



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2022-23 IMPACT REPORT

CARLISLE FAMILY YMCA



GROWING COMMUNITY

GROWING COMMUNITY

We are proud to present some highlights of the Carlisle Family YMCA's incredible 2022-23 Fiscal Year.

As we reflect on this past year, we are grateful for the opportunity we have to make an impact in the Carlisle community. It didn't take long to recognize that the theme of the 2022-23 Fiscal Year would be **GROWTH**.

As our membership numbers skyrocketed and program participation grew, the amount of money we gave away also increased. **We awarded over \$318,000 in financial assistance to 3,262 children and adults**—an impressive 80% increase in the number of recipients from last year.

As more people walk through our doors each day, we are here to support them. We are committed to making our membership and programming accessible to all. So we implemented **Everyone is Welcome: Scholarships & Financial Assistance Funding** to help us meet the increase in requests for financial assistance. We appreciate the individuals and businesses that donated to help meet our current need and expand our reach.



TOM RYAN
President of the Board
CARLISLE FAMILY YMCA

We continue to bring families together by fostering connections through youth sports, camps and fitness opportunities.

And we know parents need spaces where young children can go while they take classes or work out in the Wellness Center. We were excited to open the **Kids Adventure Zone** and **O-Zone** this year to address that need.

Thanks to donations from area businesses and a generous sponsor, we added free meals to our **Safety Around Water** program this year. We saw an increase in attendance through the 4-day free water safety program. Addressing food insecurity is an area we intend to expand next year.

You have been a vital partner in ensuring we can deliver our core programs and helping us find different ways to respond to our community's emerging needs. We are grateful for our members, staff, volunteers, donors and other dedicated organizations who continue to assist us as we explore and expand our service offerings.

THANK YOU!



MICHELE HOLLOWAY
Chief Executive Officer
CARLISLE FAMILY YMCA

2022-23 LEADERSHIP

BOARD OF DIRECTORS

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SECRETARY — Lisa Verdekal

TREASURER — Andy Wolfe

- | | |
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| Patricia Carlucci | Robert Long | Ray L. Wolfe, Sr. |
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- Jay Cattron, Health & Wellness / Membership Director
- Amanda Cornwell, Fundraising Manager
- Ashlee Fickel, Youth & Family Enrichment Manager
- Brittany Kemp, Child Care Director
- Ryan Kirkhoff, Director of Human Resources & Administration
- Brittany Rose, Camping Services Director
- Justin Rose, Associate Executive Director
- Kelly Tyrrell, Sports Director
- Mark Vioral, Facilities Director
- Tara Young, Aquatics Director

OUR FOUNDATION

OUR MISSION

To promote personal growth, enhance family values and provide community service through programs available to all.

OUR CAUSE

Strengthening the foundations of community through youth development, healthy living and social responsibility.

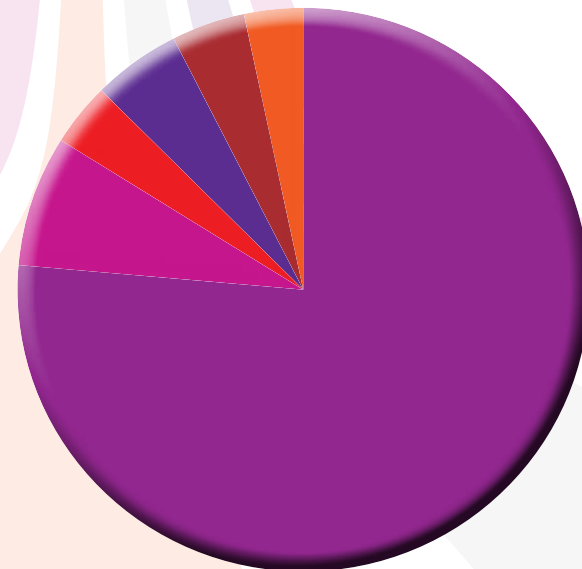
OUR IMPACT

The Carlisle Family YMCA is committed to making our membership and programming accessible to all. We are grateful for the support of United Way of Carlisle & Cumberland County and other funders who continue to help us GROW OUR COMMUNITY.

