

CEO MESSAGE

the

Dear Friends of the Y,

Without a doubt, this past year was marked by new beginnings, change and growth for our YMCA. In April, the leadership of the Capital Area YMCA was carefully handed over to me by the Board of Directors, and I am honored to follow such remarkable leadership who selflessly led this organization for decades. Their passion was only rivaled by their commitment to build an organization that today serves children, adults and families in the heart of Trenton, Ewing and Lawrence.

The many years that I have spent volunteering, working and living in this area has positioned me well to assume this new role.

Throughout this report you will find statistics and stories that demonstrate the scope and scale of our true impact. The statistics provide clarity for the relevance of our mission and how we align our programs and services to address community need. More than the numbers, the stories share the personal perspective on the work we do. The stories provide examples of how lives are changed and positively impacted by our committed mission driven work.

One of the great things about our Y is that I am always driven by what is next and I firmly believe that we will provide enhanced services and accomplish more in the days ahead.

The Capital Area YMCA is poised to respond to community needs and pivot as needed to support the greater good and leverage our three pillars of work: youth development, healthy living and social responsibility, together.

I hope you enjoy reviewing our Annual Report and learning more about our journey, our mission and the community that we serve.

Yours in Mission,

Louise McCants
Chief Executive Officer





YOUTH DEVELOPMENT



95 kids attended Trenton After School

63 kids attended Trenton FREE Pre-School

203 kids attended Lawrence Before and After School

68 kids attended Lawrence School Break Club House during the year.

216 happy campers attended camp between our Trenton Camp and Rider Camp locations.

When children enter one of the Capital Area YMCA's state licensed Program, a world of growth opens up to them in a safe, fun and enriching environment.

PRESCHOOL CENTER

Our philosophy and practices are based upon best practices in early childhood development. Our Classrooms reflect

an active environment that allows children to make new discoveries and to mature at their own pace.

Locations:

431 Pennington Avenue | Trenton, NJ and 110 Prospect Village | Trenton, NJ 08618 Ages: 3-5 years

Cost: FREE for Trenton Area Residents 8:40am to 3:15pm; September through June

Before Care 7:30am-8:40am for a nominal fee and After Care 3:15pm-5:30pm for a nominal fee

SCHOOL AGE CHILD CARE

Parents can have peace of mind knowing that their children are in a safe and supervised environment during the school year. The Capital Area YMCA is the leading provider of child care programs.



CHILD CARE

OUR PHILOSOPHY

At the Y, we build strong kids, strong families and strong communities through mission-driven programs that build healthy spirit, mind and body for all. The Y provides a comprehensive Before & After School care program that supports the needs and priorities of the child, the family, and the school. Our programs facilitate the development of the whole child through meaningful experiences, programs, and collaborations that build relationships and a sense of community.

YMCA School Age Child Care programs provide a safe, secure and supportive environment that gives families peace of mind when they cannot be there themselves. We believe that a child's experience is dependent on family life and community life – YMCA programs strive to support the entire family with a variety of programming and character-based curriculums.

- We believe in focusing on a child's abilities rather than their shortcomings.
- We believe that when youth are exposed to consistent displays of positive character traits, they will develop a healthy self-esteem and a willingness to help others.
- We believe that by supporting the local school, children will experience success.
- We believe that building strong kids and strong families will strengthen the foundation of our communities.

PROGRAM BENEFITS

Our programs offer a holistic approach to child development by offering activities that strengthen, expand and provide real life context to information learned in the classroom.

FOR FAMILIES

- · Safe, licensed programs on school campus
- Parents have peace of mind, children are
- · safe and engaged
- Homework support and diverse curriculum
- · Family events
- · Holiday and Summer Care



CHILD CARE FOR SCHOOLS

- . Onsite, quality afterschool care for families
- . Academic enrichment and extra-curricular opportunities
- . Holiday and Summer Care for families
- . Access to programs that foster youth development, healthy living and social responsibility

FOR CHILDREN

- . Youth feel safe and valued
- . Youth demonstrate self-awareness and self-respect
- . Youth acquire knowledge of healthy lifestyle principles
- . Youth engage in physical activities
- . Youth practice problem solving and conflict resolution skills
- . Youth understand and demonstrate positive character traits
- . Youth show respect and acceptance for others
- . Youth have fun and make new friend
- . Academic enrichment and extra-curricular opportunities
- . Holiday and Summer Care for families
- . Access to programs that foster youth development, healthy living and social responsibility

PROGRAMS OFFERED:

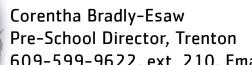
Full Day, Part Day, Before School, After School, Holiday Care, Drop-In Passes, Summer Camp. Programs vary by location.

