



YMCA OF CENTRAL NEW YORK
2023-2024 ANNUAL IMPACT REPORT

2023-2024

BUILDING COMMUNITY **TOGETHER**



“(The Y) is a
unique o
families a
of all age
themselv
activities
mind and

In 2023:

158

policy & program volunteers

1061

full and part-time staff

Over

166

years serving the community

4

core values:

Caring

Honesty

Respect

Responsibility

3

areas of impact:

Youth Development

Healthy Living

Social Responsibility

offers so many options for and individuals to immerse lives in healthy for their heart, social skills.”

Dear Friends, Members, and Supporters,

As we reflect on the past year, we are filled with a profound sense of gratitude. Our values of caring, honesty, respect, and responsibility have guided us through many challenges and transitions over the years. They also inspire us to create greater impact in our community. That impact is most powerful when we have strong relationships and can work to build community together.

We worked through significant challenges and our team came together to ensure a strong foundation for our Y operations. Through the dedication and hard work of our staff and volunteers, we continued to deliver strong programming and support to our members and the neighborhoods we serve. Continuing to enhance the Y experience and create operational excellence is key to our vision moving forward.

We achieved remarkable milestones in the process, including continuing to expand the number of children we serve through camp and child care, as well as continued growth in our membership. We laid the groundwork, thanks to collaborations with key partners, to deliver new services in new spaces, including through our Y on the Fly van, the expansion of our Arts & Education Branch, and many other areas of opportunity. We will continue to expand opportunities for membership, look at the scalability of our programs in innovative ways, focus on business development, lean into our partnerships and collaborations, and continue to build our fund development. Our community needs the Y, and we will be there for them!

Looking ahead, we are determined to build on this foundation with even greater resolve, creating long-term stability and growth for our Y in all areas. With your continued support, we can engage further with our neighbors to meet their needs and build a culture of belonging for all, starting at our Y.

Thank you for being a part of our YMCA team. We are building a community that will have a lasting impact on Central New York... together.



Josh Royce
President & CEO

Bishop Colette Matthews-Carter
Board Chair and Chief Volunteer Officer

TOGETHER:

“It’s care I can count on so I’m able to work. I know he will have fun with his friends till I’m able to pick him up. Super thankful for this option as a single mom who has to work.”

\$137,877

IN FINANCIAL AID
FOR CHILD CARE

\$104,921

IN FINANCIAL AID
FOR CAMP



Supporting children in our community

From camp to child care to afterschool activities to arts and education and more, the Y offers holistic programming that enhances, protects and nurtures the unique developmental journey of every child and teen.

Child care, early learning, and camp programs at the Y focus on nurturing child development comprehensively by building foundational skills, fostering healthy relationships and boosting self-reliance, all in a safe and supportive environment. We make sure that all children have access to opportunities to laugh, learn, lead and make lasting friendships.

Our leadership and educational programs help young people build the skills and confidence not only to reach their potential, but to enact positive change in their communities. And parents know they can rely on the Y as a safe place for their kids to learn, grow, and have fun while they work.

961

children in high-quality licensed before and after-school care

126

children learning skills in universal pre-k

1450

children exploring creativity in after-school arts programs

50

children making math, reading, and social-emotional gains in Power Scholars Academy

65

teen students building college prep and leadership skills in Y Achievers

2138

children having amazing summer camp experiences

8197

total camper-weeks accumulated



Creating an impact on community health

When people feel their best and have fulfilling lifestyles, their communities become stronger, too. From our wide range of fitness, personal training, sports and aquatics programs, to our group social activities, as well as fun family and community events, the YMCA of Central New York offers an array of options focused on strengthening spirit, mind and body.

Healthy living at the Y includes a comprehensive range of activities and resources to ensure that everyone in our community can thrive. The Y's programs are tailored to meet a diverse set of health and wellness needs including access to fitness programs and equipment, to evidence-based health programs that bridge clinical care and chronic disease prevention.

Programs at our Y also support building healthy creative lives, with programming in our branches and schools through our Arts & Education Branch.

The Y not only fosters individual health but also strengthens community bonds, building a culture of overall spirit, mind, and body wellness for all.

1,412,319
branch visits

Over
44,800
members served

228
group exercise classes
per week

160
participants in evidence-
based health programs

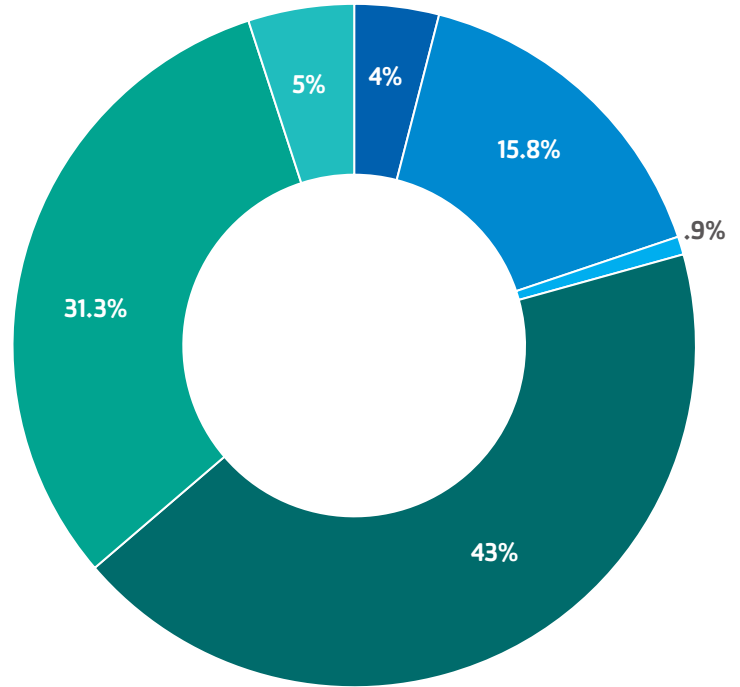
430
physician referrals

190
benefitting from cancer
survivor programs

“(I’m) happy with the socialization opportunities the Y has as, since I have had a stroke, cognitive maintenance and development are critical for me... The Y has provided the opportunity for a healthier lifestyle and a longer life!”

