



# Going Far

# TOGETHER

# CAPITAL AREA YMCA 2019 ANNUAL REPORT

July 1, 2018 – June 30, 2019

Serving Ewing, Lawrence and Trenton

# CEO Message

## Going Far Together

*"Alone, we can do so little. Together, we can do so much." Helen Keller*

These words ring true for the Capital Area YMCA as we celebrate the progress and accomplishments that we have achieved this year. We have a lot to be thankful for and we are humbled and grateful for the dedication we see from our members, donors, Board of Directors, volunteers, community organizations and staff.

I think it goes without saying that it is important for us to move quickly, but even more important to go the distance, All working together to go further.

As I look back, I am very pleased with the progress our YMCA has made these past few years. We have intentionally focused on staff development, strategic alignment, operational improvements, and mission education. I believe we have been laying the ground work to best serve our community through an ever changing climate, all while keeping our focus on nurturing the potential of every child and teen, improving our community's health and well-being and fostering a sense of social responsibility, we're working together to build a better us.

As the needs of our community evolve so do the services at the Capital Area YMCA. We appreciate that everyone sees through a different lens and therefore we strive to be kind and compassionate. In today's world, it is important to uphold those values.

We are committed to our YMCA being a corner of the world where kindness and compassion live. I know our staff is prepared to continue to build upon the hard work we have started and to increase our reach, impact and significance in our community. We will continue to work diligently to help provide solutions to our community's health need, to improve spirit, mind, and body for all.

The YMCA is more than just a building, it is a movement and one we are proud to be a part of it. Join us, together we are so much more!

Yours in Mission,

**Samuel T. Frisby, Sr.**  
Chief Executive Officer



### *Guiding Values*

#### ***Trustworthiness:***

This is demonstrated by keeping promises and honoring commitments.

***Respect:*** Respect is demonstrated by treating each other in a courteous and polite manner, and valuing each other's point of view.

***Responsibility:*** Accepting the consequences of our choices, not only for what is done, but also for what is left undone.

***Fairness:*** This is achieved by being open-minded, impartial and just in dealing with others.

***Caring:*** Be Kind and Considerate.

***Citizenship:*** Citizenship is demonstrated by making things better by volunteering in the community.

**TOGETHER WE CAN DO SO MUCH MORE!**

**THANK YOU TO OUR DONORS AND OUR CORPORATE SPONSORS**

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Our board firmly believes that the Y plays a vital role in shaping children, supporting families, and providing people of all ages and abilities in our community with programs that can help them realize their full potential.

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# *LEADERSHIP IN ACTION*

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## PICTURES

# FOOD ACCESS

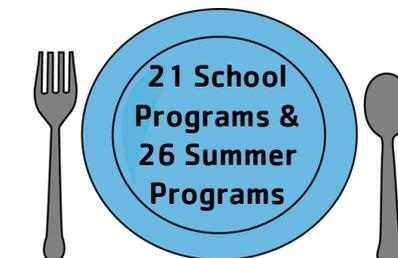
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As part of our focus on youth development, healthy living and social responsibility, the Y is committed to keeping children nourished all year long.

CACFP/SFSP- Healthy Meals for Kids





# HEALTH AND FITNESS

## Group Exercise

The Capital Area YMCA offers group exercise fitness classes led by certified fitness instructors that will help increase cardiovascular strength and endurance, improve flexibility, tone muscle, reduce stress and burn calories. Each class routine varies in order to reduce predictably and keep our members motivated. These classes are fun, power packed, easy to follow and suitable for a variety of fitness levels. In the supportive environment of group exercise class, your classmates and instructors will inspire you to go the extra mile!

During the year, our classes run 5-6 days; that's over 200 Fitness Classes during the year. With your membership, you can take classes such as Spin, Xtreme Cardio, Vinyasa Yoga, Zumba, Gentle Yoga, Line Dancing and many more.

## Fitness Center

Get your heart pumping with our cardiovascular equipment including treadmills, ellipticals, bikes, and rowing machines. Build muscle and endurance with our strength training and circuit equipment.



# COMMUNITY DANCE ACADEMY



The Community Dance Academy at the Capital Area Y is a creative arts program that is an excellent opportunity for youth, teens, adults and families to gain exposure to a significant aspect of our culture. Through the arts, participants experience activities that foster self-expression and build self-esteem, develop imagination, critical thinking and valuable social skills. The goal of our Dance Academy is to help students learn proper technique while developing a love for expressing themselves through dance.

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**Recital Performances are held at the end of dance season in June.**



**Récital**  
*Performance*

“When we say the Y builds strong families,” it’s not just a slogan. It’s a tradition, a daily fact of life and a point of great pride.”

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66 Preschoolers with 35 in before and aftercare

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"The Many Faces of Happy People"



The new high-tech of bee science

## YMCA AFTER SCHOOL PROGRAMS



# THIS IS WHY WE ARE HERE OUR RECITAL

122 STARS  
OVER 900 ATTENDEES

**MAKING FUTURES  
BRIGHTER**



EVENTS



**HEALTHY  
KIDS DAY®**  
A YMCA Initiative

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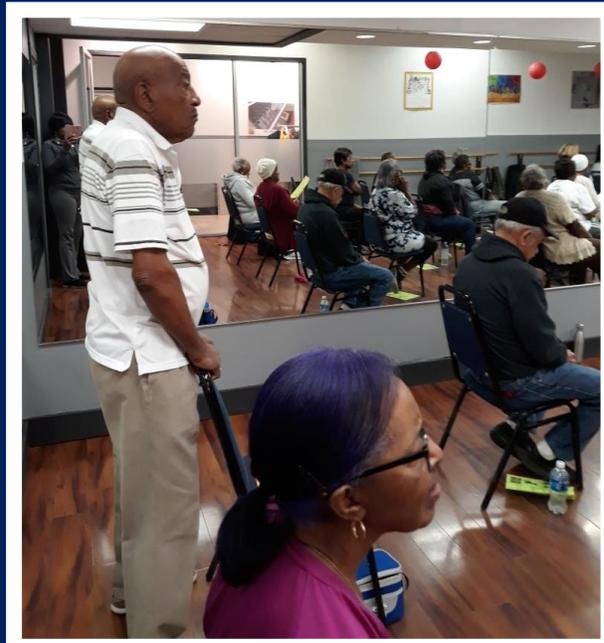


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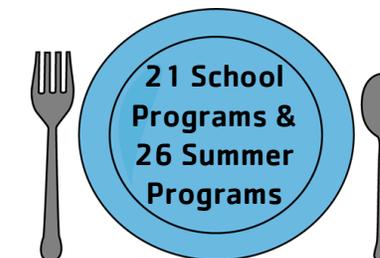
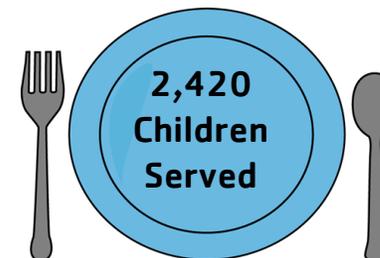
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