\$318,302

in Y membership and program scholarships provided to 3,262 youth and adults

- MEMBERSHIP - \$243,929
- CHILD CARE - \$23,340
- CAMP THOMPSON - \$11,698
- DAY CAMP - \$15,554
- OTHER PROGRAMS - \$13,613
- PEER CAMP - \$10,168



CARLISLE FAMILY YMCA STATEMENT OF ACTIVITIES

FOR THE 2022-23 FISCAL YEAR ENDING MAY 31, 2023

REVENUE

	Without Donor Restrictions	With Donor Restrictions	Total
Contributions of cash & other financial assets	404,951	92,325	497,276
Contributions of nonfinancial assets	15,009	-	15,009
Fundraising events	28,468	-	28,468
Membership Fees	1,527,779	-	1,527,779
Free & reduced memberships	(153,727)	-	(153,727)
Program fees	1,083,871	-	1,083,871
Free & reduced program fees	(56,063)	-	(56,063)
Miscellaneous income	26,885	-	26,885
Room & equipment rentals	60,482	-	60,482
Rental income	43,088	-	43,088
Net investment income (loss)	89,592	(195,695)	(106,103)
Loss on disposal of fixed assets	(9,007)	-	(9,007)
Net assets released from restrictions	128,497	(128,497)	-
TOTAL REVENUE	3,189,825	(231,867)	2,957,958

EXPENSES

Program services	2,735,628	-	2,735,628
Management & general	687,740	-	687,740
Fundraising	153,058	-	153,058
Rental properties	52,966	-	52,966
TOTAL EXPENSES	3,629,392	-	3,629,392
Deficit of revenue, gains & other support over expenses/change in net assets	(439,567)	(231,867)	(671,434)
NET ASSETS - BEGINNING	11,270,148	3,180,952	14,451,100
NET ASSETS - ENDING	\$10,830,581	\$2,949,085	\$13,779,666



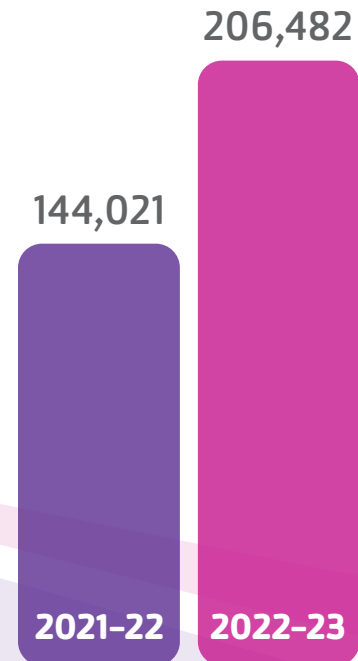
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OUR MEMBERSHIP

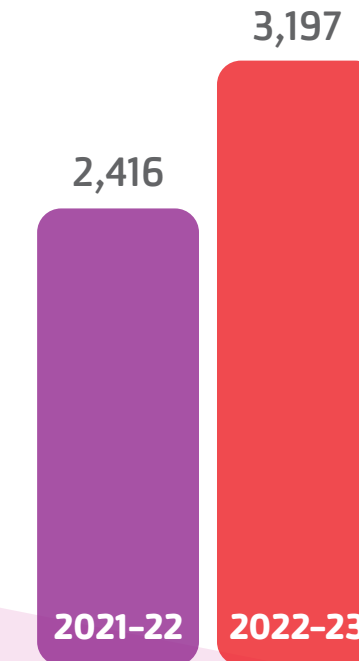
We continued to make considerable progress rebounding from the pandemic. We have experienced growth in nearly every membership category—most notably in teen and young adult members. And the increase in usage indicates our GROWING COMMUNITY also is more engaged.

