



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHAPING TOMORROW TOGETHER

CARLISLE FAMILY YMCA
2023-24 IMPACT REPORT



SHAPING TOMORROW TOGETHER

We are proud to present some highlights of the Carlisle Family YMCA's extraordinary 2023-24 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. Every day our dedicated staff works together with our community partners, members and volunteers to deliver on our promise to connect people to their potential, purpose and each other.

We were excited to team up with other local community leaders to offer a new event in July 2023. We hosted the **Carlisle Crush Grass Volleyball Tournament** at our George B. Stuart Athletic Fields and we were blown away by the first-year success. We had nearly 500 individuals on 200 teams compete across three days. We are excited about the potential to grow this event even more in the future.

Thanks to a very generous grant from the The Donald B. and Dorothy L. Stabler Foundation, we were very excited to debut our **Nan's Kitchen** initiative at the beginning of November 2023 to help address food insecurity among our members and program participants.



TOM RYAN

President of the Board
CARLISLE FAMILY YMCA



MICHELE HOLLOWAY

Chief Executive Officer
CARLISLE FAMILY YMCA

We held our first-ever **Carlisle Family YMCA Day of Giving** in May 2024. The intent of the day was two-fold—to help us raise awareness and funds for the 2024 Annual Campaign. For any donation, members could take part in a variety of activities, from bonus fitness classes to bench press and pickleball competitions to making our Aquatics Director swim laps and Group Fitness Coordinator do burpees. It was a day filled with excitement as we rallied together to support children and families in our community!

Carlisle is rich with people and organizations that support our Y and understand the power of community engagement. Keep reading to see the many community partners that helped to strengthen our work this year. To them, we say thank you. To potential new partners, we say welcome. And to the members and participants that we served together, we say thanks for the memories! We look forward to continuing to **SHAPE TOMORROW TOGETHER!**

THANK YOU!

MAKING THE Y POSSIBLE

At the Y, we're here to help you find your "why" – your greater sense of purpose – by connecting you with opportunities to improve your health, support young people, make new friends and contribute to a stronger, more cohesive community for all.



1 in 5

of our members
rely on financial
assistance

441

donations
made to our Y
this fiscal year



\$608

average amount
donated to our Y

NAN'S KITCHEN IMPACT STORY



JUSTIN ROSE
Chief Operating Officer

One evening I made my way to the kitchen to catch up with Roger before I left for the day. Roger was working the window in the kitchen while the aroma of breaded chicken fillets and cheesy tater tots filled the air. After helping fill some plates, a family of five approached the serving window. The mother, her eyes reflecting a mix of hope and hesitation, asked softly if this was the place for the free meals mentioned at the Welcome Center. Roger, with a reassuring smile, confirmed it was free. Her reaction was a blend of relief and disbelief as she asked again if it was indeed free for her, and all her children. "Yes, it's all free," Roger reiterated warmly.

The mother turned to me with an expression of gratitude, sharing her amazement. She had just joined the Y, signed her kids up for School's Out Rocks and now, in a seemingly crazy twist, she found herself receiving a wholesome meal for her family. As she meticulously filled plates for each of her children, her repeated thank-yous echoed in the kitchen. She continued to whisper to herself and her kids, "I had no idea."

As they prepared to leave, she gently reminded her children to express their thanks, which they did happily with their full plates. Then she imparted a lesson to them: "Remember, anytime you have food, it's a time to be thankful."

This simple yet profound interaction underscored the impact our efforts have on our community members, especially those navigating challenging times.

"In helping others, we shall help ourselves, for whatever good we give out completes the circle and comes back to us."

