



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

US... IS A POSSIBILITY

We can't do it alone.
The Y.™ For A Better Us.™



OUR CAUSE

Communities are faced with more challenges than ever before, and families are seeking a “village” to protect, teach, connect, heal, nourish and encourage. The Hamilton Area YMCA is a key resource to bring people together and strengthen relationships for kids, adults, seniors and families with programs that help our community and the “us” who live in it realize their incredible possibilities.

For a Better You.

For a Better Community.

For a Better Us.



About the Hamilton Area YMCA

Established in 1951, the Hamilton Area YMCA is a 501(c)3 community organization that promotes youth development, healthy living and social responsibility. Our two branches (John K. Rafferty and Sawmill) play host to a variety of programs designed to nurture the potential of young people, improve our health and well-being, and provide opportunities to give back to the community and support our neighbors. With 12,000 members, the Hamilton Y is the largest community organization in Hamilton Township and a leading force for positive change in our region.

OUR WORK

The work of the Hamilton Area YMCA focuses on three specific areas of need for our community: youth development, healthy living and social responsibility. Working with a variety of partners across Central New Jersey, we provide essential programs and services that build strong, confident kids; healthy, active adults; and thriving communities.

THRIVE Cancer Wellness
OneStep: Multiple Sclerosis
Delay the Disease Parkinson's Program
ACT! Youth Weight Management
Healthy Ways Adult Weight Management
STRIVE Recovery
Active Older Adults Programming
Group Exercise

Healthy Living

Youth Development

Y Connection Middle School Program
Before and After School Care
Summer Day Camp
Y's Owls Preschool
School's Out
Youth Sports
Swimming Lessons
Healthy Kids Day

Social Responsibility

Togetherhood®
SPOT (Safe Place for Our Tweens)
SKOR (Special Kids Organized Recreation)
SOAR (Special Organized Adult Recreation)
American Red Cross Emergency Training
American Heart Association First Aid Training
Senior Health and Fitness Day



OUR IMPACT

Since the organizational inception in 1844, YMCA's have been dedicated to serving whatever needs most profoundly impact their community. The Hamilton Area YMCA is a perfect example, having constantly evolved depending on the needs of our community. In the last 5 years alone, we have had some incredible impact.



Invested **\$162,550** in our youth by providing the Y connection program – a free, safe, positive after school environment for tweens and peace of mind for over 250 families.



Provided **\$261,234** in financial assistance to families that depend on us for a summer of fun and friendship – that's more than 6% of our 3,343 campers!

The Delay the Disease program, a support program for those living with Parkinson's has provided support to **260 participants** since its inception and is one of our fastest growing programs.



Increased participation in the SKOR/SOAR Program from **217** to over **450** participants.



The American Cancer Society says regular, moderate exercise has been found to have health benefits for the person living with cancer. Since 2012, we have helped **65 participants THRIVE!**

Created and launched One Step, a program for those living with MS, which has now grown to **126 participants** and has been replicated by 5 YMCAs in New Jersey.



Over **½** of children in New Jersey are diagnosed as either overweight or obese. We have helped to change the future for **172 children and their families** through ACT! Youth Weight Management.



The leading cause of accidental death for young children in America is drowning. Over the last five years **we have provided swim lessons to 21,532 children and adults.**

OUR REACH

We connect to more than 12,000 people of all ages and backgrounds to bridge gaps in community needs and build a stronger community by encouraging philanthropy and volunteerism.



Over 2000 kids learn teamwork and build their confidence through our youth sports program. With just \$125 you can support a team.

700+ kids who attend our summer camp annually, made new friends, improved self-esteem and learned new skills.



12,112 enjoy the benefits of Y membership



Our JKR Branch sees **38,000** visits each month



60,000 households receive the program brochure



14,000 learn new things through our eNewsletters



4,981 "like" us on Facebook

Togetherhood, a volunteer based committee, reaches into the community and manages community projects including a Prom Drive, Halloween Candy Drive for troops, Classroom supply drive and more.



More than 700 community volunteers help us do our work each year

10,000 visit our website per month



44 kids learn and grow in Y's Owls Preschool



YOUR SUPPORT

Because of the Y, millions of people develop the skills and relationships they need to be healthy, confident, connected and secure—making for a better us.

At our core, the Y is about helping individuals reach their full potential, and giving them opportunities to connect with the community around them, all in service of making us better as individuals, communities and as a nation.

Every dollar donated to the Y has a lasting impact on the people in its community. There are a number of ways you can invest in the mission of the Hamilton Area YMCA. Whether you prefer to sponsor a special event, support our Annual Campaign, or help us advance a particular program that is close to your heart, our staff and volunteers will work with you to maximize the impact of your gift.

Annual Campaign

A personal gift to the Annual Campaign allows us to allocate funds to the area of greatest need within the organization. Unrestricted Annual Campaign support is the fuel that drives our mission forward.

Community Partner Program

Community Partners are businesses and foundations that invest in the mission of the Hamilton Area YMCA. They believe in our cause and want to associate their brand with ours. Community Partners are invited to interact with our members through programs, special events and health fairs throughout the year, and they are recognized for their support throughout our facility, on-line, and in our printed materials.

Event Sponsorship

Sponsoring our keystone fundraising event is an effective way to show support for the work of the YMCA. An I'm Possible event sponsorship shows your commitment to our cause.

Program Support

Investing in a specific program ensures your support is directed to the area about which you are most passionate. Program support is a way to make a targeted impact on our community.

Planned Giving

When you include the Hamilton Area YMCA in your estate plans, you make a lasting investment in the mission of our organization and in the community. This can be done by naming the Y in your will or designating the Y as the beneficiary of a life insurance policy or retirement plan. Talk to your financial advisor about how a planned gift can be beneficial for you and the organization you care about.

Capital Campaign

From time to time, the Y may undertake a capital campaign to expand or improve our facilities to better serve our community. Investing in a capital campaign ensures your gift will have a lasting impact on our community.

Endowed Giving

A gift to the Endowment Fund is an investment in the future of the Hamilton Area YMCA. Endowed gifts are invested, so their impact can be felt for generations to come. Endowed gifts can be made to the a general endowment fund or to the James J. Fell Program Fund.

“My One Step class has allowed me to bond with others living with MS and get much needed exercise. If not for this class, I would be a couch potato.”

– One Step Participant

“THRIVE was a life changing program for me. My experience was not confined to a program at the Y. I found a community.”

– THRIVE participant

“I walked in doing the ‘Parkinson’s shuffle’. Thanks to Delay the Disease, I was able to pick my feet up to dance at my son’s wedding.”

– Delay the Disease participant

“I have benefitted from my Healthy Living class at the Y because I have less pain and my coordination has improved!”

– One Step Participant



Hamilton Area YMCA

JKR Branch

1315 Whitehorse-Mercerville Road
Hamilton, NJ 08619

Sawmill Branch

185 Sawmill Road
Hamilton, NJ 08620

609.581.9622
hamiltonymca.org