MEMBERSHIP CARD SCANS



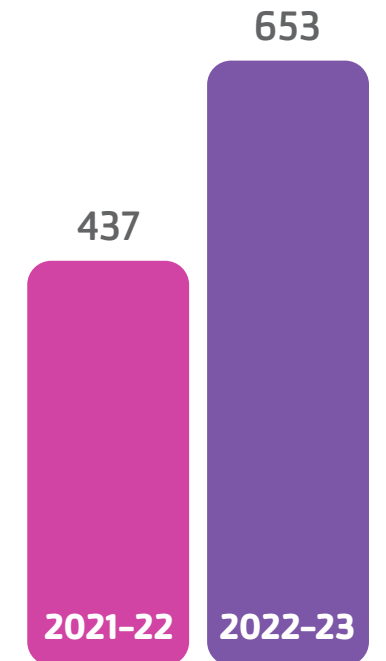
43.37%
growth

AVERAGE MONTHLY MEMBERSHIP UNITS



32.33%
growth

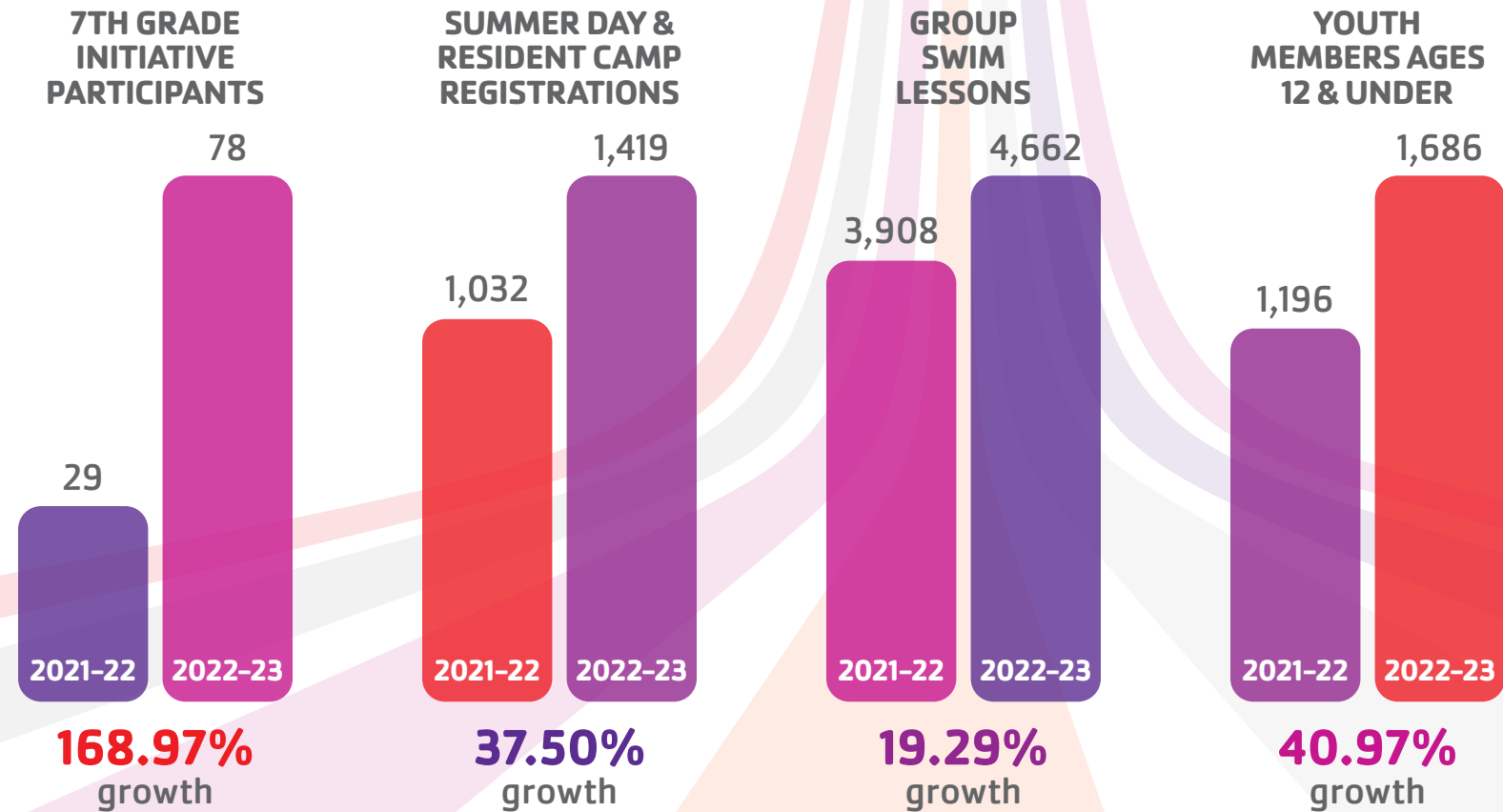
TEEN & YOUNG ADULT MEMBERS



49.43%
growth

YOUTH DEVELOPMENT

The Carlisle Family YMCA is working to nurture the potential of every child and teen by cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. We recognize that GROWING COMMUNITY starts with our youngest members.



“How wonderful that [the Kids Adventure Zone] has been opened! It is a fabulous addition. My children are 3 & 5. I look forward to exploring the room with them!”

— Happy Mom



HEALTHY LIVING

The Carlisle Family YMCA works to improve the health and well-being of our GROWING COMMUNITY by providing support, guidance and resources aimed at addressing the needs of the whole individual.

