



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2018

ANNUAL REPORT

SUMMIT AREA YMCA

OUR MISSION

is to strengthen the foundations of community by nurturing and developing the potential of every child, promoting healthy living, and fostering a sense of social responsibility.

DEAR FRIENDS,

As the YMCA movement celebrates its 175th birthday, it is important to be reminded of the Y's rich history including focusing on the triangle that is prominently displayed in our Y logo. Historically, the three sides of the Y triangle stood for wholeness in spirit, mind and body.

While spirit is defined differently by various people and cultures and most commonly associated with religion, for our Y, spirit is the sense of elation that comes with completing an intense group exercise class or learning the alphabet, in English and Spanish, at The Learning Circle YMCA early education and childcare center. Spirit is the joy and fulfillment that comes from knowing we are about to very significantly increase and expand our mission and impact because we have broken ground for a new Y facility in Berkeley Heights. Spirit is the understanding that giving one's time, talent and treasure always comes back in greater measure as many of our members have experienced with our Togetherhood™ program.

Mind may be defined as one's mental state. For our Y, mind is being embraced by a community of Y members for a senior who has just experienced the loss of a loved one. Mind is feeling young, renewed and energetic after achieving record time on the treadmill. Mind is knowing that your child is safe and secure because they are in the care of loving, qualified, trained staff. Mind is knowing that your Y, this Y, will always be there for you, to support you and ensure that you as an individual are celebrated as special and unique within the diverse fabric of our community.

One's personal physical self is only the beginning of how we might define body. For our Y, body is when your Y community calls, visits or prods you to come back to an indoor cycling class despite an illness or a loss of motivation. Body is a teen setting a new personal best in the pool after years of intense training and commitment or a kindergartner scoring his/her first soccer goal and being celebrated on the field with teammates, family and volunteer coaches. Body is a lifestyle where each individual determines for him/herself and where they are welcome and accepted at this Y.

Spirit, mind and body were and are on display every day at our Y and it is our distinct honor and privilege to be able to serve you and all in our community. Our focus continues to be to maintain the highest standards for safety, quality and value for our members, donors and staff. Whether you participate in the myriad activities and services we offer or donate to our Y so that our mission can be realized or craft your own Y story, the next time you walk through our doors please be reminded of the promise of the Y triangle. It is who we are, but it is also who you can be!

Best,



Paul Kieltyka
President & CEO



Robert Jeffries
Board Chairman



“The power of youth is the common wealth for the entire world. No segment in the society can match with the power, idealism, enthusiasm and courage of the young people.”

— Kailash Satyarthi



51
teens participated in the Achievers Program.



205
individuals connected and blossomed in our Special Needs programs, events and classes.



280
youth engaged in the free 7th Grade Membership program.



3,891
swim lessons were taught to help reduce the risk of drowning.



\$32,057
Financial Assistance awarded to 34 youth to enjoy Summer Camp.



\$279,473
direct financial assistance given to eligible families for safe and quality childcare.

BRINGS PEACE OF MIND

BUILDS CONFIDENCE

SHAPES ROLE MODELS

CREATES MEMORIES

“I want to thank the Summit Area YMCA for helping us afford quality childcare. There are so many activities at The Learning Circle YMCA for the children to do and learn throughout the year. My son Declan has grown educationally and socially, but the staff and the program have given me the greatest gift of all—peace of mind. Thank you so much.”

— Julia, The Learning Circle YMCA

“My mom told me to that I had to be active, so I chose swimming. I only knew how to stay afloat and tread water. My froggy stroke was all wonky, but the instructor helped me to correct that and taught me lots of swimming techniques. I also got to practice my social skills and make friends in the pool. The thing that makes me happiest is that I found the Y and that I’m learning to swim.”

— Souri, Summit YMCA

“As a child, the Summit YMCA was like a second family for me—basketball, Achievers, summer camp and mentors. The Achievers program taught me all about college and career options, and gave me the confidence to pursue my dreams. The Y helped me grow as a person and made me realize I can have a positive impact on youth—not just to let them have fun but to be a positive role model and become some kid’s super hero.”

— Shabazz, Summit YMCA

“The Summit Area YMCA, St. Bartholomew Church and Fanwood-Scotch Plains YMCA partnered to offer kids with special needs more opportunities to enjoy a happy, connected life. We started off with monthly Friday Fun Night events for high school students, which are evenings where teens with special needs gather for games, activities, arts and crafts, or outings. From those events grew the idea for a prom. With the help of many volunteers and sponsors, we were able to create a magical night. It was so rewarding to see the smiles on the teens and their parent’s faces.”

