

ATHOL AREA YMCA ANNUAL REPORT 2018

Our Cause: Strengthening Community

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together. In 2018 the YMCA worked with our volunteers, staff, members and community leaders to strengthen community focusing on youth development, healthy living and social responsibility.

YMCA INFORMATION

MEMBERS: *We serve over 4,000 people each year, half of them are youth! We welcome all who wish to participate and more than 25% of our members receive financial assistance.*

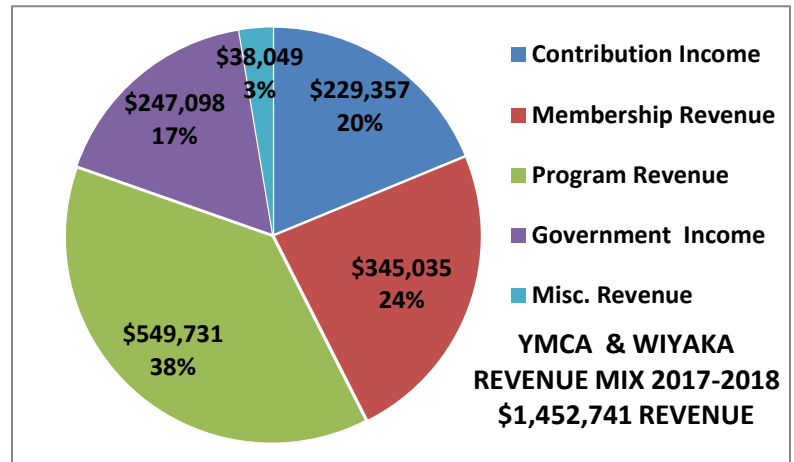
BUDGET: Fiscal year 2017-2018 budget of \$1,373,202 (including YMCA and Camp Wiyaka)

PERSONNEL: 58 staff, 6 full-time, 53 part-time

VOLUNTEERS: 24 Member Board of Directors, 150+ program volunteers

PROGRAMS:

- ❖ **YMCA Preschool-** serving preschoolers with half day or full day options where they meet new friends, learn, play and share.
- ❖ **Y-ACES-** licensed afterschool childcare and a 21st Century Community Learning Center for children kindergarten through 5th grade serving up to 65 children per day including half days and school vacations.
- ❖ **Y-ARMS-** A new 21st CCLC Afterschool program for middle school age youth. Will open in November of 2018 at the Athol Royalston Middle School and will expect to serve 30-40 youth Monday-Thursday.
- ❖ **Aquatics-** our premier indoor facility helps keep kids and adults safe and healthy around the water by providing programs such as swim lessons (500+ participants, infant through adults), swim team, water exercise, lap swim, family swim, youth swim, lifeguard certification.
- ❖ **Youth Sports-** serving boys and girls kindergarten through high school in outdoor soccer, basketball, indoor soccer and t-ball (serves approximately 200- 300 youth each season).
- ❖ **Camp Wiyaka-** resident camp for youth ages 7-16 located in Richmond, NH, offers traditional overnight camp with over 1/3 of the participants receiving financial assistance to attend.
- ❖ **Camp Selah-** summer day camp, provides outdoor exploration, swimming, boating, games and arts and crafts for youth ages 6-12
- ❖ **Adult Wellness-** wide range of fitness services including fitness center with cardiovascular equipment and strength equipment, free weights, group exercise classes, Spinning (indoor cycling), yoga, Pilates, personal training, and LIVESTRONG at the YMCA and YMCA's Diabetes Prevention Program, helping to reduce the risk of Type 2 diabetes.
- ❖ **Senior Wellness-** group exercise classes focused on improving strength and flexibility. Classes offered in both the gym and pool.
- ❖ **Family Events and Activities-** weekly & monthly events including preschool playground, family swims, and Family Nights allow families time to play and laugh together.
- ❖ **20- Room Resident Center-** single room occupancy for short-term and/or long-term stays operated in conjunction with MA Housing and Shelter Alliance.



2018 HIGHLIGHTS

YMCA PRESCHOOL- The Y completed its first year of our full day preschool program, serving more than 25 families. The program, directed by Laurie Saisa, emphasizes early learning, socialization and kindergarten readiness opportunities for children 2.9-5 years.

Y-ACES AFTERSCHOOL CARE & EDUCATION- Our afterschool program completed its 2nd year of a 21st Century Community Learning Center grant. The site which grew to 52 children per day is a program focused on social/emotional learning, and English Language Arts.

CAMP WIYAKA- Camp enrollment was the highest in 10 years, with 380 camper weeks attended. Once again the international component of Wiyaka continued with staff from the 3 other countries and a group on 20 campers visiting from China. Under the leadership of Pete Stahlbrand retention from 2017 to 2018 went from 48% to 67%.

HEALTHY SNACKS AND MEALS – Through the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP), the YMCA provided healthy snacks and meals to more than 500 youth during our child care programs and camp. In an area where more than 50% of our youth qualify for free and reduced lunch, these programs are a vital link in ensuring our children receive nutritious and plentiful food on a regular basis.

PROJECT PURPLE EVENTS- Substance Abuse Prevention, Education and Awareness- Over 380 youth attended at least one of the three Project Purple parties at the YMCA and both Athol High School and Mahar Regional High School held their own Project Purple Nights during basketball games. All events help to empower youth to stand against substance abuse and support each other in positive decision making. The YMCA also participated in the Loving your Recovery event at the Athol Town Hall sponsored by the Opioid Task Force and North Quabbin Community Coalition.

BBC at the Y- in March of 2018 the Y partnered with Colleen Clyatt to bring her personal fitness training program to the Y. Body by Colleen (BBC), which provides 25 half-hour fitness training sessions each week, generated over 80 new memberships during the first year and currently has 97 members enrolled.

We couldn't do what we do without great community and foundation partners!

In 2017-2018 our YMCA received over **\$325,000** in grant, foundation and government funds to benefit the following programs and improvements:

21 st CCLC Grant	\$145,000	Y ACES Afterschool Program
United Way Of North Central MA	\$69,500	Financial Assistance & YouthReach
DPH Youth-at-Risk Funding	\$31,000	Youth Reach, Summer Literacy & Safety Around Water
Athol Savings Bank	\$20,000	Financial Assistance for youth
Parmenter Trust Fund	\$19,000	Subsidizing senior memberships
Walmart Year-Round Food Program	\$10,000	Y ACES and Camp Selah
Boynton Fund	\$10,000	Y Preschool
Community Foundation of North Central MA	\$10,000	Y Preschool Literacy & Financial Asst.
Y-USA Diabetes Prevention Program	\$4,300	YDPP
Y-USA Camp Access Grant	\$6,250	Financial Assistance Camp Wiyaka
Killay-Meany Fund	\$3,000	Financial Assistance for Camp Wiyaka

These funds allowed us to deliver vital programs and services as well as provide more than \$120,000 of financial assistance so that all who wished could participate!