



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE THE COMMUNITY COMES TOGETHER



NEW CANAAN YMCA
2022 Impact Report



YOUTH DEVELOPMENT



HEALTHY LIVING



SOCIAL RESPONSIBILITY

Dear Friends,

Thank you for taking the time to review our Impact Report. We're very proud of our many achievements in 2022.

When people join the Y, they're often seeking something specific for themselves or their family. Maybe they want to improve their personal fitness or their child's swimming skills. Or they might want to expand their social connections or learn a new sport. There's no doubt those goals will be achieved. Every day, members of all ages personally experience the positive impact of Y membership. Then, after spending some time at our Y, members discover something more. They begin to appreciate that the Y provides more than a facility where you can achieve personal goals. The Y provides an opportunity for the members of our community to have a positive impact—on one another.

Our members, staff, volunteers, and donors are the reason you love coming to the Y. Members in group exercise classes encourage each other to come again next week. Parents rely on the wisdom of our dedicated teachers. Young athletes on our aquatics teams build life-long relationships with teammates. Members overcoming chronic disease or cancer connect with people who truly understand what they're going through. Participants in our special needs programs share a sense of belonging and opportunity. High school students work out together. Families gather at our special events to connect with existing friends and make new ones. And thanks to the generosity of our donors, those struggling with financial hardship experience the Y as a supportive and empowering resource.

The Y's mission; to enrich all people in spirit, mind and body, is not a customer service delivered by the Y to its members, it's the primary goal we all come to the Y to achieve. Every time someone walks through the Y's doors, there's an opportunity for each member to impact and improve the lives of others.

The report that follows details how your participation, support, and donations in 2022 enabled our Y to continue to be a place where we all gather and positively impact the lives of people in our community. Thank you for helping the Y to serve this community in that important way.

Sincerely,



Margaret Riley
Executive Director
New Canaan YMCA



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve under the guidance of adults who care about them.



IN 2022:



BUILDING HEALTHY KIDS

Over **1,500** children built a sense of **confidence and teamwork**, while staying active through the Y's recreational programs and leagues.



WATER SAFETY FOR ALL

Over **550** children learned to become safer and more confident in the water through swim lessons at the Y.



SUPPORTING OUR COMMUNITY'S FAMILIES

The Y provided a **fun childcare option for families** on school vacation days and snow days.



SOMETHING FOR EVERYONE

Youth recreational and wellness programs are committed to supporting our community's kids regardless of interest or ability. These programs offer options for **kids to stay active, make friends, and build confidence.**



GROWING STRONGER IN & OUT OF THE WATER

Over **380** young athletes participated in the Y's three competitive aquatics teams including **swimming, diving, and artistic swimming**, developing goal setting, leadership, time management, and self-confidence.



A SAFE & NURTURING PLACE

Over **145** kids belong to the Y's childcare community. Through full-day childcare/preschool and after-school childcare programs, the Y provides a warm and supportive environment for children to learn, discover, and grow.



PROVIDING OPPORTUNITY TO BECOME A LEADER

The Y is proudly one of the community's largest employers of teens and young adults. These individuals develop leadership and professional skills through their first work experiences at the Y.



SAFE OUT-OF-SCHOOL ACTIVITY FOR TEENS

Teen and pre-teen use of the facility remains strong through activities such as Middle School Night, open gym, socialization, and working out. Nearly 100 kids learned techniques for maintaining a healthy lifestyle through our Families in Training and youth conditioning programs.



A SUMMER OF GROWTH & LASTING MEMORIES

Over **450** children attended summer camp at the Y, where they made new friends, built confidence, had fun, and made lasting memories.



**FOR HEALTHY
LIVING**

Improving the nation's health and well-being

The Y brings families closer together, encourages good health, and fosters connections through fitness, sports, fun, and shared interests.



IN 2022:



PARKINSONS SUPPORT

The Y continues to serve as the home for a local Parkinsons support group and introduced a new Parkinsons Exercise Class.