CHILD CARE DIRECTORS



Jeff Hirschman
Sr. Program Director, Lawrence
609-599-9622, ext. 303, Email: jhirschman@capitalymca.org

Victoria Gist
School Age Child Care Director - Trenton
609-599-9622, ext. 218, Email: vgist@capitalymca.org



609-599-9622, ext. 210, Email: cbradley@capitalymca.org



PERFORMANCE and ACHIEVEMENT



84 Dancers

Arabesqued their way through 13,440 hours of dance instruction. They then magnificently performed at the Patriot's Theater to an enthusastic crowd, demonstrating their hard work and dedication to the arts.

19 Dancers

Garnered 52 AWARDS as the YMCA's first competitive dance team, showcasing their routines, receiving feedback from judges, and competing for placements and various awards.

OUR AWARDS

42 Competition Awards

8 Judges Awards

3 National Awards



Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, fostering connections with friends through our lifelong learning programs, or bringing your loved ones closer together through our many family-centered activities. At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

Inspiring Healthier Lifestyles
Improving Your Quality of Life





Greenwood Avenue Farmers Market

One-of-a-kind market that's proud to provide Trenton, NJ with healthy and culturally-appropriate food options, services, and games & activities!

Various
Fitness
Programs
at the
YMCA

City of Trenton Senior Fitness Program

the

Senior Classes in Lawrence



Open Gym Martial Arts



THE CAPITAL AREA YMCA SAFE, HEALTHY AND FED

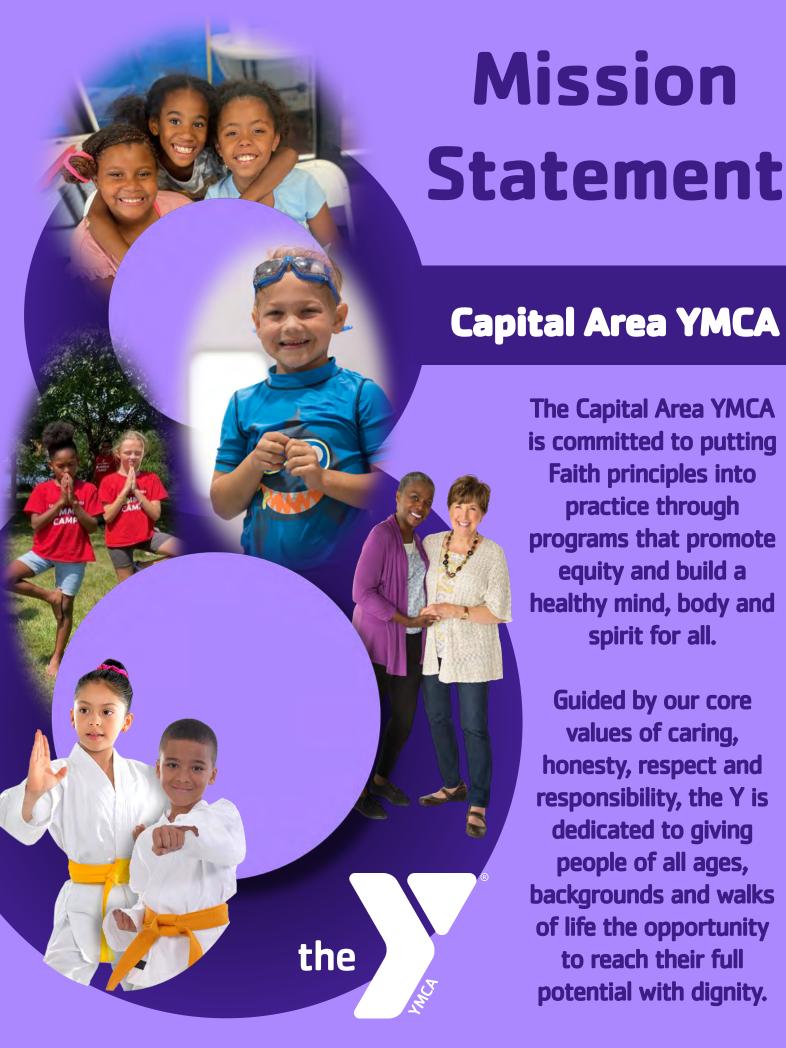
89,217 Breakfasts Served 127,044 Lunches Served 85,960 Snacks Served

