



CONNECTED TO OUR CAUSE

Impact Report 2019
DARIEN YMCA



DEAR FRIENDS AND SUPPORTORS:

For over 50 years, we at the Darien YMCA have kept our promise to nurture the potential of children, promote healthy living, and foster a sense of social responsibility in the family-focused community we serve.

Today, we continue to find energy and direction in the voices of our community, and as our needs expand, so too does our vision and its scope. We are proud to say that the progress we made in 2019 is a direct reflection of this effort to broaden our community impact through education, inclusivity, responsibility, and human connection. Here are some of the highlights of our successful year:

- In 2019, we provided close to \$600,000 in financial assistance for our programs and services to provide for all families and individuals regardless of their ability to pay.
- Every week over 400 individuals reduced their stress levels and increased their awareness of their body through our mind/body classes.
- Through the help of our donors, over \$285,000 in financial assistance was awarded to 189 youth to attend Summer Camp. These kids developed new skills, made new friends, and participated in exciting adventures.

None of this would be possible without the dedicated efforts of our volunteers, donors, members, and staff, to whom we owe our deepest gratitude. As we continue to move forward in 2020, we hope this annual report reminds you of all that is possible through your continued support.



A handwritten signature in blue ink that reads "Jennifer Gardner".

Jennifer Gardner
CEO



A handwritten signature in blue ink that reads "John P. Schrenker".

John Schrenker
Board President

YMCA LEADERSHIP

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

WHO WE ARE: The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility. As a dedicated association of staff, volunteers, donors, partners, and allies, the Darien YMCA is steadfast in our mission to build healthy, confident, connected, and secure children, adults, families, and communities.

BOARD OF DIRECTORS

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SENIOR STAFF

Jennifer Gardner, **CEO**
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Amy D'Andrea, Aquatics Director
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Joe Marzano, Sports Director
Suzanne Richards, Director of Youth Development & Special Needs
John Schwartz, Gymnastics Director
Nancy Sweeney, Office Manager
Jessica Van Sciver, Health & Fitness Director

FOSTERING YOUTH DEVELOPMENT

At the Y, we give young people a safe place to belong, to build confidence and to learn positive behaviors from strong role models who exemplify the core values of caring, honesty, respect and responsibility. Whether it be childcare, early education, youth swim and sports, or summer camp, our programs and staff provide the support and opportunities needed to help our youth learn, grow, and thrive.

2019 IMPACT:

A SAFE AND NURTURING PLACE:

Over 205 families belong to the Y's early education program at Holly Pond School where children have the ability to discover their potential and develop their skills. Approximately 124 children participated in the Y's Kids Club afterschool program, which provides a fun childcare option for families when the school day ends. Over \$93,000 in financial assistance was awarded to 61 children to attend Kids Club, Holly Pond School, Holly Care, or Vacation Camp in 2019.

DEVELOPING A LOVE FOR SPORTS & WELLNESS:

Over 4,500 youth built a sense of confidence and teamwork, while staying active through the Y's recreational sports programs and leagues in baseball, basketball, field hockey, flag football, futsal, pre-k soccer and volleyball. A program for every interest!

A SUMMER OF GROWTH & LASTING MEMORIES:

Over 750 kids attended summer camp, where they made new friends, tried new things, and made lasting memories. 189 campers received financial assistance and 50 campers were children with special needs, making our camps an inclusive and enriching experience for all.

GROWING STRONGER IN AND OUT OF THE

WATER: Over 417 young athletes participated in the Y's competitive aquatics teams including, House Team and Piranha's Swim Team, developing goal setting, leadership, time management, and self-confidence.



1,900

Over 1900 children
learned to become safer
and confident in the water
through swim lessons at
the Darien YMCA



EMPOWERING HEALTHY LIVING

Our mission, centered on the balance of spirit, mind and body, provides programs and resources that encourage healthy living. We make it easy for you to work out by having knowledgeable staff who care, resources and equipment that motivate healthy living, and a welcoming, supportive community who encourage your well-being.

2019 IMPACT

FACILITY USAGE:

The YMCA had over 225,365 active check-ins to our facility to engage in healthy living activities like group fitness classes, swimming, sports, fitness center, weight room, personal training, small group training, wellness coaching and much more!