STAYING FOREVERWELL

The ForeverWell initiative provides **wellness and social opportunities for individuals ages 55/older** designed to help our community's older adults remain healthy, active, and social.



CANCER WELLNESS PROGRAM

16 cancer survivors participated in the LIVESTRONG at YMCA Cancer Wellness Program. This 12-week program is available to any cancer survivor within our community at no cost and has served over 150 cancer survivors in our community.



BUILDING ASSETS

The New Canaan YMCA promotes the 40 Developmental Assets, developed by the Search Institute, which enable **young people to develop into successful and contributing adults.**



EMPOWERING THROUGH HEALTH EDUCATION

In collaboration with Stamford Health, the Y features an on-site Wellness Nurse Coordinator, physical therapy services, and hosts free community lectures throughout the year each providing information on a different health topic.



PROMOTING WELLNESS

The Y continues to serve as a community resource dedicated to **promoting wellness and disease prevention** among people of all ages and abilities. From cardio and strength building classes, to mind-body and nutrition programs, everybody is welcome at the Y as they work toward maintaining a healthy lifestyle.



FOSTERING FAMILY TOGETHERNESS

The Y fosters family togetherness **through programming, open facility times, volunteer opportunities, and special events.** In 2022, the Y held Healthy Kids Day, a dive-in movie, Grandparents' Day, Family Dinner Night, Family Obstacle Run, and a Winter Wonderland holiday event.



MAINTAINING AN ACTIVE & CONNECTED LIFESTYLE

Over 1,000 seniors in our community count on the Y to stay active, healthy, and connected.



FOR SOCIAL RESPONSIBILITY

Giving back and supporting others

Since 1954, we have been listening and responding to the needs of our community through education, training, motivation, and support.



IN 2022:



TURNING NO ONE AWAY

The Y provided the equivalent of **\$200,000 in financial assistance**, ensuring that no one is ever turned away from maintaining a healthy lifestyle at the Y.



SUPPORTING OUR COMMUNITY

The Y offers use of our facility at no charge to local non-profits including: South Avenue Cottage, ABC House, New Canaan Library, A-Home, Boy Scouts and Girl Scouts, and Silver Hill Hospital.



EVERYBODY FEELS WELCOME

Over 130 individuals with special needs participated in programs and events at the Y. Thanks to funds raised through our Annual Support Campaign and the annual charity golf outing, support staff is offered to these individuals at no additional cost. Support staff provides summer camp opportunities for special cares campers at Camp Mini and Camp Y-Ki.



CHANGING LIVES A WORLD AWAY

The Y continued its partnership with Facing the Future, a child development center in the Kenyan slum of Kibera. **Over 300 needy children currently attend the center receiving two meals a day, education, and medical attention.** In 2022, the Y community once again sponsored every child in FAFU's 4th grade providing financial support and meaningful engagement between New Canaan Families and FAFU children.



A MORE SUSTAINABLE Y

The Y made significant progress in its **full facility energy initiative** including the conversion to LED lighting and developing plans for the installation of CHP (Combined Heat & Power) Units.



COMMUNITY AND PARTNERS

The Y supports and partners with many **community organizations** including: hosting meetings and special events for fellow non-profits, providing facility use for New Canaan sports organizations, hosting the Horizons program for summer swim lessons, and serving as the home pool for the New Canaan High School swimming and diving teams.



A PLACE TO GIVE BACK

Over 450 individuals volunteered at the Y, helping to provide services to the community and engage in philanthropy.



OPPORTUNITIES FOR ALL

The Y proudly continued its **employment initiative for individuals with special needs**. This initiative is made possible through donations to the Y's endowment.



PROTECTING OUR COMMUNITY

The Y held **five COVID-19 vaccination clinics** for all ages, providing **over 200 individuals** with easy access to protection against COVID-19.



2022 SUPPORTERS

You make it possible.

When you give to the New Canaan YMCA, you strengthen our community. Thank you to our 2022 supporters.

