



STRONG PAST BRIGHT FUTURE

**CAPITAL AREA YMCA
ANNUAL REPORT
2021-2022**



CEO MESSAGE



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



Welcome to the Y

ALL ARE WELCOME HERE



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.

Serving Trenton and Lawrenceville School Districts



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



THE YMCA
IS THE NATION'S
LARGEST
SCHOOL-AGE
PROVIDER

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



Corentha Bradly-Esaw
Pre-School Director, Trenton
609-599-9622, ext. 210, Email: cbradley@capitalymca.org



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



HEALTHY LIVING

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

HEALTHY LIVING



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

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.





MEMBERSHIP

THE Y IS WHERE COMMUNITY THRIVES!

The Y is a place to make lifelong relationships, find or give support in times of need, and have an impact in our community.

1,812 Individuals are discovering new ways to connect with their potential, purpose and community.

No matter where you are on your journey, the Capital Area YMCA is where you can belong and thrive.

Mission Statement

Capital Area YMCA

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 BOARD OF DIRECTORS



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 its 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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First Bank

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The Mercadien Group

Meg Carsky-Wilson
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TOGETHER 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
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CHARACTER BUILDER (\$10,000 TO \$25,000)

Aetna Inc.
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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
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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**



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



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609-599-9622