



Capital Area YMCA

Annual Report
2022-2023



PUTTING UNITY INTO COMMUNITY

Welcome to the Capital Area YMCA

ALL ARE WELCOME HERE

the



CEO MESSAGE



Subject: Embracing the Spirit of Unity and Growth at the Capital Area YMCA

Dear YMCA Family,

Welcome to the Capital Area YMCA! At the heart of the YMCA lies the power to transform—both yourself and the world around you. At the Y, we believe that a community focused on youth development, healthy living, and social responsibility is better equipped to exercise its true potential and have a greater, positive impact on society.

As the CEO of the YMCA, I am privileged to address this wonderful community of ours – a community that has stood the test of time, a beacon of hope and strength for generations.

Our mission at the YMCA has always been clear – to build a better, healthier, and more connected society. Over the years, we have accomplished notable milestones, touching countless lives and inspiring individuals to reach their full potential. Today, as we face new challenges and opportunities, I am proud to say that the spirit of unity and growth still thrives within our organization.

Unity has been the cornerstone of our success. It is in our collective strength that we find the power to overcome adversity and create meaningful change. Together, we have created a safe and inclusive environment that welcomes people from all walks of life, regardless of their backgrounds, abilities, or beliefs. Our diversity is our strength, and it is through collaboration and understanding that we can build a stronger future.

Growth is not just about physical fitness; it is about personal growth, community growth, and growth as a society. The YMCA has always been a place for individuals to grow stronger in mind, body, and spirit. By nurturing the potential of our youth, supporting healthy living habits, and giving back to those in need, we can shape a world that is compassionate and resilient.

As we move forward, I encourage each of you to be active participants in our journey. Your involvement, your passion, and your dedication will make the Capital Area YMCA the vibrant and transformative organization it is. Let us continue to be the change-makers, the support system, and the promoters for positive transformation in our communities.

Together, we will continue to build upon our legacy of impact and embrace the challenges of tomorrow with open arms. Your ideas, your voices, and your dreams matter, and together, we can achieve greatness.

With warm regards,




Louise McCants
Chief Executive Officer




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



CVO MESSAGE



RE: Embracing Unity and Growth at the Capital Area YMCA

Dear YMCA Family:

As we navigate the ever-changing landscape of the needs of our community, it is my privilege to share with you some exciting developments that will shape the future of our non-profit organization.

Strategic planning is at the heart of any successful endeavor, and our organization is no exception. Over the past few months, our dedicated team has been working diligently to chart a course that will guide us toward a more impactful and sustainable future. The result of this collaborative effort is a comprehensive strategic plan that sets the stage for our continued growth and meaningful contributions to our community. Our strategic plan can be downloaded on our website [here](#).

Our strategic plan reflects our deep commitment to our core values and the people we serve. It outlines a clear roadmap for the next 3 years, focusing on key areas that will enable us to achieve our mission with even greater usefulness. The strategic priorities, objectives, and successes measured in our plan serve as the blueprint for how we will remain a center of community by inspiring and promoting growth and change, both now and in the future. We invite you to explore our plan and join us in our efforts to strengthen our community.

As we embark on this journey, I want to express my determination, dedication and enthusiasm, as well as the Board and Staff which will be the driving force behind our successes, and we invite you to join us in realizing the vision outlined in our strategic plan. Together, we can create a future where our non-profit organization becomes an even greater force for positive change.

You are crucial to our success, and we look forward to your continued relationship with the Y. At the Capital Area YMCA, we firmly believe that a strong community is built upon the dedication of its members. Together, we can continue to create a positive and enriching environment for all.

Thank you for your enduring commitment to the Capital Area YMCA. Together, we are poised to make a lasting impact and build a brighter future for all.

With gratitude and optimism,

Patrick Ryan, Chief Volunteer Officer
Capital Area YMCA



YOUTH DEVELOPMENT



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

**231 kids
attended
Lawrence Before
and After School**

**125 kids
attended
Lawrence
School Break
Club House
during the year.**

**65 kids attended Trenton
FREE Pre-School**

**110 kids
attended
Trenton
After School**

**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



COMMUNITY DANCE ACADEMY

PERFORMANCE and ACHIEVEMENT



89 Dancers Elegantly and effortlessly danced their way through more than 15,000 hours of instruction, perfecting their dance moves and truly mastering the art of dance.

Our dance recital in June serves as a platform for our students to showcase their talent, showing the audience the preparation involved, and the enchanting experience it offers to both performers and spectators.

The Select Competition Team In their first 2 years, CDA has amassed 124 AWARDS as the YMCA's first competitive dance team, showcasing their routines, receiving feedback from judges, and competing for placements and various awards.

Platinum Award 1st Place Judges Award XTreme Gold





THE CAPITAL AREA YMCA SAFE, HEALTHY AND FED NO CHILD HUNGRY AT THE Y

Food Insecurity Demands Our Ongoing Attention

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.

55,690
Snacks Served

176,440
Meals Served



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

Senior Classes in Lawrence

City of Trenton Senior Fitness Program





HEALTHY LIVING



The YMCA aims to improve our nation's health by providing programs and activities that promote overall well-being, no matter where you are on your journey toward better health. And when people feel their best and have fulfilling lifestyles, their communities become stronger, too.

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



1,393 MEMBERS

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.



Capital Area YMCA

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 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 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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First Bank

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TOGETHER WE CAN DO SO MUCH MORE!

Our donors and supporters help us fulfil our mission.

7/1/2022-6/30/2023



The following Includes Special Events, Grants, and Gifts

GRAND BENEFACTOR (\$50,000+)

Brauninger Trust
Division of Family Development
Children's Home Society
YUSA

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

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Trenton Twilight/Daylight
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New Jersey YMCA State Alliance
Church & Dwight Employee
Giving Fund

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(\$999 AND BELOW)**



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*Thank
You!*



CAPITAL AREA YMCA

UNITY IS STRENGTH WHEN THERE IS TEAMWORK AND COLLABORATION



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.

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431 Pennington Avenue, Trenton, NJ 08618
609-599-9622**