



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y. COMPASSION IN ACTION

GREATER CARBONDALE YMCA IMPACT REPORT 2024-2025



Hello Friends

For generations, the Greater Carbondale YMCA has stood as a cornerstone of our local community life – championing wellness, empowerment, and opportunity for people of all ages and backgrounds.

Rooted in a mission to put Christian principles into practice through programs that build healthy spirit, mind, and body, the YMCA remains committed to strengthening the social fabric of Carbondale and surrounding communities. Through our broad range of programs and services, the Greater Carbondale YMCA supports youth development, promotes healthy living, and fosters social responsibility among individuals, families and neighbors.

In 2025, the Carbondale Y continued to serve as a vibrant community hub for health and connection, offering state-of-the-art fitness facilities, youth sports, aquatics programs, a top-notch child care program for infants up through school age children, senior wellness initiatives, and family-oriented events. These services not only provide opportunities for physical fitness and personal growth, but also act as vital support systems for working families, children and older adults alike.

The YMCA's financial assistance programs ensure that cost is never a barrier to participation, enabling individuals and families from diverse economic backgrounds to benefit from all the Y has to offer. Our commitment to inclusion and accessibility strengthens social equity and expands opportunities for meaningful engagement by all.

As we reflect on 2025, the Greater Carbondale YMCA's commitment to the community and resiliency when faced with adversity continues to echo throughout Carbondale, affirming its role not merely as a fitness center, but as a trusted partner in community well-being and empowerment. Thank you for your continued belief in us and for ensuring that we are here for many years to come!



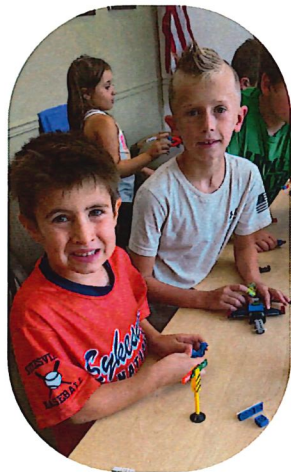
Laura McMahon, President & CEO Greater Carbondale YMCA



Mark Wallis, CVO Greater Carbondale YMCA

YOUTH DEVELOPMENT

At the Y, we believe every young person deserves the opportunity to discover who they are and what they can achieve. Through programs that support academic success, leadership development, and healthy lifestyles, we empower youth to build confidence, resilience, and strong character.



The Y offered an abundance of opportunities for children to explore healthy activities

Over 284 kids participated in youth sports, afterschool arts, and other activities. The Y offers something for every child, from basketball clinics to cooking classes.

The Y helped children make connections, gain friendships, and develop confidence while creating memories that last a lifetime

through our Summer Day Camp program. Last year, camp hosted 151 campers who had fun in the sun, played on our Splash Pad, created works of art while unplugging and enjoying time outside making memories.

The Y helped mold new visionaries to propel into the future

in our childcare programs. Our state licensed, Keystone STAR4 childcare program provided high quality enrichment to 334 children from 6 weeks to age 12.

HEALTHY LIVING

The Y brings individuals together from all walks of life and backgrounds. We encourage healthy lifestyles, foster connections through fitness, and add in fun and shared interests with our participants.

The Y motivated and supported individuals by offering programs to enhance fitness such as Pilates, Yoga, Cardio Step, Personal Training and more for all levels from beginners to advanced.

The Y helped seniors stay active both physically and socially through specialized programs to enhance their lifestyles through both land and water programs. Seniors use this time to build relationships, engage with instructors, and keep an active lifestyle.

The Y strengthens positive family relationships through community events and programs including Healthy Kids Day, Fred Ciotti Memorial 5K Color Run, Fall Festival, Christmas Festival, and Parent/Tot Swim Lessons. The Y is committed to bringing families together and fostering deep relationships.



