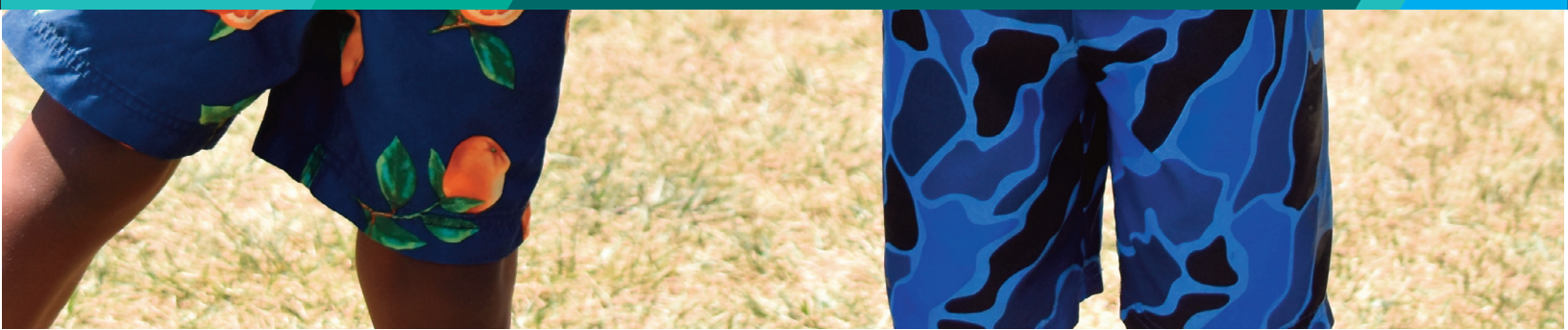




STRONGER TOGETHER

Hamilton Area YMCA
Annual Report 2022



From the CEO

As we reflect on this last year, we are thankful for the opportunity to make an impact in our community. Every day, our community partners, members, volunteers and staff work together to deliver the promise of strengthening our community by connecting all people to their potential purpose and each other.

Although we've been through uncertain times in the last few years, we've successfully and skillfully navigated them, emerged stronger, expanded our community reach and built partnerships across the county.

We have continued to be a leader in preventing accidental drownings with our Safety Around Water program. We continue to be a safe space for children afterschool, providing academic enhancements such as tutoring for math and English and science exploration as well as emotional support and expression through yoga, and art. And we will continue to bridge gaps to support our most vulnerable neighbors. As our community continues to heal and more families walk through our doors each day, the Y will be here. The Y will continue to bring families together by fostering connections through youth sports, camps and fitness activities.

As we continue to evolve our programs and network of services, we are grateful to you, our valuable partners. The strength that comes from working together makes our success possible.

You have been a vital partner in ensuring our Y delivers its core Y programs, along with finding different ways to respond to our community's emerging needs. Through it, all our members, staff, volunteers and donors, and other dedicated community organizations have joined in the effort to advance new avenues of service.

Thank you for walking alongside us on this journey.



Diana Zita



“I especially enjoy the company of other Y members. **Friendly, kind, and supportive.** Keep up the good work. The community needs the Y.”

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Life-saving Swim Lessons



Drowning is the 2nd leading cause of death of children in the USA.

64% of African American, 45% of Hispanic/Latino and 40% of Caucasian children have little to no swimming ability. Drowning poses a considerable risk for youth, especially those from underserved populations. The statistics are sobering, but drowning deaths are preventable. Formal swim lessons reduces the likelihood of drowning by 88%.



We provide essential water safety education and free life-saving swim lessons for 2nd and 6th graders in Hamilton Township and Robbinsville. In 2022, we delivered more than

400

swim scholarships

50 swim scholarships for individuals in high risk demographics

152 Free 8-week diverse abilities swim lessons

2,000

Total swim lessons

500

Free 8-week swim lesson programs.

“The 2nd Grade Swim Initiative pushed our son to be a better swimmer and taught him proper techniques as well as introduced him to new strokes.

The fact that the The 2nd Grade Swim Initiative was funded was huge for us, otherwise we wouldn’t have been able to afford to sign our son up.”



Summer Camp

A Transformative Summer Camp Experience

For many middle-class families, summer camp is a time for fun and relaxation, but for many children from underserved areas, it is a time that they are idle and isolated. Options such as summer camp are often out of reach in poorer neighborhoods in our community, where nearly 10% of families live below the poverty line. The lack of accessible high-quality, enriching summer programming means children may not have a safe place to go while their parents are working. Ensuring that ALL children have a positive summer experience is important for the strength and safety of our communities.

In 2022, we partnered businesses in the Bromley Neighborhood and with the John O. Wilson Neighborhood Center to reach low-income communities:

- **Providing 4 weeks of summer camp** complete with healthy meals, drinks, snacks, and transportation for more than 50 children.
- Additionally, we **provided 60 families financial assistance totaling \$75,000** in 2022.

83% of children from poor households do not have regular care arrangements with someone other than parents.

- Children of working parents are often left home alone during the summer.
- Children without structured activities are more likely to gain weight in the summer and have less intellectual stimulation
- Average student **learning-loss rate is 17% - 34% of the prior year's gains during summer.**

“All three of my kids went to Sawmill Summer Camp. They would come home and tell me about swimming, crafts, games and making friends. They loved Sawmill so much that two of them are camp counselors. They are excited to help make the same great memories they made when they were in camp!”



