

IMPACT REPORT 2023

At the Y, we believe that health and well-being is about building spirit, mind and body so that each person can ultimately live the life God has given them to the fullest.



BY THE NUMBERS

4,018 active members

Across three branches improved their health by being a part of the YMCA this past year.

\$9,593.74 Awarded in Scholarships

Made it possible for members to attend our branches and receive support to help them achieve their goals.



143 Members Received Scholarships

Made it possible for individuals to take necessary steps to improve their overall health and well being.

109,300 Visits to the YMCA

Check-ins across all three of our branches this past year alone. Each check-in allowed our members to grow in spirit, mind and body.



329 Personal Training Sessions

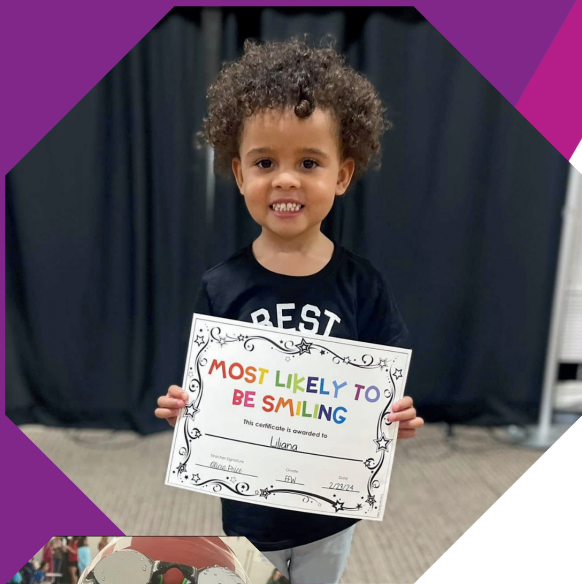
Helped members regain their confidence, increase their strength, increase mobility and flexibility and improve their balance.

3024 Group Exercise Classes

Members and Non Members joined together to have fun, work hard and get healthy.



\$13,169.74 AWARDED



YOUTH DEVELOPMENT

YMCA Programs like Afterschool, Summer Camp, Y Mentor, Youth Sports & Aquatics provide safe spaces with specially trained staff to help children become who God has called them to be.

BY THE NUMBERS

AFTER SCHOOL CARE

76 Kids Thrived

Caring and dedicated staff who engage with children through exercise, character development and activities, extended learning opportunities and function as positive role models.



SUMMER CAMP

89 KIDS

A safe and nurturing environment for children to enjoyed games and activities, develop positive social skills and meet new friends.

AQUATICS

153 SWIM LESSONS

Conducted by your YMCA last year. We believe the ability to swim is a critical life skill and every adult and child should have the opportunity to learn it.

OUR 2023 IMPACT REPORT

At the Y, we believe that we were created to do life together and that we are called to help one another become who God has called us to be. This impact report includes numbers and stories of life change that represent a fraction of the work that happened during 2023. As we look to 2024, we have some exciting things ahead!

As we move forward with a HUGE upcoming projects, expanding programs and so much more, we are hopeful & excited to see how God moves.

We hope you join us in that journey



Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.