Healthy Living
At the heart of the Y lies the power to transform—both yourself and the world around you. All the Y’s fitness, personal training, sports and aquatics programs as well as our group social activities, fun family, and community events focus on strengthening spirit, mind, and body, one person at a time.

19,350 children and teens in youth sports gained confidence and built positive relationships with adults and kids alike.

Youth Development
With your support in 2023, the Y empowered young people to lead inspired, successful lives. From camp to child care to afterschool activities to sports and more, the Y offers holistic programming that enhances, protects, and nurtures the unique development journey of every child and teen.

27,000 kids in day camp and 4,420 youth in resident camp learned more about their world, developed healthy relationships with adults and other kids, and built self-reliance—all in the safe, nurturing environment of Y camp.

The Ys Youth & Government (Model Legislature & Court and Model United Nations) helped 3,000+ teens build communication and leadership skills and expanded their opportunities.

Social Impact
We work to provide kids, families, and seniors with the resources and opportunities they need to learn, grow, and thrive. That’s why we offer a range of programs.

The Y worked year-round to ensure no one went hungry in our communities and distributed over 5 million pounds of produce and 500,000 meals.

The Y vaccinated 500 individuals against COVID, flu, and monkeypox and provided health education to 10,000 individuals.

The Y assisted 365 men and women with US citizenship applications and educated over 5,000 neighbors through interpretation services, ESL classes, citizenship classes, immigration referrals, and fee waivers.