



## SUMMIT AREA YMCA 2023 IMPACT REPORT

The Summit Area YMCA works to support and strengthen the foundations of the communities in Berkeley Heights, Gillette, Millburn, New Providence, Short Hills, Springfield, Stirling and Summit, as it has for over 135 years. Our history is steeped in working side-by-side with our neighbors to provide practical and affordable answers to large-scale community issues such as child care, healthy living, and the achievement gap among students. Your help supports the scholarships and free programs the Summit Area YMCA offers in response to community need, some of which you'll find below.

### YOUTH DEVELOPMENT | Developing a new generation of change makers.



#### 1,034 CAMPERS

enjoyed their summer while learning new skills, improving self-esteem, and making friends.



#### 552 STUDENTS

became YMCA members through the 7th Grade Initiative Program to become more active, healthy, and engaged.



#### 97 EIGHT GRADERS

engaged in supervised programming for learning, community involvement, college readiness, healthy habits, and safe socialization.



#### 442 CHILDREN

took part in swim lessons, mastering life-saving skills and water safety awareness.



#### 182 HIGH SCHOOLERS

thrived in the Y's Achiever's Program helping them become empowered students in their personal, academic, and professional journeys.

## HEALTHY LIVING | Improving well-being in mind, body, and spirit.

### 47 FAMILIES

collaborated to establish thriving gardens, fostering healthy lifestyles for all those involved.



### 40 YMCA EMPLOYEES

were trained and became CPR certified, empowering them with essential life-saving skills.



### 23 CANCER SURVIVORS

began to rebuild their flexibility, strength, mobility, and outlook through LIVESTRONG® at the YMCA.



### 22 COMMUNITY MEMBERS

participated in YMCA Parkinson's class which includes tailored exercises and support, enhancing their well-being.



## SOCIAL RESPONSIBILITY | Inspiring action and creating equitable communities.



### 872 PARTICIPANTS

attended a wide array of cultural events, celebrating community diversity and inclusivity.



### 644 HOT MEALS

were handed out to families in need during our summer meal distribution.



### 474 LIVES

have been saved, as a result of our partnership with the American Red Cross through quarterly blood drives.



### 263 GIFTS

were purchased for families in need, embodying the spirit of compassion and generosity within our community.