Recess Program

Initially designed for Kuser Elementary School to help with behavioral challenges and chronic absenteeism, the program had tremendous success by teaching the children how to appreciate differences, conflict resolution skills, inclusion, and more.

Until the program was halted due to the pandemic (September 2019 – March 2020), the school faculty reported no behavioral incidents, and no visits to the school nurse or guidance counselor on the days the Hamilton Area YMCA was present. Test scores and attendance also improved.

We are restarting the program in 2023 working with Title I schools in Hamilton.



“Students are taking the lessons they are learning in the recess program, including peaceful conflict resolution and fair play and applying them when the YMCA staff are not present.”



Diverse Abilities Programming

Personal goals and individual achievement — that's the focus of our Diverse Abilities programs

We provide quality programming for individuals with intellectual, physical, and/or emotional disabilities. These programs promote peer and family interaction in a fun, healthy, and safe environment. Over 100 participants enjoyed a variety of instructional, social, and sports programs ranging from Aquatics and Camp to Zumba, each designed to meet their individual needs, interests and capabilities.

▶▶ We provide 18 – 21 year old students in the Hamilton Township School District Special Education Transition Program a physical fitness and well-being experience to fulfill their health and physical education requirement. In addition, individuals are taught tips on how to stay fit and healthy while utilizing a community gym.

87 weeks of diverse abilities summer camp provided

152 Free 8-week diverse abilities swim lessons

“The complete fitness class has been a godsend for my daughter! By adding this class into her routine, she has lost 20 pounds, while having fun!”



BASE Before & After School Enrichment

In partnership with the Hamilton Township Board of Education our YMCA Before & After School Enrichment Program (BASE) is provided to nearly 900 township children providing working families a safe, fun and supervised environment for children during the before and after school hours.

Recognized for our excellent services and program value, Congressman Chris Smith helped our Y secure our largest ever grant - \$200,000 to be used to enhance our capabilities in BASE through tutoring provided by New Jersey Tutoring Corps Inc. and STEM and arts enrichment programming offered each week.



“My kids love aftercare and never want to leave. My fifth grader is leaving the program this year and has been enrolled since kindergarten. I really appreciate all the effort that goes into making this a fun and safe space for the kids. I have peace of mind knowing that my kids are taken care of until I am able to pick them up from school.”



Diversity, Equity, & Inclusion

The Y has dedicated itself to transforming lives, within our communities. Whether inside branches or out in the neighborhoods, YMCA staff and programs move every community we serve toward greater social justice, diversity, equity, and inclusion.

At the Y, every time someone new walks through our doors, they become part of a caring community that nurtures children of all backgrounds, provides access to healthy choices for those struggling to make ends meet, and connects individuals and families at risk to programs and services that change the trajectory of their lives. We build stronger bodies, minds, and communities every day.

SNAP (Supplemental Nutrition Assistance Program)

As part of our commitment to strengthening our community, the Hamilton Area YMCA is proud to help connect our neighbors in Mercer County to SNAP. Individuals and families in need of food assistance to help make ends meet can find support right here at the Y. We've been named one of only 11 "SNAP Navigators" in New Jersey (5 of them YMCA's) by the New Jersey Department of Human Services (NJ DHS) and our team can answer questions about eligibility and screening, and helps individuals and families apply for New Jersey SNAP benefits.

**"The Y of Hamilton
has always been
a gem in our
community! Thank
you so much again
for all that you do."**



Wellness & Membership

At the Y, our members can create fitness routines that fit – fit their time, their preferences and their goals.

Our members stick with their health and wellness programs because at the Y, they can find programs, classes and expert staff that keep them motivated, moving, and coming back for more.

By providing facilities, activities, and programs that promote health and wellness for every age and every level of activity, the Y supports members as they work to become the best version of themselves.

Whether they take a class with a friend, train with a personal trainer, or work out in our wellness center, members can have fun while increasing strength, endurance and gaining confidence.

“I really enjoy the friendly members and companionship at the Hamilton Area YMCA. Seeing familiar members and staff interacting with members make me feel comfortable when I am there and keeps me coming back, which keeps me healthy and fit!”

There were

201,340

visits to our Y in 2022

Our Y boasts

5,500

Facility members

1,017 Senior members • **868** Teen members

4,760

Hours open to the community

450

Personal training hours

Community Impact



CAMP

\$115,579



BASE & PRESCHOOL

\$36,248



COMMUNITY OUTREACH

\$31,080



AQUATIC SAFETY

\$91,720



MEMBERSHIP DISCOUNTS

\$75,183

Total Community Benefit

\$349,810



2022 DONORS

\$100,000+

Learn, Grow, Thrive Congressional Grant
New Jersey Division of Family Development

\$25,000 - \$99,999

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Princeton Area Community Foundation

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As a non-profit organization, the Hamilton Area YMCA relies on the support of the community to do its mission work. The Y enjoys partnerships with a variety of local businesses, corporations and foundations and raises funds through the annual giving campaign and special events held throughout the year. The Hamilton Area YMCA endeavors to raise monies to ensure that mission programs are fully funded. If you would like to donate, please scan the QR code.



Membership dues operate the facility. A donation changes lives.



Hamilton Area YMCA

hamiltonymca.org

OUR MISSION

We are a charitable association dedicated to building a healthy spirit, mind, and body. Part of a world-wide movement, we put Christian principles into practice through programs that promote good health, strong families, youth leadership, community development, and international understanding. YMCAs are open to men, women, and children of all ages, incomes, abilities, races, and religions.