2022 SUPPORTERS

\$50,000+

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\$25,000-\$49,999

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*List reflects contributions made to the New Canaan YMCA January 1, 2022 through December 31, 2022. If your name is incorrectly listed or accidentally omitted, please accept our sincere apologies and contact the Development Office at 203-920-1654 with corrections.

STATEMENT OF ACTIVITIES YEARS ENDED DECEMBER 31, 2022 and 2021

PUBLIC SUPPORT & REVENUE

	2022			2021		
	Without Donor Restriction	With Donor Restriction	Total	Without Donor Restriction	With Donor Restriction	Total
Program fees, net	\$3,718,615	\$590,578	\$4,309,193	\$3,594,108	\$213,448	\$3,807,556
Membership fees, net	3,876,220	—	3,876,220	2,654,090	—	2,654,090
Special events	—	173,035	173,035	—	177,248	177,248
Contributions	1,892,269	175,374	2,067,643	987,692	709,517	1,697,209
Other revenue	216,213	—	216,213	347,876	—	347,876
Forgiveness of Paycheck Protection Program loan	1,122,290	—	1,122,290	1,233,300	—	1,233,300
Investment return, net	(181,066)	(56,497)	(237,563)	113,368	10,639	124,007
Net assets released from restrictions	778,673	(778,673)	—	800,549	(800,549)	—
Total public support and revenue	11,423,214	103,817	11,527,031	9,730,983	310,303	10,041,286

EXPENSES

	2022			2021		
	Without Donor Restriction	With Donor Restriction	Total	Without Donor Restriction	With Donor Restriction	Total
Program services	\$8,070,335	—	\$8,070,335	\$7,618,019	—	\$7,618,019
Fundraising	669,803	—	669,803	611,014	—	611,014
Management and general	655,914	—	655,914	687,042	—	687,042
Total expenses	9,396,052	—	9,396,052	8,916,075	—	8,916,075
Increase (Decrease) in Net Assets	2,027,162	103,817	2,130,979	814,908	310,303	1,125,211
Net Assets— Beginning of Year	19,065,950	948,172	20,014,122	18,251,042	637,869	18,888,911
Net Assets— End of Year	\$21,093,112	\$1,051,989	\$22,145,101	\$19,065,950	\$948,172	\$20,014,122

STATEMENTS OF FINANCIAL POSITION: DECEMBER 31, 2022 and 2021

ASSETS	2022	2021
Cash and cash equivalents	\$2,934,367	\$2,725,122
Investments	1,379,039	1,643,145
Accounts receivable	50,585	28,756
Employee retention credit receivable	1,813,994	447,575
Contributions receivable, net	90,287	85,724
Prepaid expenses	85,605	60,948
Land, building and equipment	24,065,486	24,702,059
Operating Right-of-Use Assets, net	227,809	-
Financing Right-of-Use Assets, net	260,798	-
Total Assets	\$30,907,970	\$29,693,329
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts payable and accrued expenses	\$331,389	\$440,574
Deferred membership and program fees	1,151,920	1,090,781
Paycheck Protection Program loan	-	1,122,290
Bonds payable, net	6,787,845	7,025,562
Operating Lease Liability	227,809	-
Financing Lease Liability	263,906	-
Total liabilities	8,762,869	9,679,207
Net Assets		
Without donor restrictions		
Designated for endowment	825,040	978,767
Undesignated	20,268,072	18,087,183
Total without donor restrictions	21,093,112	19,065,950
With donor restrictions		
Designated for program and world service	746,948	586,634
Designated for endowment	305,041	361,538
Total with donor restrictions	1,051,989	948,172
Total net assets	22,145,101	20,014,122
Total Liabilities and Net Assets	\$30,907,970	\$29,693,329





**WHERE THE COMMUNITY
COMES TOGETHER**



NEW CANAAN YMCA
564 South Avenue
New Canaan, CT 06840-6322

THE Y IS WHERE OUR COMMUNITY COMES TOGETHER.
ALL AGES. ALL ABILITIES. ALL BACKGROUNDS.