NO PLACE LIKE THIS PLACE

IMPACT IN NUMBERS

959

Connected with senior members to socialize and prevent isolation



151

Children in summer day camp provided with crucial peer-to-peer and role model connections



979

Children learned to swim and practice safety around water through YMCA swim lessons



3,528

YMCA Members engaged through various programs and events throughout the year

1,872

Group fitness classes offered, supporting healthy living initiatives

149

Free Halloween costumes given out from our Halloween closet to kids in our community

2,337

Total books donated in our book swap to promote literacy and foster a community-driven, sustainable culture of reading



WHERE CAUSE MEETS COMMUNITY

Blue Ridge Communications provided winter coats to 183 childcare participants

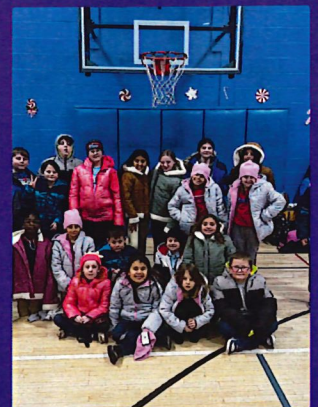
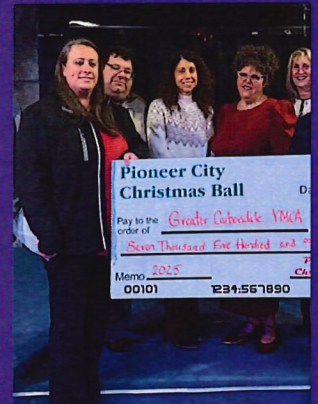
Provided the Salvation Army with accessible space for food distributions to over 100 households each month.

The Wright Center for Community Health provided free lunches & backpacks to 151 campers

Dollar Tree Operation Homefront provided over 1,000 back to school items to local families in need.

Donations from the Cashew Lounge, Catilyn Giron, Dollar General, and Reuther+Bowen provided over 500 toys for local kids at Christmas.

Johnson College partnered for their robotic program to our campers and at Healthy Kids Day.



SOCIAL RESPONSIBILITY

At the Y, social responsibility means giving back and supporting our neighbors so everyone has the opportunity to thrive. We are committed to making a positive impact through community outreach, inclusive programs, and partnerships that strengthen families and promote equity.

Over 75 volunteers provided their time and talent to help our Y offer quality programs, activities, and events that benefited our communities at large.

The Y collaborated with over 65 community partners and organizations to improve health, well-being, and to develop the potential of each child and teen served.

Our goal at the Y is to make membership, programs, and our services available to all. Through generous donations, the Y was able to offer **\$62,059** in financial assistance. Funds raised allow the Y to award scholarships to families who otherwise don't have means to access our services including childcare, summer camp, swim lessons, and youth programs.



RIVER'S STORY

When she first joined the Y, River was simply looking for a place to work out – somewhere she could focus on her own health and well-being without worrying about her kids. As a single mother of five, life can get a bit chaotic. The YMCA's programs gave River the peace of mind she desperately needed.

Last year, River enrolled her two oldest children in Summer Day Camp. Every morning, they're excited to go; every afternoon, they come home full of stories, laughter, and new friendships. River also enrolled her children in swim lessons, which has not only built their confidence in the water, but has also created so many proud moments.

The YMCA has given her time to breathe, to move, and to take care of her own physical and mental health – something that's often hard to prioritize as a single parent. River and her family found more than a facility, they found a community that lifts them up.



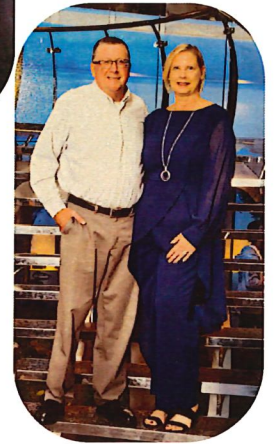
CULTIVATING A CULTURE OF BELONGING

HOLLY'S STORY

Holly has struggled with her weight since having emergency surgery in her 20s. She gained 50 lbs her first-year post op and struggled ever since. Ten years ago, she joined the Carbondale YMCA. She began going to Step Class, along with Zumba and also Zumba Gold. As the weight came off and she started feeling better, the Zumba Gold instructor put out a challenge asking if anyone would like to learn a song and teach it to the class. Holly took on this challenge and, after only one song, she knew she wanted to teach more classes.

In the past 6 1/2 years, Holly has been teaching Cardio Step Gold, Cardio Toning Gold, and Cardio Toning. She obtained her certification to teach Silver Sneakers and Silver Sneakers Chair Yoga.

"I'm so thankful for James Wiggins taking a chance on me and giving me the opportunity to teach fitness classes," Holly stated. "My goal in class is not only to exercise, but to laugh and have fun at the same time. If it takes wearing a crazy costume!" Holly still struggles with her weight, but she knows that she wouldn't have come this far without the Y.

