



# STRONGER TOGETHER

Hamilton Area YMCA | Annual Report 2025

# From the CEO



This past year has been a time of reflection, connection, and renewed purpose for the Hamilton Area YMCA. As we prepare to celebrate our 75th anniversary in 2026, we remain rooted in the very thing that has supported us for generations: belonging.

At the Y, belonging means more than just a word. It's the feeling that you are seen, appreciated, and supported. It's children gaining confidence during their first swim lesson, families forming friendships that go beyond our walls, and neighbors coming together, regardless of background, to strengthen our shared community. In a time when connection might seem increasingly out of reach, the Y remains a place where people unite in meaningful ways.

In 2025, we completed a thorough strategic planning process that will guide our efforts moving forward. Through discussions with our members, staff, community partners, and stakeholders, one message was clear: our community is seeking connection, access, and opportunities to thrive. Our new strategic plan reflects that voice. It emphasizes fostering a culture of belonging, delivering meaningful programs, expanding our reach beyond our facilities, and ensuring we are a future-ready organization.

This work is already taking shape. We have extended programs directly into neighborhoods and schools, especially in communities facing access barriers. We continue to see the powerful impact of initiatives like Community Camp, Community Sports, and Y Recess Reimagined, where young people not only learn skills but also build confidence, relationships, and a sense of purpose. Our partnerships with schools, local organizations, and public safety leaders have grown deeper, enabling us to meet families where they are and adapt to changing needs.

As we get ready to celebrate 75 years of service, we are reminded that the strength of the YMCA has always come from the people who believe in it. For generations, our community has shown up, sharing time, talent, and resources, to ensure that everyone is welcome and has the opportunity to grow. That legacy continues today through the steadfast support of our members, donors, volunteers, staff, partners, and dedicated volunteer leaders.

We are especially grateful to outgoing Board Chairman Erik Larsen for his leadership, commitment, and service to the Hamilton Area YMCA. His guidance has helped strengthen our organization and position us for continued success. At the same time, we are pleased to welcome Terry McCarty as our incoming Board Chairman and look forward to working together as we continue advancing our mission and serving our community.

The future of the Hamilton Area YMCA is bright because it is rooted in community. Together, we are not only honoring our history but also building what comes next. With the support of leaders like Erik and Terry, and the collective dedication of those who believe in our mission, we are well positioned to create an even stronger future for the generations to come.

Thank you for being part of our Y.

A handwritten signature in black ink that reads "Diana Zita". The signature is fluid and cursive, written over a light gray background.

**Diana Zita**



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## OUR MISSION

We are a charitable association dedicated to building a healthy spirit, mind, and body. Part of a worldwide movement, we put Christian principles into practice through programs that promote good health, strong families, youth leadership, community development, and international understanding. YMCAs are open to men, women, and children of all ages, incomes, abilities, races, and religions.



# Life-saving Swim Lessons



**Drowning is the 2nd leading cause of death of children in the USA.**

64% of African American, 45% of Hispanic/Latino and 40% of Caucasian children have little to no swimming ability. Drowning poses a considerable risk for youth, especially those from underserved populations. The statistics are sobering, but drowning deaths are preventable. Formal swim lessons reduces the likelihood of drowning by 88%.

We provide essential water safety education and free life-saving swim lessons through programs that build aquatic trust, encourage safety around water and more. In 2025, we delivered:

**250**

swim scholarships

**50** 4th graders Safety Around Water scholarships

**88** Swim lessons for those with diverse abilities

**1,990** total swim lessons

**“My daughter had an amazing experience with the instructor who was very attentive, adapted to my child's style and made every class lots of fun and learning at the same time.”**



# Community Camp



## A Transformative Summer Camp Experience

Community Camp is a school-based summer initiative that helps children from Title I schools overcome academic, social, and financial challenges. In collaboration with the Township and the School District, the Hamilton Area YMCA offers affordable, curriculum-rich activities at neighborhood schools. The camp emphasizes literacy, STEM, social-emotional skills, and physical activity, while also providing safe, dependable childcare for working families. By eliminating transportation and cost barriers and offering bilingual outreach along with financial aid, the program promotes equitable access. Each year, youth gain confidence, build relationships, and return to school better prepared for academic and social success.