WORKOUT & WIN CONTEST

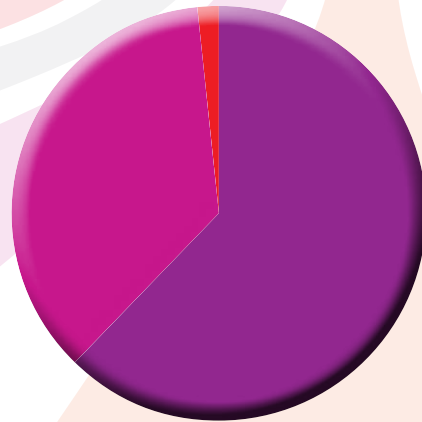
15,128 punches collected after taking land group fitness classes

1,891 punch cards turned in during the 2022-23 fiscal year

\$600 in LoveBuck\$ awarded to 12 lucky winners

TURKEY TROT

2,502 people signed up for the 2022 Carlisle Family YMCA Turkey Trot Presented by Penn State Health. Participants came from as far away as Alaska for this year's race!



- RUNNERS - 1,557**
- WALKERS - 907**
- VIRTUAL - 38**

MARLON WOODS

LesMills Ambassador Marlon Woods came to our Y in August 2022 to teach BODYPUMP™ and BODYCOMBAT™. Thank you to Group Fitness Coordinator Alexa Nikoloff for sharing her once-in-a-lifetime prize with our Y members!

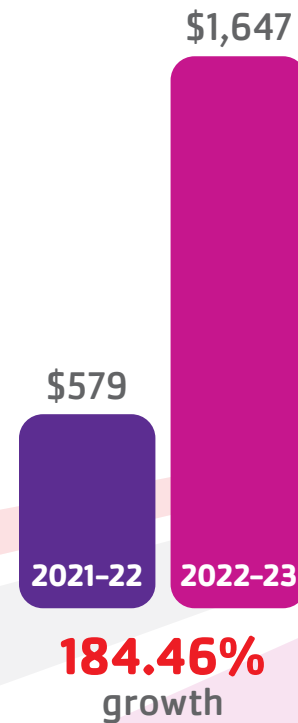
LES MILLS



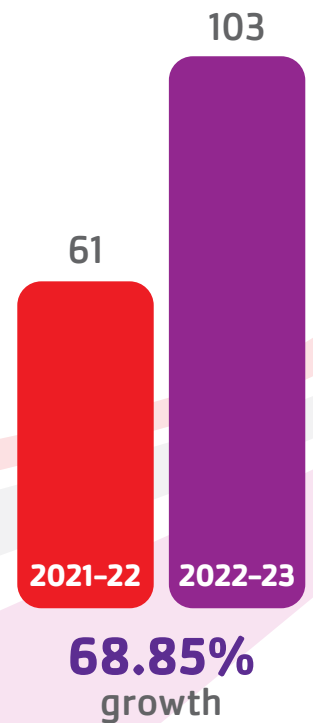
SOCIAL RESPONSIBILITY

The Carlisle Family YMCA gives back and responds to society's most pressing needs by developing innovative, community-based solutions and inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change. We're GROWING COMMUNITY together.

RAISED DURING THE EXPRESSO RALLY FOR THE Y



PINTS OF BLOOD DONATED TO SAVE LOCAL PATIENTS



DEDICATED VOLUNTEERS

- 392** people gave their time to help us GROW COMMUNITY
- 8,737** hours volunteered for our board, sports teams, events & more
- \$63,343** cost savings of volunteer hours if paid at minimum wage

GROWING THE GAME

Joe Stasyszyn has 30+ years of basketball skill development and coaching experience. He currently is a USA Basketball Player Development Speaker and Clinician at National Academies and Regional Clinics across the U.S. Joe recognizes the importance of giving back to our community, so this year he also volunteered to coach his grandson's Pee Wee team in our Youth Rec Basketball Program.



MEMBER FEEDBACK

“ Thank you, Jay, for your hard work and that of your staff in putting on a great race in this year’s Turkey Trot! My daughter (a former YMCA employee) and her fiancé ran and I walked the race. We all had a blast! The weather was perfect, and it was wonderful to see so many participants and friends.

—Grateful Turkey Trotter

“ I remember when my daughter started her soccer journey [with Carlisle Area Youth Soccer] I think in 2008. She is now a junior at the University of Houston and plays soccer for them. We had a blast and she learned so much!

—Appreciative Former CAYS Soccer Mom

“ It’s fun to stay at the Y•M•C•A. I sign up for 1 class, then end up staying for 2 more that same day. Every instructor is friendly and thorough and patient. No matter what the workout, you can always modify in any class to meet your physical needs. I come and stay at the YMCA in Carlisle 4 to 5 days a week and I love it.

