



# WHERE THE COMMUNITY COMES TOGETHER



**NEW CANAAN YMCA  
2024 Impact Report**



## YOUTH DEVELOPMENT



## HEALTHY LIVING



## SOCIAL RESPONSIBILITY

Dear Friends,

Thank you for taking the time to review our 2024 Impact Report. We are extremely proud of our many achievements during the course of the year.

During 2024, our Y celebrated 70 years of service to the New Canaan community! Since 1954, when a small group of New Canaanites established the New Canaan Community YMCA as an affiliate of the former Norwalk YMCA, we have continually adapted and grown our services, programs, and facility to the changing needs and goals of our community.

This past year, we responded to community needs by expanding our full-day childcare to accommodate 24 additional children, adding chronic disease programs to support Parkinson's patients and individuals with pre-diabetes, and streamlining our financial assistance application process to ensure that no one is ever turned away from our Y due to inability to pay. We also grew our group exercise offerings, provided free swim lessons to underserved children, continued our commitment to serving the community's behavioral health, and increased opportunities for families to exercise together and connect at special events. We opened our gyms to allow more of you to play volleyball, basketball, or pickleball together, and held a community-wide event where hundreds of people were empowered to save lives by learning to administer CPR and use AEDs. These varied programs and events demonstrate our commitment to growing with you, offering you more, and enriching all people, in spirit, mind, and body, every day and in everything we do.

For seven decades, members, donors, volunteers, and talented staff, through their support and dedication, have validated this special YMCA as being integral to the well-being of people of all ages, abilities, and economic backgrounds. We view our Y as a gift entrusted to us by the community that shaped it in the past, to guide and nurture as our gift to the community in the future. Thank you for helping us to assure its strength and success for decades to come.

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.

# 2024 YOUTH DEVELOPMENT HIGHLIGHTS



### BUILDING HEALTHY KIDS

Over **3,500 children and teens** developed healthy habits, built character, gained confidence, and made friends at the Y.



### CREATING CONFIDENT SWIMMERS

Over **600 children** learned to become safer and more confident in the water through swim lessons at the Y. The Y also continued its partnership with the town of New Canaan offering summer swim lessons to the community at the Steve Benko Pool.



### INCREASING CHILDCARE ACCESS

Responding to the community's need for additional preschool childcare, the Y opened **three additional classrooms** in the Rainbow Station full-day childcare program. The expansion was funded by a grant by the Women's Business Development Council.



### WHERE EVERYBODY PLAYS

Every kid has the opportunity to enjoy sports in a fun and low pressure environment at the Y where they learn skills, develop healthy habits, and make friends. In addition to volleyball, soccer, golf, and more, over **750 kids participated in the Y's recreational basketball league** in 2024.



### FOSTERING TEAMWORK

Nearly **300 young athletes** participated in the Y's competitive aquatics teams developing goal setting, leadership, time management, and self-confidence.



### A SAFE & NURTURING PLACE

Over **120 kids** belong to the Y's childcare community. Through full-day childcare/preschool, after-school childcare programs, and vacation camps the Y provides a warm and supportive environment for children to learn, discover, and grow.



### BUILDING FUTURE LEADERS

The Y is proudly one of the community's largest employers of teens and young adults. **85 young adults ages 21 and younger** worked at the Y in 2024. These individuals develop leadership and professional skills through their first work experiences at the Y.



### A SAFE AND HEALTHY SPACE FOR TEENS

**Teen and pre-teen use of the facility remains strong** through activities such as Middle School Madness, open gym, and opportunities to socialize with peers. In 2024, over 120 kids participated in our F.I.T. Pass, youth conditioning, and teen yoga classes. The Y also expanded access to the Wellness Center and group exercise classes providing families with additional opportunities to stay healthy together.



### A SUMMER OF GROWTH & LASTING MEMORIES

Over **400 children** attended summer camp at the Y, including **40 campers with varying abilities**, 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.