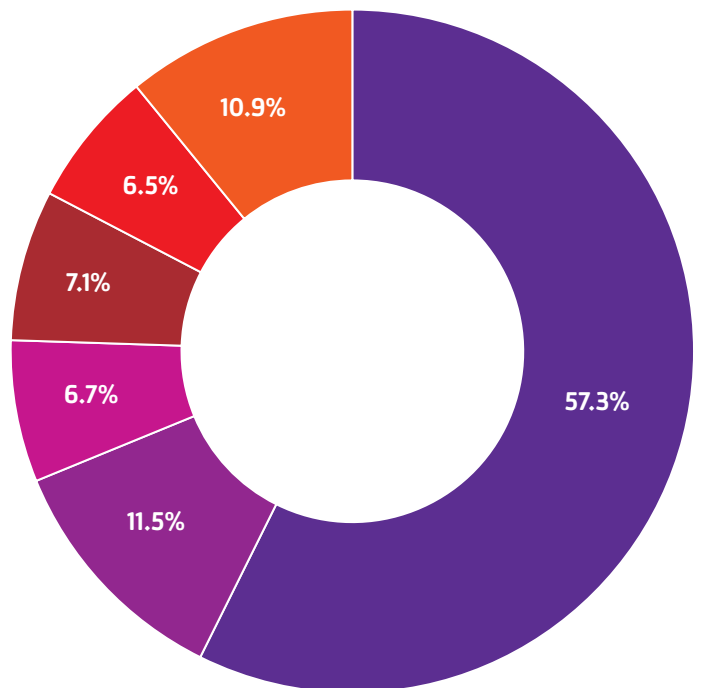
REVENUE

● Contributions	\$ 1,009,624
● Fees & Grants	\$ 3,997,809
● Management Fees	\$ 216,286
● Membership	\$ 10,857,470
● Program Fees	\$ 7,889,826
● Other/Misc.	\$ 1,264,557
TOTAL	\$ 25,235,572



EXPENSE

● Salaries & Wages	\$ 15,169,095
● Benefits & Taxes	\$ 3,032,453
● Contract Services	\$ 1,774,973
● Occupancy	\$ 1,886,844
● Depreciation	\$ 1,708,710
● Other	\$ 2,880,752
TOTAL	\$ 26,452,827
Change in Net Assets	-\$ 1,217,255



Total Assets

\$ 45,059,645

Total Liabilities

\$18,981,160

Net Assets

\$26,078,485

TOGETHER:



Welcoming Week events at the Y in September helped collect food donations for the CNY Blessing Box pantry, benefiting over 80 families in all!

\$631,967

IN FINANCIAL AID TO
INCREASE ACCESS TO Y
MEMBERSHIP FOR ALL



“I love the vibe! It’s a place where everyone is welcome and everyone can feel comfortable doing their own thing.”

Access to healthy communities for all

We believe our communities are strongest when everyone is included and can have the opportunity to reach their full potential. We welcome and connect people of all generations, backgrounds and perspectives, and we're committed to addressing issues that people face to create positive change.

We work to provide kids, families, and communities with the resources and opportunities they need to learn, grow, and thrive. That's why we offer a range of programs and services to meet the unique needs of each community we serve.



There were many cups of coffee enjoyed at the Leaders Club-hosted Veteran's Day breakfast in November!

One community we see form at the Y is friendships made over a cup of coffee! We ran some calculations involving pounds of coffee beans, decanters brewed, and anecdotal observations and estimate that members enjoy over

1500 cups of coffee each week!

Whether it's a warm cup from a carafe in one of our branches or a refreshing cold brew with a group of friends at a local coffee shop after a class, we love to hear about the conversations and connections that form through our Y!

2,014

participants in Safety Around Water lessons, teaching water safety skills that help reduce the risk of drowning

5,310

swim lessons delivered, developing skills that can help prevent chronic disease, increase overall well-being, and foster a lifetime of physical activity

57

hybrid virtual classes offered per week, increasing accessibility to fitness

106

housing units for men and

30

apartments for seniors, providing a clean, safe, secure, affordable and supportive living environment.

THANK YOU TO OUR 2023 HEROES

At the Y, 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. Our work wouldn't be possible without our donors.

We're especially grateful to those who made leadership gifts of \$1,000 or more, joining a circle of supporters founded in 2005 to honor the memory of Dick Besse, a philanthropist and long-standing leader of the YMCA of Central New York. Over several decades, Dick gave generously to advance our cause: **to strengthen community.**

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in Memory of John Fennessey
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THE HERITAGE CLUB is a special group of people who have committed to the stability and prosperity of the YMCA beyond their lifetime. Members have made a promise to ensure that our programs are always available for those who need them most.

We are grateful as an organization for those who have already made their commitment to the future of the YMCA of Central New York.

The Bitz Family
Raymond D’Agostino
Mr. and Mrs. Richard Davis
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Mr. Robert Ford
Mr. and Mrs. Chris Frye
Cindy Dowd Greene and Mark Greene
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Anonymous





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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nationalgrid

YMCA OF CENTRAL NEW YORK

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ymcacny.org