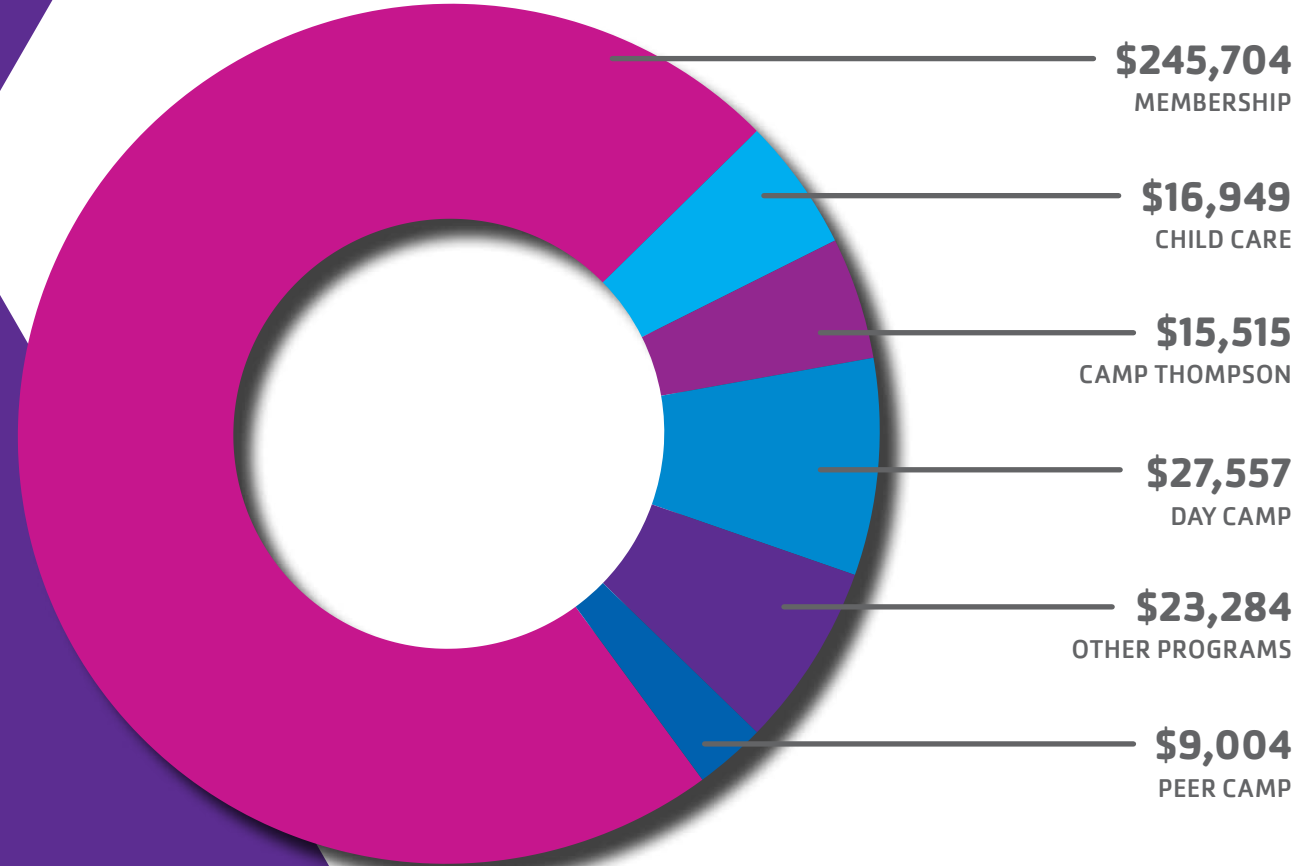
— Flora Edwards

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 **SHAPE TOMORROW TOGETHER.**

\$338,013

in Y membership and program scholarships provided to 2,283 youth and adults



CARLISLE FAMILY YMCA STATEMENT OF ACTIVITIES

FOR THE 2023-24 FISCAL YEAR ENDING MAY 31, 2024

REVENUE

	Without Donor Restrictions	With Donor Restrictions	Total
Contributions of cash & other financial assets	193,464	154,000	347,464
Contributions of nonfinancial assets	10,622	-	10,622
Fundraising events	61,582	-	61,582
Membership Fees	1,789,743	-	1,789,743
Free & reduced memberships	(245,704)	-	(245,704)
Program fees	1,296,304	-	1,296,304
Free & reduced program fees	(92,309)	-	(92,309)
Miscellaneous income	9,933	-	9,933
Room & equipment rentals	61,811	-	61,811
Rental income	42,708	-	42,708
Net investment income	297,373	231,690	529,063
Loss on disposal of fixed assets	(1,977)	-	(1,977)
Net assets released from restrictions	269,293	(269,293)	-
TOTAL REVENUE	3,692,843	116,397	3,809,240