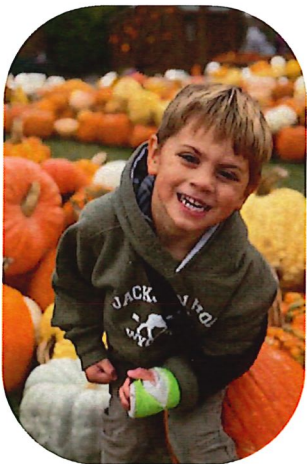


JACKSON'S STORY

Jackson has faced significant behavioral challenges that made early schooling difficult. During enrollment in the Y's PreK4 program, his mother shared his story with Ms. Alice, who confidently assured that the team could support him and help him grow. From the beginning, his teachers Ms. Sam and Mr. Alex showed sincere dedication to understanding Jackson as both a student and a child, meeting him with patience, structure, and compassion.

Today, Jackson is supported by Ms. Sam and his new teacher, Mr. Frank, who have worked tirelessly to create a plan tailored to his specific needs. Through their intentional approach, Jackson has grown from a challenging student into an independent preschooler - someone who can share with others, complete lessons, express his thoughts, and truly enjoy being part of a classroom community.

Jackson is making friends, enjoying school, and building confidence each day. The Carbondale YMCA prioritizes open, honest communication with parents, working alongside Jackson's mother as true partners in his success.



**FROM THE HEART
TO THE COMMUNITY**



THRIVING TOGETHER



LUCCHIO'S STORY

Lucchio began swimming at age three, but his true development began when he joined the Carbondale YMCA. After enrolling in Forward Movement classes last February at age six, he advanced quickly through the program and soon moved into Stamina classes. With continued support from the Y, he progressed to private lessons twice per week and was fully prepared to join the Abington Gators in the fall. Lucchio now swims all four strokes, with backstroke as his strongest, and currently holds a seed time of 30.51 seconds. The coaching, encouragement, and extra time the Carbondale Y staff consistently provide has played a central role in his growth and success as a young swimmer. Lucchio's family credits the Carbondale YMCA for recognizing his potential and nurturing his abilities every step of the way.

SULLIVAN'S STORY

Sully's mother enrolled him in camp last year and has expressed her heartfelt gratitude ever since. Each of the counselors bring something special to the program that helps the kids connect and bring out the best version of themselves.

Over the 10 week course of camp, Sully has grown, learned, and thrived in ways his mother never imagined possible. The Y has effortlessly created an environment where laughter and friendship flourish.

Sully has returned home with stories of adventure, discovery, and a newfound confidence that is attributed to the support and encouragement provided by the Y.



YMCA MISSION STATEMENT

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



CHANGING LIVES FOR THE BETTER

MIKE'S STORY

Mike is extremely grateful for the opportunity that the Carbondale Y has provided to him. Through scholarship assistance, the Y made it possible for Mike to stay active, focused, and committed to his personal health without added financial stress. He truly enjoys coming to the YMCA not only for the fitness opportunities, but for the welcoming environment and supportive community. The staff and members make it a positive place to be by encouraging growth, consistency, and a healthy lifestyle. The Carbondale YMCA has become more than just a gym to Mike - it's a place where he feels supported and motivated with each visit.



MEET THE HODGES - TRACEY, VANESSA AND ARCHER!

Vanessa's mother Tracey enrolled Vanessa into youth programs at the Y when she was very young, from soccer to basketball and swim lessons, Vanessa did it all. Today, Vanessa's son Archer is thriving at the Y, participating in soccer, kickball and swim lessons just like his mother did when she was his age.

"The YMCA's program scholarships have provided meaningful opportunities and a lasting impact for our family across generations. Because of these opportunities, my daughter was able to participate in YMCA youth programs while growing up, and those experiences helped shape who she is today," said Vanessa. "Now, as she's experiencing some of these same activities at the collegiate level, it's incredibly special to see that same opportunity being passed on to my grandson. Scholarships help ensure that all children have the chance to participate, learn, grow, gain core fundamentals and feel included."

SUE'S STORY

After working as a registered nurse for 43 years, Sue became a Zumba instructor as part of her health and fitness journey in retirement. Not only has the Y made an impact on her life, it has allowed her to make an impact on every individual in her class. Sue provides music and choreography and her class participants bring smiles, energy, and even some moaning and groaning.

