Swimming is a fantastic way to stay safe near water, compete on a team, have fun with friends, and get a low-impact workout.
Creating safe and fun spaces for youth to learn and grow
Inspiring all to live healthier lives
Distributing food for neighbors in need

Y COMMUNITY

At the Y, membership means so much because while members workout, we work every day to build brighter futures for our youth, improve health and wellness, and demand equity for all.

In 2023 the YMCA of Kingston and Ulster County expanded our core programs designed to empower youth, improve health, and strengthen community including important health and wellness initiatives, college access programs, before/after-school programming, biking education, safety around water, and summer camps.

This annual Impact Report highlights a few of the many programs, activities, and services the Y provided to our Ulster County community in 2023.

We will continue to stand shoulder to shoulder with our neighbors to help them reach their full potential.

With gratitude,

Heidi G Kirschner
CEO/President
YMCA of Kingston and Ulster County

YMCA of Kingston and Ulster County is celebrating 158 years in the Ulster County Community

For a better us.
Aquatics

Beyond laps and Marco Polo, YMCA aquatics facilities and programs save thousands of lives every year by teaching children and adults of all backgrounds how to swim and providing accessible pools to the communities we serve.

In 2023

- Our Y provided 7,722 hours of swim instruction
- There were over 40,000 lap swim reservations
- There were 11,796 fitness swimmers
- Fifty (50) Lifeguards were certified
- 725 Land Based Water Safety Classes were provided to youth!
- Hurricanes Swim Team had 145 swimmers from 2022/2023 and 2023/2024
- Two Hurricanes Swimmers went to YMCA Nationals in North Carolina
- Three Community Flick n Float Events were offered for Family Fun!

Swimming is a fantastic way to stay safe near water, compete on a team, have fun with friends, and get a low-impact workout.

For a better us.
No two people are alike, so no two wellness journeys are alike. At the Y our members can create fitness routines that fit — fit their time, their preferences, their goals.

Our members stick with their health and fitness programs because at the Y, they can find activities and expert staff that keep them motivated, moving and coming back for more.

In 2023

- Over 20,000 group exercise experiences were provided
- 600 community members participated in Y fitness classes they could not otherwise afford thanks to community support
- 18 different types of classes were offered this year, all with certified instructors
- Our YMCA has completed a year long process to become certified to offer a Diabetes Prevention Program. It is a proven evidence-based program to reduce your risk for diabetes and benefits your overall health

80.7% of the U.S. population IS NOT engaged in physical activity.
BEFORE AND AFTERSCHOOL PROGRAMMING

When out of school, all children deserves a warm, welcoming and inclusive environment full of engaging experiences that inspire them to thrive in school and make life-long friends.

In 2023

- 413 children enjoyed the Y’s curriculum based childcare program every month
- 83 children received high-quality childcare their families could not otherwise afford thanks to community support
- 10,395 hours of care were provided at 11 schools throughout Ulster County

33% of families struggle to access certified childcare

For a better us.®
YMCA Day Camps banish summer boredom with exciting opportunities for youth to pursue their passion, take on new challenges, make new friends, and discover their potential.

In 2023:

- 46 received day camp scholarships thanks to community support
- Our YMCA Camps provided 3,318 summer camp experiences children will remember for the rest of their lives

76% of children lack access to Summer Camp

For a better us®
Learning to ride a bike is a rite of passage for children. Bike riding is an important skill that comes with a wide range of developmental benefits for all children. Beyond a few scraped knees, learning to ride a bike provides children with independence, confidence, physical, and mental strength. Once mastered, bike riding is a skill that stays with your child for their lifetime.

Education is the key to reducing fatalities associated with bike riding.

- In 2023, 1552 individuals were provided bike programming through the Y – 1019 were youth and 533 were adults
- 495 volunteer hours were donated
- 1738 pieces of safety equipment were distributed
- There were 10 repair clinics where bike owners could have simple repairs done free
- 390 bikes have been put back into the community for people needing transportation to school or work
- Over 1000 children received bike safety education
- 9 youth received Bike Mechanic Repair Training so they could work in a Bike Shop

Ulster County is the hub of many bike trails in NYS. Much has been invested in biking infrastructure so it is important for everyone - bike riders, pedestrians and drivers to know the rules for riding bikes.
STARFISH SUMMER LEARNING

Every child deserves to build, create, discover, and ignite a passion for learning. Every child can thrive in their school, career and life. But not every child has access to engaging and rewarding opportunities that accelerate learning and build life changing skills and confidence.