EXPENSES

Program services	2,911,490	-	2,911,490
Management & general	689,861	-	689,861
Fundraising	206,802	-	206,802
Rental properties	43,072	-	43,072
TOTAL EXPENSES	3,851,225	-	3,851,225
Deficit of revenue, gains & other support over expenses/change in net assets	(158,382)	116,397	(41,985)
NET ASSETS - BEGINNING	10,830,581	2,949,085	13,779,666
NET ASSETS - ENDING	\$10,672,199	\$3,065,482	\$13,737,681

YOUTH DEVELOPMENT

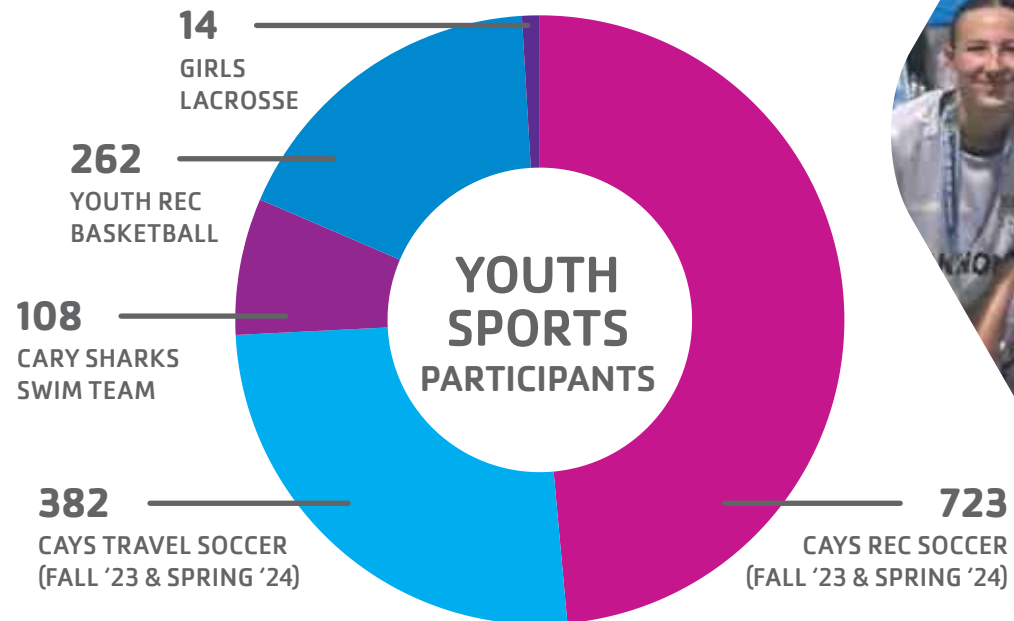


The Carlisle Family YMCA is working to nurture the potential of every child and teen by cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievement. We're SHAPING TOMORROW TOGETHER, starting with our youngest members.

- 1,491** area children took Group Swim Lessons
- 499** kids attended our Summer Day & Resident Camps in Summer 2023
- 143** kids participated in our Friday Night Fun Programs
- 31** children per week were enrolled in our on-site Child Care Center

“We ABSOLUTELY love the Y!!!! Being military and moving from place to place we haven't always lived near one. I think it is such a blessing!
”

—Happy Soccer Mom



Congratulations to our Carlisle Area Youth Soccer U17 Cannons for winning the Pennsylvania State Challenge Cup this Spring! After falling in the championship game in 2021, the girls made it back to the title game and this time came away with the win. Great job girls and coaches!