- 40% of Hamilton Township families qualify for free and reduced lunch, and this percentage increases significantly among students in Title I schools, averaging 71%.
- Through partnerships and grants, 40 children from Title I schools were given the chance to attend summer camp at little or no cost to the families.
- 80–85% of participants will show noticeable improvements in confidence, behavior, engagement, and overall readiness for a successful return to school.
- There were fewer office referrals and crisis incidents overall, with individual students making significant progress. Attendance also improved, with more students attending regularly and some reaching perfect attendance.
- Campers received breakfast, lunch, and snacks daily.
- Life-saving weekly swim lessons were offered as part of the camp. 71% of campers improved their swim level during the lessons.

**“The YMCA’s commitment to fostering a supportive and enriching environment was evident throughout the camp. The weekly activities were not only engaging but also educational, providing students with valuable experiences and skills.”**



# Recess Reimagined



**Recess Reimagined transforms an everyday school break into a powerful opportunity for growth, connection, and success.**

Originally launched at Kuser Elementary School to address behavioral challenges and chronic absenteeism, the program quickly proved that purposeful play can drive real impact. By helping students learn to appreciate differences, resolve conflicts, and build a culture of inclusion, respect, and empathy, Recess Reimagined creates a positive environment where kids thrive.

The results speak volumes! On days the Hamilton Area YMCA was present, there were no reported behavioral incidents and no visits to the nurse or guidance counselor, while attendance and test scores improved. Building on this success, Greenwood Elementary School partnered with the Y to expand the program, focusing on responsible decision-making, teamwork, sportsmanship, self-regulation, patience, and relationship-building. We are now in 5, Title I elementary schools in Hamilton, with skills that carry from the playground to the classroom and beyond, Recess Reimagined is redefining what recess can, and should, be.



**“Recess Reimagined is my son’s favorite part of the school day. I’ve seen his confidence grow as he learns teamwork, patience, and kindness in a fun, supportive environment. The staff is amazing!”**



# Diverse Abilities Programming



## Personal goals and individual achievement — that's the focus of our Diverse Abilities programs

We provide quality programming for individuals with intellectual, physical, and/or emotional disabilities. These programs promote peer and family interaction in a fun, healthy, and safe environment. Over 100 participants enjoyed a variety of instructional, social, and sports programs ranging from Aquatics and Camp to Zumba and Basketball Leagues, each designed to meet their individual needs, interests and capabilities.

We provide 18 – 21 year old students in the Hamilton Township School District Special Education Transition Program an inclusive physical fitness and well-being experience to fulfill their health and physical education requirement. In addition, individuals are taught tips on how to stay fit and healthy while utilizing a community gym.

**35**

weeks of diverse abilities summer camp

**88**

Swim lessons for those with diverse abilities

**133**

participants in recreational programming including camp, line dancing, zumba and more!

**“Our sons have grown up as YMCA members and have participated in swim lessons and summer camp programs. It is important for our family to ensure that our sons are welcome, feel safe and can thrive in a community that will support them while at the same time doing activities that are meaningful and inclusive.”**



# BASE Before & After School Enrichment



In partnership with the Hamilton Township Board of Education, our YMCA Before and After School Enrichment Program (BASE) serves nearly 750 township children at 13 elementary schools, providing working families with a safe, enjoyable, and supervised environment for their children during before- and after-school hours.

Our program partners with Penn Medicine Princeton Health, Grounds for Sculpture, The Hamilton Township Health Department, and Splash Classroom to offer participants specialized programming in Art, Health, STEM, nutrition, and SEL.

In our dedication to child safety, our Y achieved its Praesidium accreditation. Praesidium Accreditation® is regarded as the “gold standard” for abuse prevention in youth-serving organizations. It involves a thorough review of policies and practices such as:

- Staff screening and hiring
- Training and supervision
- Reporting procedures
- Monitoring of programs
- Organizational accountability and risk management



**“The staff in both programs are so kind. They go above and beyond to make personal connections. There is a consistency in rules and expectations and that is clear in how smoothly the program runs. We adore the staff and are thankful for such an organized and safe environment for before and after care.”**



# Community Support Programs



The Y has dedicated itself to transforming lives, within our communities. Whether inside branches or out in the neighborhoods, YMCA staff and programs move every community we serve toward greater social justice, diversity, equity, and inclusion.