To improve educational equity in the communities we serve and stop summer learning loss the YMCA Starfish Summer Learning Program combines academics, enrichment, social-emotional learning, and wellness activities for students and engages their families

- 139 Starfish scholars showed 20% improvement in both reading and math over the summer of 2023.
- 18 children received summer learning their families could not otherwise afford thanks to community support

Did you know that students may lose up to 34% of their previous year’s learning gains over summer break?
YOUTH SPORTS PROGRAMS

Y Sports provide children of all abilities the opportunity to discover their best – their best performance, their best friends, and their best selves, all while being good sports.

Our core values of respect, responsibility, caring, and honesty anchor every program.

In 2023

- 439 youth participated in organized basketball programming
- 49 participated in our Youth Running Program
- 22 in Youth Summer Rowing Program
- 49 in Y Summer Youth Sports Program
- 42 Girls participated in Volleyball Program
- 7 youth participated in Sports Performance and Conditioning

More than 73% of parents report that children’s sports programs improved their child’s mental and physical health, their relationship skills, and their discipline.
Pickleball combines the best parts of several sports to create an easy and accessible way for people of all ages to have fun, workout and socialize. More than 25 million people in the US love this low impact, fast paced game.

In 2023

- 2775 hours of pickleball time
- Two Tournaments
- 41 four lesson sessions were given to 216 individuals
DAY CAMP

YMCA Day Camps banish summer boredom with exciting opportunities for youth to pursue their passion, take on new challenges, make new friends, and discover their potential as they step up into bold new roles.

YMCA Farm Project

In 2023:
The farm continues to make deep, meaningful community impacts through growing food, educating, employing and empowering young people. The farm supports youth and benefits the community with access to the natural world and fresh vegetables.

- 5400 pounds of food were grown
- 350 children experienced the farm through free classroom field trips
- Donated 20% of harvest and 400 meals to community fridges and organizations
- Employed 26 high school students
- Centered youth voices and community needs through the Metro Youth Design Team Project, building & supporting RUPCO’s Landmark Garden
- Participated in New York State Outdoor Education Association’s annual conference

Celebrated its tenth year of growing in 2023.
There’s something special about our Y. It’s not the equipment. It’s not the building. It’s the people and our values. It’s the sense of community coming together to learn, grow, and thrive. The YMCA of Kingston and Ulster County is so much more than a gym or pool. At the Y, we are focused on youth development, healthy living, and social responsibility.

In 2023 our membership
- Has grown by 760 members
- Today we have 3488 members
- Adults and Seniors account for 70% of memberships.
- AARP and Silver Sneakers are 26% of our membership
- Youth are 9% of membership
- 122 members were welcomed who could not otherwise afford membership thanks to community support

The Y actively promotes culture free from bias and injustice. We strive to create equitable and sustainable environments where social justice is a facet of all of our programs, caring for our communities in a culturally versatile and respectful manner.
The Y worked with other organizations to create lasting social and personal change. The Y is proud of its collaborations. They led to exponential results. The Y thanks our collaborators who worked with us in 2023.

- Bold Art Society: Exhibit for Black History Month
- Boys and Girls Club, Center for Creative Education, and City of Kingston: swim lessons
- City of Kingston: Day of Play, Firefly: The Tay Fisher Movie and Panel Discussion, and 1 Flick and Float
- Harambee and MyKingstonKids: Black History Month Kickoff
- Go Beyond Greatness: Map My Future College Readiness Program
- Kingston Catholic School and One Strike Fitness: Community Clean Up of Hasbrouck Park
- Kingston Library and Mid-Hudson Library System: monthly heritage book display
- Kingston Uptown Business Association: Snowflake Festival
- MyKingstonKids: Community Family Dance and Halloween Celebration
- Seasoned Gives: Caribbean Day Festival
- Seventh Day Adventist Church and XIT Youth Program: Gospel Music’s Impact on Social Justice
- Ulster County: Saturdays at the Y and 2 Flick and Floats
- Ulster County Human Rights Commission: gave the Y

Through collaboration we can provide more wonderful experiences for all in our community

For a better us.
The YMCA of Kingston and Ulster County is enthusiastic about our future. All of our programs, services, and initiatives confirm our commitment to Youth Development, Healthy Living, and Social Responsibility.

Our focus on childcare, family time, sports and recreation, wellbeing, and volunteerism result in a community that is healthier, more socially aware, and educated community.

Your investment in our mission can make a significant difference in the lives of the 10,000 plus people we serve each year. We are a charity that is values-driven and community focused. The Y relies on our community partnerships, foundations, governments, individual donors, and the people we serve. The Y relies on you.

Your donation helps our youth develop and supports our community.

DONATE  https://ymcaulster.org/donate/