# 2024 HEALTHY LIVING HIGHLIGHTS



### PARKINSON'S SUPPORT

The Y continues to serve as the home for a local Parkinson's group and offers classes to **support those in our community living with Parkinson's disease**, including the launch of Peddling for Parkinson's in 2024.



### STAYING FOREVERWELL

The ForeverWell initiative hosted 10 events promoting **wellness and social opportunities for individuals ages 65 and older** designed to help our community's older adults remain healthy, active, and social.



### CANCER WELLNESS PROGRAM

**18 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 200 cancer survivors in our community to date.



### PROMOTING WELLNESS

The Y continues to serve as a leading community resource **supporting wellness and disease prevention** among people of all ages and abilities. The Y helps our community stay healthy and active through 100+ group classes each week; drop-in basketball, pickleball, and volleyball; and accommodating facilities that support all.



### EMPOWERING THROUGH HEALTH EDUCATION

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



### TAKING CONTROL OF OUR HEALTH

The Y completed its first-ever session of the national **Diabetes Prevention Program** in the spring of 2024. All participants successfully completed the program **reducing their risk of Type-2 Diabetes**.



### FOSTERING FAMILY TOGETHERNESS

The Y fosters **family togetherness** through programming, open facility times, volunteer opportunities, and special events.



### NEW CANAAN STRONG

The Y's New Canaan Strong initiative **supports our community's Town and non-profit employees** with discounted membership.



# 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.

# 2024 SOCIAL RESPONSIBILITY HIGHLIGHTS



### TURNING NO ONE AWAY

In 2024, the Y redesigned its financial assistance program to address the financial need in our community. The new application process provides easier access and support to those who need a helping hand. In 2024, the Y provided the equivalent of **\$320,000 in financial assistance** ensuring everyone has the opportunity to benefit from Y membership and programs.



### EVERYBODY FEELS WELCOME

**Over 130 individuals with varying abilities** participated in programs and events at the Y developing skills, building confidence, and making friends in a welcoming and inclusive environment.



### OPPORTUNITIES FOR ALL

The Y continued its employment initiative for **individuals with varying abilities** made possible through donations to the Y's endowment. The Y was also proudly named STAR's employer of the year in 2024.



### SUPPORTING RECOVERY

The Y and Silver Hill continued their "New Beginnings" partnership supporting those undergoing addiction recovery treatment. **24 individuals benefited from this program in 2024.**



### A SAFER COMMUNITY

The Y hosted the second Hands For Life community CPR event in 2024 in partnership with New Canaan EMS and CERT. At the event, **over 320 community members were trained in hands-only CPR and AED use.**



### 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.**



### COMMUNITY AND PARTNERS

The Y partners and supports many community organizations through joint events, initiatives, and facility use. The Y provides swim lessons for the Horizons summer program at no cost, is the home pool for the New Canaan High School swimming and diving teams, co-presents an annual Martin Luther King, Jr. Day event with S.T.A.R., provides free wellness classes at the New Canaan Library, and is a proud member of the New Canaan Behavioral Health Alliance.



### A PLACE TO GIVE BACK

**Over 350 individuals volunteered** at the Y and helped make a difference in their very own community.



### A MORE SUSTAINABLE Y

The Y made significant progress in its **full facility energy initiative** and began the installation of its Combined Heat and Power System. This energy-saving project will also allow the Y to serve as a community shelter with an on-site generator.



### SUPPORTING OUR COMMUNITY

The Y provides **free membership** to residents of South Avenue Cottage, ABC House, and A-Home.



# 2024 SUPPORTERS

## You make it possible.

When you give to the New Canaan YMCA, you strengthen our community. Thank you to our 2024 supporters.

