



YMCA OF CENTRAL NEW YORK
2024-2025 ANNUAL IMPACT REPORT



2024-2025

EXCELLENCE IN ACTION



**“What I love... is i
of community. It o
programs for all a
health and wellne
connections. The
environment mak
feel welcome... It
second home!”**

In 2024:

158
policy & program volunteers

1061
full and part-time staff

Over
167
years serving the community

4
core values:
Caring
Honesty
Respect
Responsibility

3
areas of impact:
Youth Development
Healthy Living
Social Responsibility

ts strong sense
offers a variety of
ages, promoting
ess while fostering
inclusive
es everyone
truly feels like a

Dear Friends and Partners,

This past year has been a powerful reminder that progress is always worth pursuing. At the YMCA of Central New York, we are looking forward with resilience, clarity, and renewed purpose. Together, we have set our sights on a shared future—one grounded in hope and unity, and empowered by a bold strategic vision.



We're making intentional investments in people, programs, and partnerships. Guided by our 2025–2028 Strategic Plan, we've committed to aligning our resources to serve the most pressing community needs—supporting youth, strengthening families, and ensuring that every person feels a deep sense of belonging at the Y.



We want to create lasting change. We've continued to work, through thoughtful action, to dismantle barriers to access and opportunity. Our approach ensures that all members—regardless of background, identity, or circumstance—have the tools they need to thrive. And our careful stewardship will ensure these resources are available for years to come.

In every branch, program, and partnership, we've seen the strength that comes from standing together. From our staff and volunteers to members and donors, our collective spirit has fueled innovation, teamwork, and renewed focus.

And in all that we do, we pursue **Excellence In Action**—because our community deserves nothing less. Whether in early learning centers, wellness programs, or community engagement initiatives, our work is anchored in the Y's core values of caring, honesty, respect, and responsibility.

While there is always more to do, we are moving forward with gratitude—for your trust, for your support, and for the opportunity to serve.

Thank you for building this future with us.

With heartfelt appreciation,

Josh Royce
President & CEO

Julie Mann
Board Chair and Chief Volunteer Officer

“It’s a nice feeling to know the YMCA is a community that offers support and opportunities where my son and I can both go to together, and be encouraged to be active and try new things.”



\$11,624

IN FINANCIAL AID
FOR CHILD CARE

\$82,615

IN FINANCIAL AID
FOR CAMP



Empowering Our Future

At the YMCA of Central New York, we believe every child holds incredible promise—and we are committed to helping unlock it. Through comprehensive youth programs like **Universal Pre-K (UPK)**, **child care**, **day camp**, and **Power Scholars**, we create safe, enriching environments where children can learn, grow, and thrive.

Whether it's building foundational skills in UPK, discovering confidence at camp, or accelerating academic success in Power Scholars, each program is designed to meet young people where they are and support their full potential. By partnering with families and communities, we ensure every child—regardless of background—has access to the opportunities, relationships, and encouragement they need to succeed.

Together, we are investing in tomorrow's leaders today, and building a stronger, more equitable Central New York for all.



1821

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

508

children learning skills in
Universal Pre-K (UPK)

75

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

2320

children having amazing
summer camp experiences

7006

total camper-weeks accumulated



Creating Lasting Change

We're committed to transforming how our community accesses health, wellness, and healing. From **cancer survivor programs to chronic disease prevention and senior wellness offerings including Enhance® Fitness and BrainSavers**, we are removing barriers to better health.

By partnering with healthcare providers, we also offer 8-week memberships to individuals completing treatment, empowering them to continue their wellness journey in a supportive community.

To further champion holistic well-being for all, we introduced EGYM smart strength training at our East and Northwest branches in early 2025—offering personalized, tech-powered workouts for all fitness levels. Our commitment to community health now extends beyond physical fitness to include creativity, connection, and resilience—ensuring everyone has the opportunity to thrive.

We'll continue this trajectory, guided by our Strategic Plan, prioritizing partnerships, increasing our reach, and deepening our impact.

1,486,369
branch visits

Over
51,500
members served

123
physician referrals

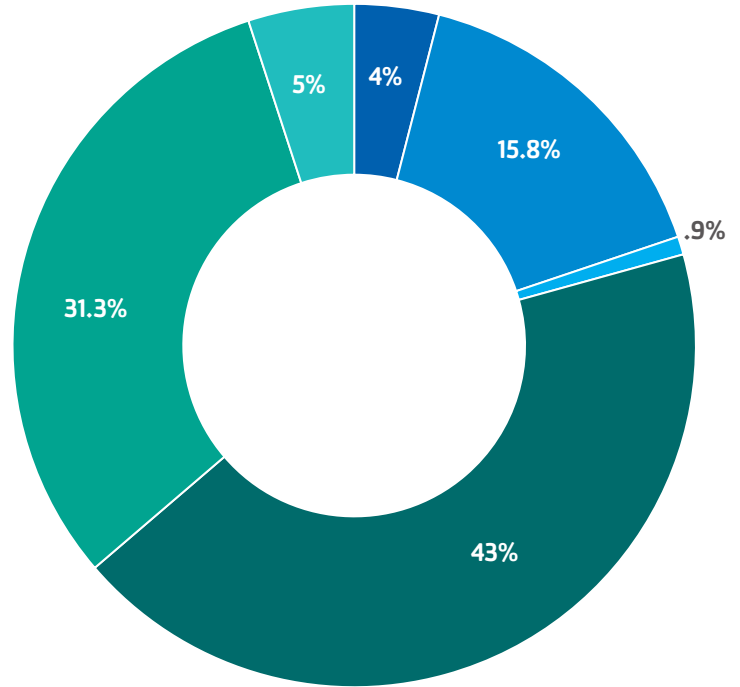
150
benefitting from cancer
survivor programs



“There is a wonderful assortment of activities for everyone in addition to physical pursuits, including the Downtown Writers Center, art classes, field trips, walking club, and game clubs. I have met a wonderful variety of people and I’ve made a lot of friends.”