— Lisa, Berkeley Heights YMCA Wellness Director



PREVENTING LEARNING LOSS

“When I lost my job, I turned to the Summit YMCA for financial assistance so that my son could attend summer camp. The staff at the Y were very welcoming, caring, and respectful—they made me feel like family and gave me the will to push forward. He learned skills he wouldn’t have at home. He had fun, gained confidence as a swimmer and made so many friends. The Y offered my family hope when I felt there was none. With the biggest smile from my heart, I say thank you to the YMCA.”

— Miaya, Summit YMCA



PROVIDING SAFE SPACES

“We really like the Y because you learn how to use the gym and equipment from people who know what they’re doing and who are really friendly. We learned how to work out safely. We have a friendly competition with friends when we work out, and it’s also great that we get access to the full facility like the pool, basketball courts and Teen Center.”

— John & Brian, Berkeley Heights YMCA

YOUTH DEVELOPMENT

At the Y, we give young people a safe place to belong, to build confidence and to learn positive behaviors from strong role models who exemplify the core values of caring, honesty, respect and responsibility. Whether it be early education and school age child care, youth swim and sports, camp or college preparation, our programs and staff provide the support and opportunities needed to help our youth learn, grow and thrive.



Happiness lies, first of all, in health.

— George William Curtis



25

individuals participated in the Healthy Hearts Cardiac Maintenance Program.



37

individuals participated in LIVESTRONG® at the YMCA.



500

pounds of fresh produce from the Summit Achieve Community Garden donated to local food pantries.



19,331

group fitness classes taught.



13,012

active members visiting our facilities to improve health and wellness.



567,453

active check-ins to our facilities to engage in healthy activities.

UPLIFTS SURVIVORS

“LIVESTRONG® at the YMCA has taught me more about my physical self—I don’t have to force myself to do 40 pushups to be macho, I can do six and that’s already six more than I would have done before. The Y staff has guided me with kindness and support, and they are clearly knowledgeable about our physical and emotional needs. I am both more confident and healthier as a result.”

— Richard, Berkeley Heights YMCA

UNITES COMMUNITY

“A community garden is a great place for kids to learn about growing things and shows where food comes from. It builds a healthy, connected community. It provides a connection with growing things with the soil, with the people that are there, harvesting things and then taking them to the local food pantries. It’s a connection to the community that didn’t exist before.”

— Marian, Summit Achieve Community Garden Member

SUPPORTS MOTHERS

“I’ve been to many gyms but I feel the most comfortable at the Y. The staff and trainers are friendly and coming here keeps me in top shape. Being at the Y has made me stronger and more comfortable with myself. As a mom-to-be, it’s been reassuring to come to the Y and still exercise. The instructors are so supportive and provide modifications for me that are best suited to my condition, and I feel healthy and strong for my baby.”

— Jasmine, Berkeley Heights YMCA

STRENGTHENS BONDS

“After my divorce, my life had gone downhill and I needed to change. I was 335 pounds and my daughter couldn’t wrap her arms around me for a hug. I started swimming at the YMCA. I was energized like I had never felt before. My children would also swim with me which strengthened us as a family. I started personal training and because of the consistent exercise and support from the Y, I lost over 110 pounds. Thank you YMCA for improving my lifestyle and giving me a better relationship with my family and friends. It’s allowed me to be the person I’ve always wanted to be.”

— Owen, Summit YMCA



MOTIVATES WELLNESS

“Binge eating was my coping mechanism starting from the time of my parents’ divorce. In my adulthood, I weighed over 300 lbs. What I love about the Y are the group classes like TRX and indoor cycling. Everyone is rooting for each other and the Y welcomes all—it doesn’t matter what size you are or what your physical ability is. The YMCA really supports me in building a healthy relationship with my children and myself. I could not be more grateful for the place that the YMCA has in my heart, and in my family and in my life.”

— Kara, Summit YMCA



ENHANCES HEART HEALTH

“This all started when I fell into a week long coma and the doctors were telling my kids to prepare for my funeral. I learned that my heart only had 45-50% cardiac usage. Since joining the Y’s Healthy Hearts Cardiac Maintenance program, I can feel that my heart and body are both stronger already. The instructors taught me how to improve my cardiac health and how to exercise independently. I’m glad I signed up for the program and for my new lease on life.”

— Arthur, Summit YMCA

HEALTHY LIVING

Our mission, centered on the balance of spirit, mind and body, provides programs and resources that encourage healthy living. We try to make it easy for you to work out by having knowledgeable staff who care, resources and equipment that motivates healthy living, and a welcoming, supportive community who encourage your well-being.



The greatness of a community is most accurately measured by the compassionate actions of its members.