HEALTHY LIVING

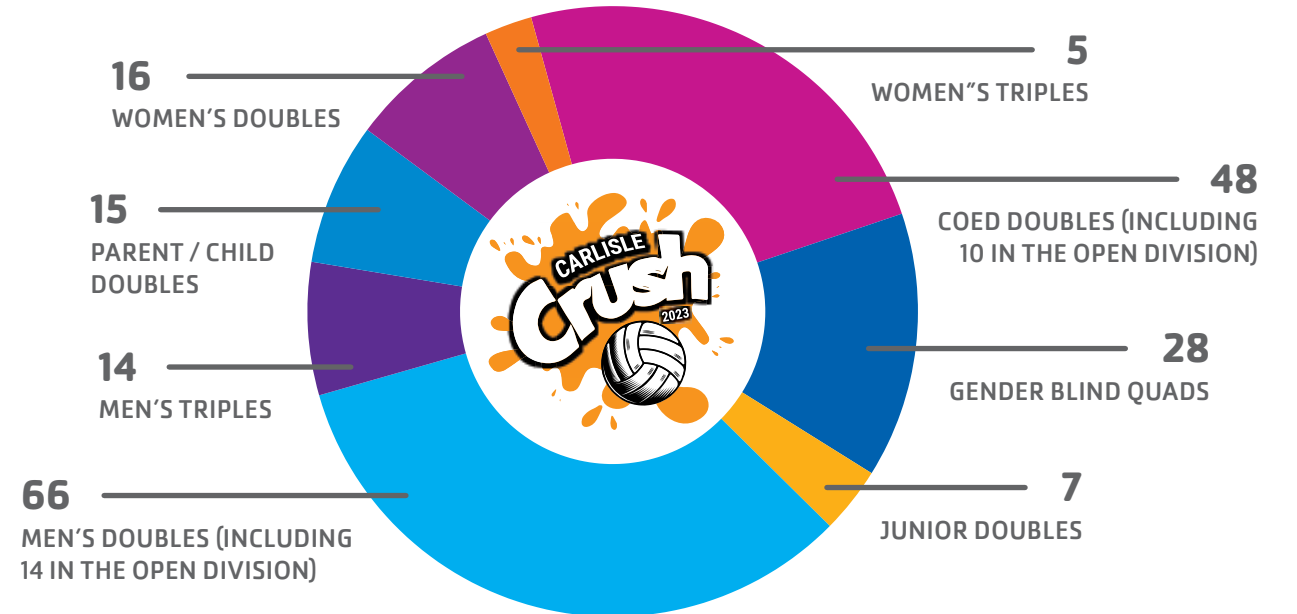
Being healthy means more than just being physically active. We bring families closer together, encourage good health and foster connections through fitness, sports, fun and shared interests. We're SHAPING TOMORROW TOGETHER by providing support, guidance and resources to address the needs of the whole individual.

2,686
people ran or
walked the 2023
Turkey Trot

1,749
Workout & Win Contest
punch cards collected in
the 2023-24 Fiscal Year

1,519
sessions of
Personal Training
completed

24
individuals completed
the 2023 Y-Tri Indoor
Sprint Triathlon



The inaugural Carlisle Crush Grass Volleyball Tournament was a huge success! We had 199 teams and 483 participants from Pennsylvania and beyond play in 24 divisions ranging from youth to adult and special parent-child divisions. We anticipate continued success and expansion in the years to come.

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 SHAPING TOMORROW TOGETHER.

9,569

pounds of clothing, shoes etc. collected for Community Aid

128

golfers played in our 2023 Golf Tournament

101

pints of blood donated during 3 Blood Drives

28

kids learned water safety & basic swimming skills in Safety Around Water



Nan's Kitchen is an initiative we introduced in November 2023 to help address food insecurity for members and program participants. Thanks to a generous grant from The Stabler Foundation, we offer free weekly hot meals, Bagel Tuesdays for seniors, afterschool snacks, snacks for youth programs, a pantry for Child Care families & more!