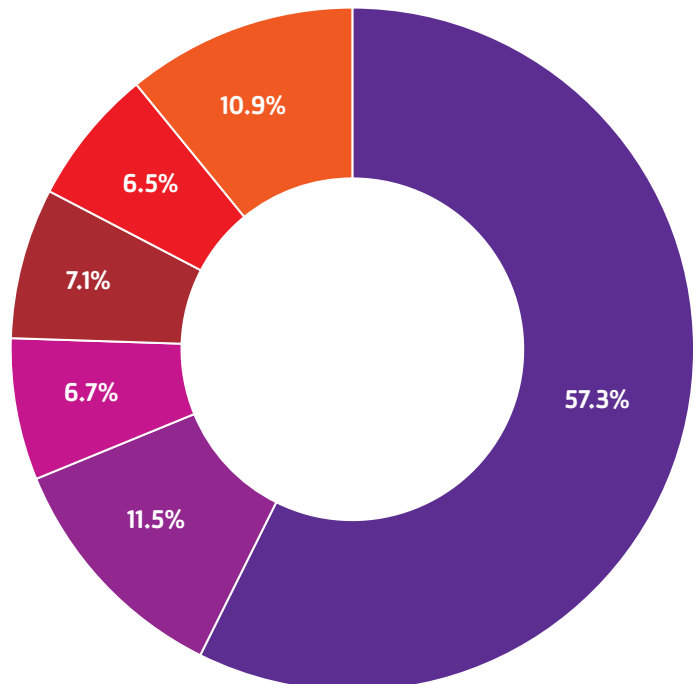
REVENUE

Contributions	\$	658,256
Fees & Grants	\$	4,875,189
Management Fees	\$	211,862
Membership	\$	11,845,515
Program Fees	\$	8,571,463
Other/Misc.	\$	923,515
TOTAL	\$	27,085,800



EXPENSE

Salaries & Wages	\$	14,464,990
Benefits & Taxes	\$	2,796,435
Contract Services	\$	1,486,918
Occupancy	\$	2,199,233
Depreciation	\$	1,576,621
Other	\$	3,067,853
TOTAL	\$	25,592,040
Change in Net Assets	\$	1,493,760



Total Assets

\$ 45,134,665

Total Liabilities

\$17,562,420

Net Assets

\$27,572,245



\$657,113

IN FINANCIAL AID TO
INCREASE ACCESS TO Y
MEMBERSHIP FOR ALL

**“You can be a little down or lonesome
and you go to the Y and see people and,
honestly, you could stay for hours and
visit and participate in the activities...”**

Stronger Through Unity

Our greatest strength is our people—and in 2024, their unity powered real, lasting impact. From donors and volunteers to staff and members, our community came together to support initiatives that embody the Y's core commitment to social responsibility.

Through programs like **Safety Around Water**, we taught lifesaving skills to children who might otherwise lack access. We deepened our commitment to inclusion by celebrating **Pride** and advancing spaces where all identities are respected and affirmed. Our **Y on the Fly van** brought more programming to more neighborhoods in our service area, meaning more kids and families with access to the Y!

Events like Pints for a Purpose, volunteering with Feed My Starving Children, breakfasts and brunches, fitness challenges, and more, showed how shared purpose drives change and builds community. With the dedication of our Board of Directors, local advisory boards, and passionate volunteers, we brought our mission to life across neighborhoods.

In 2025, we'll keep building on this foundation—inviting even more people to lead, serve, and belong. Together, we are stronger. Together, we are the Y.

2600

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

40

people benefited directly from our **Access and Ability** programming, ensuring individuals of all ages and abilities are able to participate in any Y program based on their interests.

60

hybrid virtual classes offered per week, increasing accessibility to fitness

108

housing units for men and

30

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



THANK YOU TO OUR 2024 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.**

Friends (\$1,000 – 2,999)

100 Black Men of Syracuse, Inc
Erika & BJ Adigun
Jason Allers
Jennifer and Bill Anninos
Hernando Y. Arandia
Mark Bitz
Deborah Bradshaw
Molly Ryan and Tim Byrnes
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 Upstate Golisano Children's Hospital
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 Anonymous (3)

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 Marcello Distasio
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 Mary Jane Fennessey,
 In Memory of John Fennessey
 Freyer & Lewis Family Foundation

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
 Mr. and Mrs. Robert Fiske
 Mr. Robert Ford
 Mr. and Mrs. Chris Frye
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 Mr. Charles S. Tогias
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 Anonymous



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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