## 2024 SUPPORTERS

### \$50,000+

Tom Hargrove and Anita Grover M.D.  
John and Ethel Kashulon Foundation  
New Canaan Community Foundation  
Liza and Chris Pohle  
Town of New Canaan

### \$25,000-\$49,999

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John A. Moran Charitable Trust  
Elizabeth and Robert Petty  
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Women's Business Development Council

### \$10,000-\$24,999

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\*New Canaan YMCA employee at the time of donation

\*List reflects contributions made to the New Canaan YMCA January 1, 2024 through December 31, 2024. 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 FOR YEARS ENDED DECEMBER 31, 2024 & 2023

### PUBLIC SUPPORT & REVENUE

	2024			2023		
	Without Donor Restrictions	With Donor Restrictions	Total	Without Donor Restrictions	With Donor Restrictions	Total
Program fees, net	\$3,938,351	\$279,201	\$4,217,552	\$3,849,826	\$456,677	\$4,306,503
Membership fees, net	5,264,324	—	5,264,324	4,569,638	—	4,569,638
Special events	—	195,920	195,920	—	187,101	187,101
Contributions	435,839	815,675	1,251,514	292,547	587,960	880,507
Other revenue	266,501	—	266,501	302,484	—	302,484
Investment return, net	342,283	76,998	419,281	357,321	60,020	417,341
Net assets released from restrictions	843,310	(843,310)	—	809,169	(809,169)	—
Total public support and revenue	11,090,608	524,484	11,615,092	10,180,985	482,589	10,663,574

### EXPENSES

	2024			2023		
	Without Donor Restrictions	With Donor Restrictions	Total	Without Donor Restrictions	With Donor Restrictions	Total
Program services	\$9,971,653	—	\$9,971,653	\$8,998,795	—	\$8,998,795
Fundraising	661,155	—	661,155	686,334	—	686,334
Management and general	713,758	—	713,758	705,386	—	705,386
Total expenses	11,346,566	—	11,346,566	10,390,515	—	10,390,515
Increase (Decrease) in Net Assets	(255,958)	524,484	268,526	(209,530)	482,589	273,059
Net Assets—Beginning of Year	20,883,582	1,534,578	22,418,160	21,093,112	1,051,989	22,145,101
Net Assets—End of Year	\$20,627,624	\$2,059,062	\$22,686,686	\$20,883,582	\$1,534,578	\$22,418,160

## STATEMENTS OF FINANCIAL POSITION: DECEMBER 31, 2024 & 2023

	2024	2023
<b>ASSETS</b>		
Cash and cash equivalents	\$2,752,164	\$2,321,901
Investments	4,727,027	4,054,182
Accounts receivable	91,762	16,829
Contributions receivable, net	50,000	18,569
Prepaid expenses	166,593	109,091
Land, building and equipment	23,266,304	23,552,372
Operating Right-of-Use Assets, net	419,324	114,871
Financing Right-of-Use Assets, net	145,961	203,744
<b>Total Assets</b>	<b>\$31,619,135</b>	<b>\$30,391,559</b>
<b>LIABILITIES AND NET ASSETS</b>		
<b>Liabilities</b>		
Accounts payable and accrued expenses	\$564,925	\$319,767
Deferred membership and program fees	1,029,523	785,613
Bonds payable, net	6,289,997	6,542,547
Note payable	474,510	—
Operating Lease Liability	419,324	114,871
Financing Lease Liability	154,170	210,601
Total liabilities	8,932,449	7,973,399
<b>Net Assets</b>		
Without donor restrictions		
Designated for endowment	1,082,035	958,021
Undesignated	19,545,589	19,925,561
Total without donor restrictions	20,627,624	20,883,582
With donor restrictions		
Designated for program and world service	1,268,832	767,682
Designated for endowment	790,230	766,896
Total with donor restrictions	2,059,062	1,534,578
Total net assets	22,686,686	22,418,160
<b>Total Liabilities and Net Assets</b>	<b>\$31,619,135</b>	<b>\$30,391,559</b>



**WHERE THE COMMUNITY  
COMES TOGETHER**



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