—Satisfied Y Member

“ Thank you again so much for EVERYTHING this year! The CARY Swim Team was exactly what I was hoping for and the swim lessons were great fun, too. Thank you all for a wonderful experience!

—Pleased Swim Mom

“ I got my courage up and attended one of Alexa’s group Les Mills classes and I was hooked. I took it slow and did what I could. The instructors at the Y are so awesome and always showing ways to modify. I was 50 pounds overweight with my diabetes out of control. Since February 2022, I’ve lost weight, blood work is good and I’m trying different classes at the Y. I’ve made such great friends at the Y. We encourage each other and I always look forward to seeing my friends at classes. Thank you to the instructors and staff at the YMCA for a great place to work out and be inspired!

—Very Happy Workout & Win Contest Winner

COMMUNITY PARTNERS

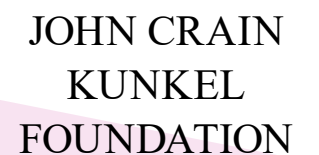
Our Community Partner recognition plan recognizes the companies and organizations that generously support the Carlisle Family YMCA. Thank you for all you do to help us GROW COMMUNITY!

Organizations that contributed money or services to our Y totaling at least \$5,000 during the 2022-23 Fiscal Year qualified for the Community Partner recognition plan.

In addition to being included in our annual report, we recognize these businesses and organizations on our website and on the informational TVs located throughout the building.

It is our hope that this recognition within the Y both promotes and generates good will for these companies.

If you have any questions about this program or want to get involved, contact Fundraising Manager Amanda Cornwell at 717-243-2525 ext. 203 or acornwell@carlislefamilyymca.org.



OUR HEROES

At the Carlisle Family YMCA, we work side by side with our neighbors to make sure that everyone—regardless of age, income or background—has the opportunity to learn, grow and thrive.

GROWING COMMUNITY wouldn't be possible without our donors. Thank you!

\$100,480

2023 ANNUAL CAMPAIGN SCROLL OF HONOR

SUPPORTER \$1-149

Barbara Adams
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In memory of Peg Owen

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In Memory of Jack & Peg Owens
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Dale Lay Memorial Fund
Law Office of Stephen J. Hogg
Rahal Family Foundation
Strickler Agency, Inc.

And special thanks to M&T Bank, our Annual Campaign Community Partner

\$22,295

2022 TREE OF LIGHTS SCROLL OF HONOR

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Brenda & Wade Donahue
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Joseph Ebert
Karen & John Faryniak

In Memory of

Francesca Agostaro
Ira C. Anderson and Twyla J. Anderson
Granny Andrews and Grandma Young
Ronald "Lou" Bistline
Joan G. Baird
Donnie Oberholzer
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his parents
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Chet Kamowski
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\$22,295

2022 TREE OF LIGHTS SCROLL OF HONOR

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Tyler Brehm
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Year End Gifts to the Y

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Jim & Pattie Parsons
Mike Price
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Bill & Wendy Riggs
Eva Roe
The Ross Family
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Bill & Mary Ann Schirmer
Bryan & Heidi Shatto
Donald C. Simmons
Drew & Kathy Stoken
Terry & Cindy
David & Marion Weldon
Col. & Mrs. Walter J. Wood
Carlisle Lions Club
Flood City Security

PROGRAM & EVENT SPONSORS

The Carlisle Family YMCA would not be able to effectively run many of our programs and events without our generous sponsors. Thank you for partnering with us to GROW OUR COMMUNITY!

PROGRAMS

CARY SHARKS SWIM TEAM

Daily Express, Inc.
Michael Pasquarett

CAYS TRAVEL & REC SOCCER

Hilton-Diminick Orthodontic Associates
Eastern Pennsylvania Youth Soccer Association

CAYS SOCCER DAY CAMP

Hilton-Diminick Orthodontic Associates

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SAFETY AROUND WATER

Michael Pasquarett

SUMMER CAMP

UPMC

YOUTH REC BASKETBALL

UPMC

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CARLISLE FAMILY YMCA TURKEY TROT

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Carlisle Buick GMC
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Bobby Rahal Automotive Group
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* This category is for individuals who want to sponsor a 1-year membership for a family who might not otherwise be able to join the Y.



CARLISLE FAMILY YMCA
311 S. West St., Carlisle PA 17013
(717) 243-2525
carlislefamilyymca.org



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The Carlisle Family YMCA is a United Way agency. The Y and its employees are proud supporters of United Way of Carlisle & Cumberland County, the leader in coordinating resources to meet the human services needs of our community.