills
- Enriched local and international fellowship
- Opportunity to contribute to community



Soul



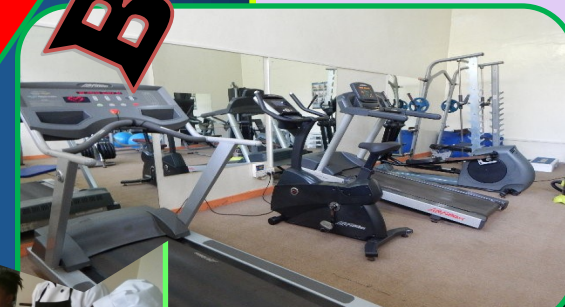
YMCA programmes are designed to develop the body, mind and soul in a holistic way as symbolized in the YMCA triangle

Mind

Body

Recreation and wellness Programmes

This includes; sports, health fitness, swimming, aerobics, gym and team-building activities.



Youth are empowered through;

- Leadership development
- Vocational training
- Entrepreneurship skills
- Local internship and work place experience
- Health and reproductive health programmes
- Camping/hikes and excursions
- Community service and civic competence training
- Coaching, mentorship and counseling
- Sports and recreation
- Experiential learning and self discovery activities.
- Environmental conservation and awareness programmes
- Many more.



Catering and Accommodation

We offer affordable accommodation and catering services. These facilities are in place to support youth mentorship and empowerment programmes