PROMOTING WELLNESS:

The Y continues to serve as a community resource dedicated to promoting wellness and disease prevention among people of all ages and abilities. From cardio and strength building classes, to mind-body and nutrition programs, everybody is welcome at the Y as they work toward maintaining a healthy lifestyle. Staff completed over 8,700 personal training sessions in 2019, providing accountability and motivation to help members gain strength and endurance.

EMPOWERING THROUGH HEALTH EDUCATION:

28 participants in our Lean Machine program in 2019 experienced a total combined weight-loss of 247.47 pounds and had a total combined percent body fat lost of 98.65% increasing their self confidence and moving them towards a sustainable, healthy lifestyle.

CANCER WELLNESS PROGRAM:

29 cancer survivors participated in the REVIVE program at the YMCA. This 12-week program is available to any cancer survivor within our community at no cost and is designed to help improve the patient's ability to cope with the mental and physical stress following cancer diagnosis and treatment.

MAINTAINING AN ACTIVE & CONNECTED LIFESTYLE:

Over 675 seniors in our community come to the Y to stay active, healthy and connected to friends and family.



COMMITTED TO EXCELLENCE:

NATIONALLY RECOGNIZED GYMNASTICS & SWIM PROGRAMS

The Darien YMCA Gymnastics Travel Team

- In 2019, the Girls Gymnastics Team were runners-up at the 2019 YMCA National Championships in Wisconsin and Wells Fischer qualified and participated in the USA Gymnastics Junior Olympic National Championship in Indianapolis, IN.
- The Girls Team also won the 2019 YMCA State Championship Titles in the following Levels: Level 3, 4, 5, 6, 7, 8, 9 and multiple girls and boys qualified for the USA Regional Junior Olympic Championships in 2019.
- The Boys Gymnastics Team won the Level 4 and 6 team titles at Y Nationals – Wisconsin.



1900

Over 1900 youth participate in our Y's world-class gymnastics program and are committed and dedicated to becoming the best they can be in and out of the gym.



The Darien YMCA Piranhas Swim Team

- Came in third place as a Team at the 2019 LC YMCA CT State Championships.
- Notable swimmers: Relay Team of John Frankowski, Khrystos Yika-Nacarino, Alex Khilko, Andrew Rodriguez broke a 17 year old Relay Team Record
- Most impactful, together as a Team, the Piranha swimmers donated over 375 of volunteer hours to various charities such as Person-to-Person, Wreaths Across America and volunteering for the Darien YMCA and Piranhas team.



INSPIRING SOCIAL RESPONSIBILITY

YMCA and community members are inspired each day to make a difference in the lives of others with small and large acts of kindness. Your support has helped others who are less fortunate to access opportunities to learn, grow and thrive.

2019 IMPACT:

TURNING NO ONE AWAY:

The Y provided the close to \$600,000 in financial assistance, ensuring that no one is ever turned away from maintaining a healthy lifestyle at the Y.

EVERYONE FEELS WELCOME:

Over 100 individuals with special needs participated in programs and events at the Y, including Innovative Vocations, a program that focuses on vocational skills for special needs teens and young adults that strengthens peer and adult relationships, builds a strong work ethic, and teaches responsibility.

A PLAY TO GIVE BACK:

Over 400 individuals volunteered 9,401 hours at the Y, helping to provide services to the community, and engage in philanthropy.

COMMUNITY PARTNER:

The Y proudly supports many community organizations including: hosting meetings and special events for fellow non-profits, providing facility use for Darien organizations, and serving as the home pool for the Darien High School swim and gymnastics teams.

SUPPORTING OUR CAUSE:

Our 2019 Annual Campaign raised \$125,000 under the leadership of Mike Cattano, Andrew Bonnano, Jim Bosek, Jim Clarke, Kerry Coppola, Dave Coughlin, Jenn Hite & Cathy Jefferson.

THE YMCA IN ACTION

“The Darien YMCA Camp is full of kind, good hearted and dedicated professional staff that know how to work with special kids. This camp remains flexible enough to accommodate kids with difficult behavior. The leadership is full of positive and well educated women and the young counselors they hire, reflect that and follow their lead!”