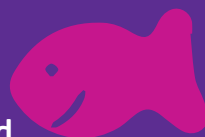


1,556

bagels consumed on Bagel Tuesdays aimed at our senior members

72,000

goldfish crackers consumed after school and during youth programs



3,200

apples eaten after school & during youth sports



945

hot meals provided on Wednesdays for 7GI participants



70



pounds of ground beef donated by Carwood Farm and prepared by Helena's Café and Creperie



24

Child Care Center families have access to a free food pantry

OUR REACH

IN NUMBERS


CULTURE STATEMENT

At the Carlisle Family YMCA, we foster a culture of loyalty, where every member, staff and youth are embraced with acceptance and welcomed as a valued part of our Y family and community. We are dedicated to the growth and development of all, acting as mentors and empowering each individual to become a work in progress, consistently striving for personal and character-building growth. Through collaboration and innovation, we respond to the evolving needs of our community, embodying creativity and becoming a haven for positive change.

3,684
average monthly membership units in the 23-24 Fiscal Year – almost 500 more than last year



137,767
Target Circle votes cast for our Y from April 1 - June 30, 2024, resulting in a \$2,461 donation





“My first grader did the School’s Out Rocks at Camp Thompson in the fall and LOVED it so he is very excited for Camp Thompson Day Camp this summer. We feel so lucky to live in a town with such a robust YMCA!
—Happy Camp Parent”

\$2,362 raised during the 2024 Rally for the Y

3,207 miles completed on our Expresso Bikes by 37 riders in February 2024

17th place we finished out of 120 teams in money raised





328 new EGYM users onboarded in the 23-24 Fiscal Year



242 volunteers helped us SHAPE TOMORROW TOGETHER

\$33,734 cost savings of 4,653 volunteer hours for our board, sports teams, events and more if paid at minimum wage



126 senior members take advantage of the free membership offered through Renew Active, the fitness plan available with select UnitedHealthcare Medicare Advantage plans



85 birthday parties hosted



228,212 membership card scans by 11,358 members between June 1, 2023 - May 31, 2024



OUR HEROES

At the Carlisle Family YMCA, we work side by side with our neighbors to make sure everyone—regardless of age, income or background—has the opportunity to learn, grow and thrive. Thank you for helping us **SHAPE TOMORROW TOGETHER.**

\$123,072 2024 ANNUAL CAMPAIGN SCROLL OF HONOR

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In memory of Dale R. Lay

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

2023 TREE OF LIGHTS – \$18,266

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COMMUNITY PARTNERS

Our Community Partner recognition plan highlights the companies and organizations that generously support the Carlisle Family YMCA. Thank you for all you do to help us SHAPE TOMORROW TOGETHER!



The Donald B. and Dorothy L. Stabler Foundation

The Rahal Family Foundation

The George B. Stuart Foundation

Organizations that contributed money or services to our Y totaling at least \$5,000 during the 2023-24 Fiscal Year qualified for the Community Partner recognition plan. We also 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 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.

EVENT SPONSORS



The Carlisle Family YMCA would not be able to effectively run top-notch events without our generous sponsors. Thank you for partnering with us to **SHAPE TOMORROW TOGETHER!**

GOLF TOURNAMENT

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Michael Pasquarett
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Y-TRI INDOOR SPRINT TRIATHLON

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CARLISLE CRUSH GRASS VOLLEYBALL TOURNAMENT

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Bold text denotes premiere
event sponsors





PROGRAM SPONSORS

The Carlisle Family YMCA could not consistently offer many of our trademark programs without financial support from our generous sponsors. Thank you for partnering with us to SHAPE TOMORROW TOGETHER!

7TH GRADE INITIATIVE

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YOUTH REC BASKETBALL

UPMC
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Thank you to the following donors who supported
Everyone is Welcome: Scholarships & Financial Assistance Funding in the 2023-24 Fiscal Year:

FRIENDS (\$5,000-\$9,999)

Capital Blue Cross
Partnership for Better Health

BENEFACTOR*

(\$786.60 or \$69/month for 1 year)
David Metz

*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.

United Way of Carlisle
& Cumberland County



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.



CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013
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OUR MISSION

To develop 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.