At the Y, every time someone new walks through our doors, they become part of a caring community that nurtures children of all backgrounds, provides access to healthy choices for those struggling to make ends meet, and connects individuals and families at risk to programs and services that change the trajectory of their lives. We build stronger bodies, minds, and communities every day.

**Y SKI** - Twenty students from our Title I schools took part in this program, providing opportunities for students who may not usually have the chance to experience the joys of skiing through a cost-free trip. Pre-ski workshops, on-mountain lessons, gear, transportation, and meals are all included. Assemblyman Wayne DeAngelo was the driving force behind this program, offering leadership and fundraising to ensure its success.



**“The Y-Ski trip, was truly a transformative experience for my daughters. Coming from a background where skiing simply wasn’t something I could afford or arrange as a busy single mother, this trip opened up a whole new world for them.”**



# Wellness & Membership



**At the Y, our members can create fitness routines that fit their time, their preferences and their goals.**

Our members stick with their health and wellness programs because at the Y, they can find programs, classes and expert staff that keep them motivated, moving, and coming back for more.

By providing facilities, activities, and programs that promote health and wellness for every age and every level of activity, the Y supports members as they work to become the best version of themselves.

Whether they take a class with a friend, train with a personal trainer, or work out in our wellness center, members can have fun while increasing strength, endurance and gaining confidence.

There were

**205,000**

visits to our Y in 2025

**10,574**

Facility and community members who participate in programs and services

**4,966**

Hours open to the community

**1,129**

Senior members

**835**

Teen members

**90%** Member satisfaction rate

**“The Y is a great place to exercise and connect with others. I’m a widow living alone and this helps balance isolation.”**

# Community Impact

## BRIDGING THE FINANCIAL GAP

\$237,023

Creating a culture of belonging starts with access. Through financial aid, scholarships, and membership support, we remove economic barriers, enabling all backgrounds to participate in YMCA programs. This guarantees access to camp, childcare, swim lessons, memberships, and inclusive activities—delivering impactful programs and building community connections.

## BEYOND OUR WALLS

\$162,438

Addressing essential community needs through purposeful, high-impact programs and experiences. Through Community Camp and related initiatives, youth from Title I communities received academic support, social-emotional skills, leadership development, and life-saving swim instruction. The programs resulted in 27% fewer school referrals, 80% fewer crisis screenings, 23% better attendance, and 40% higher swim levels, while 80% of parents reported increased confidence and well-being.

## CHAMPIONS FOR WORKING FAMILIES

\$475,966

Through subsidies and partnerships, we offer affordable, high-quality childcare that supports working families and helps build a Future-Ready YMCA. Serving hundreds of families and nearly 1,000 children, this investment creates safe, enriching environments for youth while enabling parents to stay in the workforce, strengthening both families and the entire community.

## COMMUNITY PARTNERSHIPS & SHARED RESOURCES

\$21,000

We collaborate with schools and community organizations to increase access and deepen impact. Through shared use of our facilities and support for programs like the Miracle League, we foster inclusive opportunities for recreation, connection, and growth, maximizing community resources for everyone's benefit.

## TOTAL INVESTMENT: \$896,427

Each year, the Hamilton Area YMCA invests nearly \$900,000 back into the community, ensuring access, strengthening families, and creating opportunities for nearly 4,000 youth to learn, grow, and thrive.

# THANK YOU!

Thank you for the many donors who power the work of the Hamilton Area YMCA. Together, we're strengthening the community. Scan the QR code to view our donor list.



## DONATE

As a non-profit organization, the Hamilton Area YMCA relies on the support of the community to fulfill its mission work. The Y enjoys partnerships with a variety of local businesses, corporations and foundations and raises funds through the annual giving campaign and special events held throughout the year. The Hamilton Area YMCA endeavors to raise funds to ensure that mission programs are fully funded. If you would like to donate, please scan the QR code.



Membership dues operate the facility. A donation changes lives.



**Hamilton Area YMCA**  
hamiltonymca.org