— Coretta Scott King



956

individuals volunteered at the Berkeley Heights YMCA and Summit YMCA in 2018.



79

volunteer opportunities offered in 2018 to serve our community.



6,375+

volunteer hours donated in service to the community by volunteers of the Summit Area YMCA.



140

families facing hunger insecurity were able to enjoy nutritious weekend meals this year.

\$530,286

total direct financial assistance awarded to eligible individuals and families in 2018.

WELCOMES ALL

“My son AJ has autism and when we took him to Sundays in Motion at the Y, he was able to safely enjoy gym activities and swimming with other similar kids. It’s very important to us to find programs for AJ to help him develop and become part of society. It’s a no judgement zone and it makes him happy. He looks forward to coming to the Y. Seeing AJ enjoy thrive at the Y has been wonderful.”

— Sarah, Summit YMCA

HONORS MILITARY

“I had suffered from a recent knee injury and my weight was at an all time high after having a baby. It was a blessing that the Y gave our family a free military membership that included babysitting. This let me focus on my own health and well-being. My husband and I work out together too! Now, I’ve lost 40lbs, I’m almost back to pre-baby weight, and my knee is stronger than ever! I’m so thankful that the Y is here for us.”

— Brittany, Summit YMCA

FEEDS THE HUNGRY

“The Y to me is the bridge to help our families receive the resources that they need through the Family Backpack Program. I’ve heard from many families how the backpack helps them over the weekends. For some who have lost a paycheck or stopped working and how this program alone has helped to hold the families over. I’m very happy to be a part of that. It shows that the school, the community, we are there for the families. We care about the whole child, which is nutrition, health, everything.”

— Joseph Cordero, Summit School Principal

SUPPORTS FAMILIES

“As a single working mother going to school full time, I needed an affordable, quality childcare program for my 2 year old. With the generous financial assistance from the Summit Area YMCA, I was able to leave him in the hands of caring, attentive teachers. After 6-7 months, my son was diagnosed with kidney cancer which had metastasized to his lungs and I had to pull him from school. The teachers regularly sent me emails rooting for his speedy recovery and return. Today we’re back at the Y and he is getting stronger physically and emotionally every day. The Y is truly a community that supports, loves and helps you when you need it.”

— Sianneth, The Learning Circle YMCA



TEACHES LIFESAVING SKILLS

“I am learning freestyle, backstroke and how to float—I didn’t know how to before I came to the Y. You don’t have to be scared because the teachers and lifeguards are there to teach you. Swim lessons prevent accidents. I’m really glad the Y has free Learn to Swim classes for 2nd Graders.”

— Innocence, Summit YMCA



PROVIDES OPPORTUNITIES

“As a retired librarian, I enjoy coming in to read to the children, and it’s such a pleasure to share my love of books with them. I’m grateful for the opportunity you’ve given me to do just that each week. I feel fortunate to have the opportunity to work with supportive and caring teachers and administration. And the children are delightful!”

— Angela, Berkeley Heights YMCA

SOCIAL RESPONSIBILITY

Members and community members are inspired each day to make a difference in the lives of others with small and large acts of kindness. Through the Annual Campaign, our Y provided \$530,286.21 in direct financial assistance to 1137 participants in our community thanks to the generous donations of staff, volunteers and community members. As a volunteer driven organization, volunteers drive our mission forward to help those in need and provide all with access to opportunities to learn, grow and thrive.

View our full list of 2018 donors at WWW.THESAY.ORG/2018DONORS



SUMMIT YMCA

These capital improvements – a renovation of the Summit YMCA and a relocation and new construction of the Berkeley Heights YMCA – will result in improved functionality, improved member service, and improved programs at both branches. This bold investment will provide sustainable service to our community and neighboring towns, home to over 50,000 individuals. The long-term success of our facilities will ensure people are healthier, happier and stronger as we continue to adapt to the changing needs of our growing community.

FOR A BETTER US



LOOKING TO THE FUTURE

With over \$20 million in new capital investments, the Summit Area YMCA will continue to develop our Berkeley Heights YMCA and Summit YMCA facilities in ways that advance our mission. We will welcome all community members and allow our teachers, instructors, and staff to deliver best-in-class health and wellness programs, exercise classes, child care curriculum and community outreach events.

BERKELEY HEIGHTS YMCA



View the full 2018 Annual Report at www.theSAY.org/annualreport

SUMMIT AREA YMCA



www.theSAY.org

The Summit Area YMCA is one of area's leading 501(c)(3) organizations. Through the generosity of our members, donors, and partners, we are able to offer financial assistance for our programs and services to those with demonstrated need.