– Summer Camp Parent



KEEPING FAMILIES CONNECTED:

HEALTHY KIDS DAY, FAMILY DINNER, ADVENTURE GUIDES & PRINCESS' PROGRAM

CREATING HEALTHY FAMILIES:

Healthy Kids Day was hosted on April 27 — a national initiative to improve the health and wellbeing of kids and connect Darien families to the YMCA.

FOSTERING FAMILY TOGETHERNESS:

Nearly 180 Fathers and children strengthened their relationship and made lasting memories through the Adventure Guides and Princess' program.

697

Over 697 families
enjoyed the Darien
YMCA together
achieving
a healthier
lifestyle!



Family Dinner 2019



Family Fun Day

Sunday, October 22nd | 11am - 2pm

THE YMCA IN ACTION

On September 20th, 140 community residents enjoyed an Italian dinner, games, crafts, swimming and open gym time with their families at the Darien YMCA, all for free. This annual event, Family Day Dinner, is a national initiative created by the National Center on Addiction and Substance Abuse in 2001 and came about from research that showed kids are less likely to engage in risky behaviors when they eat dinner with their families. The event was co-sponsored by the Community Fund of Darien, the Thriving Youth Task Force, the Darien YMCA, and the Darien Youth Commission.

- FAMILY DINNER

THANK YOU 2019 DONORS

BENEFACTOR **\$5,000+**

Jennifer & Dan Anderson
Chubb Charity Challenge
The Meredith & Whitney George
Family Foundation
Catherine Jefferson Foundation
Sherry & Brian Ramsay
Maureen & Joseph Roxe
Janet Prindle Seidler Foundation

LEADER **\$1,000+**

Dan and Stacie Allen Charitable
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SUPPORTER **\$250+**

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THANK YOU 2019 DONORS

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FRIEND UP TO \$250

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The Jokinen Family
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The Koltay Family
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The Laudicina Family
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Raquel Leib
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The Li Family
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Cassin and Grace Maloney
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YOUR SUPPORT MATTERS!

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The Wakim Family
The Warnke Family
Chris & Liz Whitney
The Wilson Family
W.J. Mayer & Co.
The Woschenko Family
The Wyatt Family
The Young Family
The Yusko Family
Nicholas Zagoreos
The Zermani Family

GIVING

Our donors make it possible for children, families and adults of all ages to have access to Y programs that are vital not only to them, but to our community. Donations allow the Y to open doors to members regardless of their ability to pay. Please consider supporting the Y cause with your personal gift.

This Annual Report includes gifts recieved by the Darien YMCA between January 1,2019 and Decembre 31, 2019.

Every effort has been made to ensure the accuracy of our lists. If your name has been misspelled, listed incorrectly or omitted, please accept our apologies and contact our Development officer so we can correct our records.

Karen A. Ford
Development Director
203.655.8228 ext.1358
kford@darien-ymca.org

Thank you for your support!



THANK YOU TO OUR SPONSORS

As a leading nonprofit organization for youth development, healthy living and social responsibility, we rely on the generous support of local sponsors. We are very grateful for our partnerships with:

The Darien Police Department

The Masi Company

Abercrombie, Burns and McKiernan

Alliance Heating – Air Conditioning



2019 STATEMENT OF ACTIVITIES

	Without Donor Restrictions	With Donor Restrictions	Total
PUBLIC SUPPORT & REVENUE			
Program Service Fees	\$6,260,682	\$472,618	\$6,733,300
Membership Dues	\$2,868,573	-	\$2,868,573
Annual Campaign	\$141,856	-	\$141,856
Contributions	\$17,090	\$20,000	\$37,090
Sale of supplies	\$41,417	-	\$41,417
Investment return, net	\$15,256	\$18,937	\$34,193
Loss on disposal of land, building & equipment	(\$144,146)	-	(\$144,146)
Net assets released from restricitons	\$529,795	(\$529,795)	-
Total public support & revenue	\$9,730,523	(\$18,240)	\$9,712,283
EXPENSES			
Program services	\$8,869,173	-	\$8,869,173
Management & general	\$1,294,039	-	\$1,294,039
Fundraising	\$83,182	-	\$83,182
Total expenses	\$10,246,394	-	\$10,246,394
Change in Net Assets	(\$515,871)	(\$18,240)	(\$534,111)



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DARIEN YMCA