77,787 Dinners Served

At the Y, we know that children who receive daily nutrition are set up to succeed. That's why we're helping kids reach their full potential by providing free access to healthy snacks and meals during the school year and when school is out for summer.







The Capital Area YMCA is committed to putting Faith principles into practice through programs that promote equity and build a healthy mind, body and spirit for all.

Guided by our core values of caring, honesty, respect and responsibility, the Y is dedicated to giving people of all ages, backgrounds and walks of life the opportunity to reach their full potential with dignity.



The Capital Area YMCA's Board of Trustees' consists of a talented and dedicated group of volunteers that work together with the Y's executive staff to create a diverse and successful culture for the Capital Area YMCA and all of it's members. They generously donate their time and expertise by establishing operating policies, provide planning and strategic direction and help secure resources we need to promote change in our communities.

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OGETHER WE CAN DO SO MUCH MORE! A HUGE Thank You to our donors and supporters.

7/1/2021-6/30/2022



The following Includes Special Events, Grants, and Gifts

GRAND BENEFACTOR (\$50,000+)

Brauninger Trust
Division of Family Development

GRAND PATRON (\$25,000 TO \$50,000)

County of Mercer Harry C. Hartman Trust Henry H. Cook New Jersey YMCA State Alliance, Inc.

CHARACTER BUILDER (\$10,000 TO \$25,000)

Aetna Inc.
Anonymous Benefactor
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PRESIDENT'S CIRCLE (\$5,000 TO \$9,999)

Ajax Manufacturing Church &. Dwight Employee Giving Fund Christine's Hope For Kids Foundation First Bank Fulton Bank JLL Capital Markets Kiwanis Club of Trenton NJ Stark & Stark The BOV Foundation

CIRCLE OF SUCCESS (\$2,500 TO \$4,999)

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The Capital Area YMCA is grateful for all donations. Every attempt has been made to ensure the accuracy of these lists. Please notify us of any misprints, omissions or corrections. To update your listing or if your listing is missing, please contact Maria Johnson, Director of Marketing and Communications at mjohnson@capitalymca.org

Jeffrey Lang

Renee Lansley

Loren LaQuintano



Joe Wilson

Jennifer Yarde

Jennifer Zarr

OUR PURPOSE OUR CAUSE You Belong at the Y



We know that lasting personal and social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. The Y is a nonprofit cause-driven organization with three areas of focus:

Youth Development

At the Y, all kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

Healthy Living

Most people tend to think of health and well-being as only physical. At the Y, we believe "the physical" is only part of a bigger picture and offer classes that lift people's spirit, sharpen their mind and help them achieve overall wellness in spirit, mind and body. By helping young people, adults, families and seniors improve their health and well-being, we build a stronger community every day.

Social Responsibility

With our doors open to all, Y members, volunteers, supporters and staff demonstrate the power of what we can achieve by working together. A strong community can only be achieved when we invest in our youth, our health and our neighbors.

FOR A BETTER YOU.

FOR A BETTER COMMUNITY.

FOR A BETTER US.



CAPITAL AREA YMCA STRONG PAST BRIGHT FUTURE



Capital Area YMCA www.capitalymca.org
431 Pennington Avenue, Trenton, NJ 08618
609-599-9622