



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**TOGETHER
WE BUILD A
BETTER US**

The Y.™ For A Better Us.™

OUR CAUSE

Connectedness.

Belonging.

Shared values.

These are the backbones of a strong community. In today's society, where connection refers to the status of your Wi-Fi and face time happens through a phone, the Y acts as a touch point for people from all parts of our community. When more and more of our children are disengaged and idle, the Y provides a place for them to belong. As we become increasingly polarized along ideological lines, the Y brings our community together for a shared purpose. This is the work we do at the Hamilton Area YMCA.

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 14,000 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.

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

Healthy Living

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

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

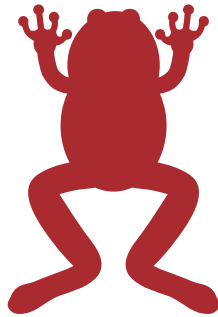


OUR IMPACT

The Hamilton Area YMCA touches lives throughout Central New Jersey

92%

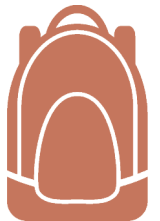
of kids who attend summer camp say the experience improved their self-esteem



60,000 people are diagnosed with Parkinson's every year, but **\$10,825** will help **25** seniors in our community Delay the Disease



Studies have shown that regular participation in after school programming helps to narrow the achievement gap for our kids. It takes **\$1640** to make that a reality for one child.



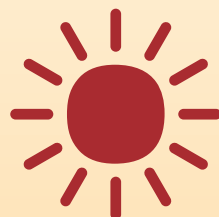
448 kids and adults with special needs learn and grow through SKOR and **\$40,883** is needed to fund the program in 2016

We have one of the only therapeutic exercise programs in our area for people with MS. **\$4330** puts **10** people OneStep closer to mobility.



Our JKR Branch sees 38,000 visits each month

Over ½ of children in New Jersey are diagnosed as either overweight or obese. \$250 changes one child's future through ACT! Youth Weight Management



\$60,000 helps 75 kids attend camp

every day.

60,000

households receive
the program brochure



10,000 visit our
website per month



584 community volunteers
help us do our work each year

2,907 “like” us
on Facebook



13,889 enjoy the
benefits of Y membership

Middle school age students need
guidance and adult mentoring more
than ever before. For every
\$743.40 we raise, one child
gets set on the right path
through Y Connection.



14,000 learn
new things through
our eNewsletters



2012 kids learn teamwork
and build their confidence
through our youth sports
program. With just \$125 you
can support a team.

**35 kids learn
and grow in Y's
Owls Preschool**



The American Cancer Society says
regular, moderate exercise has been
found to have health benefits for the
person living with cancer. Just
\$2165 can help five of them
THRIVE!



The leading cause of
accidental death for young
children in America is
drowning. A gift of \$72
teaches a child to swim.

YOUR SUPPORT

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 a fundraising event is an effective way to show support for a particular Y program. Each special event benefits a different area of need within our organization, and event sponsorship shows your commitment to that part of our cause.

Summer Celebration

A Special Night for Special Kids

Run to Raise 5K and Family Walk

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.

“I know that the time I share plays a small part in changing someone’s life.”

– Y Volunteer

“My son is learning skills that will last him a lifetime.”

– ACT! Parent

“The people at the Y inspire me to be healthy, be confident, and be strong!”

– SKOR Athlete

“The Y has provided me with an opportunity to improve my health, and I’m happy I took advantage.”

– Delay the Disease Participant

“While I’m at work, my son is in good hands at the Y. That gives me peace of mind.”

– Y Connection Mom



Hamilton Area YMCA

JKR Branch

1315 Whitehorse-Mercerville Road
Hamilton, NJ 08619

Sawmill Branch

185 Sawmill Road
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hamiltonymca.org