There is no judgement on anyone who comes to Zumba class, no matter how young or old, big or small., whether you have rhythm or two left feet, - classes are fun for all while keeping fit and burning calories.

Sue loves making an impact on the health, wellbeing and happiness of her class participants. Teaching fitness classes at the Y has been a wholesome, meaningful experience for Sue to spend her retirement years!



THANKS TO OUR DONORS

the Y is accessible to everyone!

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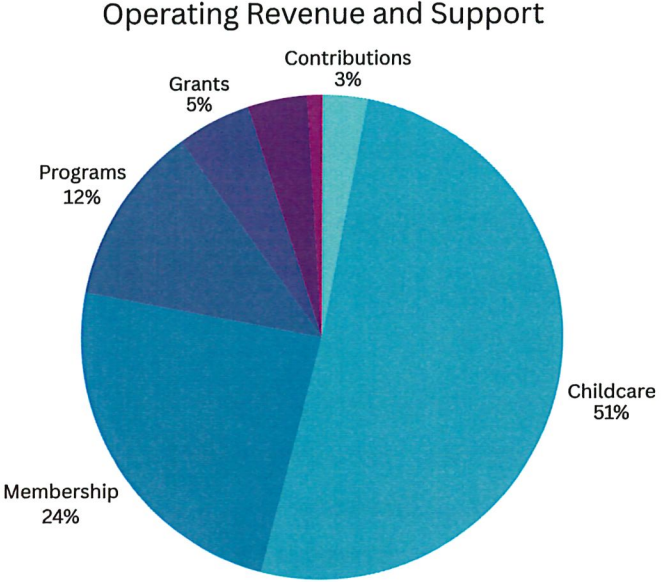


For a better us.®

Financial Report

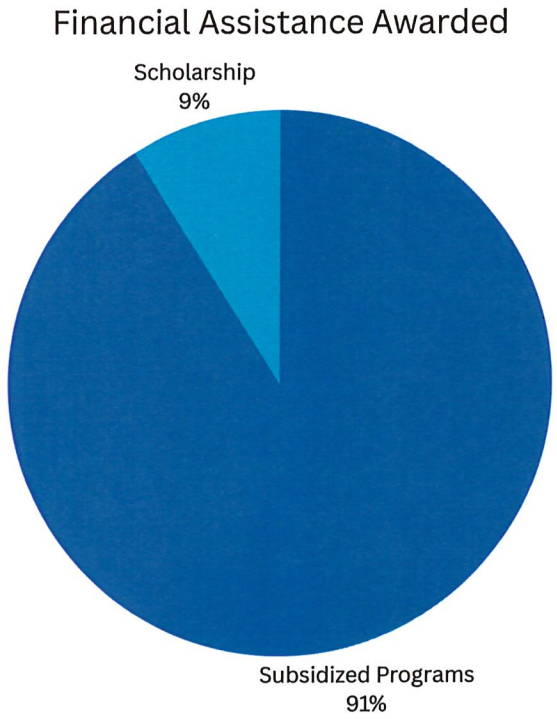
Operating Revenue and Support

Contributions	\$93,746
Childcare	\$1,465,245
Membership	\$681,477
Programs	\$354,332
Grants	\$145,455
Rental Income	\$109,292
Other	\$24,298
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Total Operating Revenue and Support	\$2,873,845



Operating Expenses

Membership	\$162,467
Programs	\$362,394
Childcare	\$1,329,840
Facility/Utilities	\$343,236
Mgmt/General	\$671,833
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Total Expenses	\$2,849,770



Change in Net Assets From Operations	\$24,075
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The Greater Carbondale YMCA financial assistance program is a reflection of the mission, ensuring that individuals and families in our community have access to the resources they need to live healthier, happier lives.

We rely on the generosity of our donors, volunteers, members, and partners to give additional financial support that will enable the Y to make a meaningful impact on our community. During 2025, we provided \$528,651 of subsidized services to our members and program participants.

YMCA Membership

Units:	2,023
Members:	3,497

VOLUNTEERS

The Greater Carbondale YMCA volunteers provide fundraising support, advocacy, and a passion for helping the community. The leadership provided by these volunteers help us to expand on the mission of the YMCA daily.

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THANK YOU FOR SUPPORTING THE YMCA!

GREATER CARBONDALE YMCA

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