



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOU SEE





**WE
SEE
COMMUNITY**

Dear Friends,

Since 1885, our Y has been a responsive advocate for the community in which it serves. We have come a long way from the small house on Main Street in Orange. We have changed and expanded who we serve, where we operate and how we provide programming. One thing that remains crystal clear is the underlying nature of our core values and work – we are driven by our cause to strengthen community.

The Metropolitan YMCA of the Oranges' vision is clear. It is purposeful and aspirational. Our foundation is strong and working with our partners brings diverse perspectives and clarity to our mission.

This has been a year of growth in programs across our Branches, with increases in membership, camperships and child care programs. More children learned to be safe and confident in the water. More seniors found a way to combat isolation. Minority community members have found a welcoming hand through innovative outreach. Community leaders have turned to our Branch leadership to convene experts, respond to natural disaster and contribute to issue based problem solving.

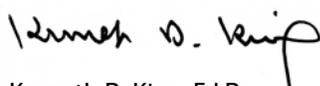
In 2012, more families than ever before asked for financial assistance to ensure their children could have a Y experience. In response to this need, we raised over \$1,200,000 in our Strong Kids Campaign, awarded nearly \$1,067,000 in direct financial assistance and provided over \$1,600,000 in program support and overall community benefits. We also invested \$1,800,000 in land, building and equipment upgrades enhancing our ability to operate quality programs and facilities.

The Branches rose to the challenge of providing quality programs within our walls while reaching out to address identified community needs. Last year, our Y sought to make an impact on the nationwide epidemic of childhood obesity, escalating rates of Type 2 Diabetes and the ever growing need for nutrition and fitness awareness across generations and diverse cultures.

Our number one priority has always been our children, but in 2012 we took a dramatic step towards leading the discussion of the community's role in child sexual abuse prevention, through ground breaking work with the Stewards of Children program.

In the pages that follow, you will see our Y from multiple perspectives. We are recrafting the lenses through which we look and we ask you to join us in this more complete way of viewing the impact of our Y. Our hope is you will see not only our action, but our purpose for acting – the goal is a stronger community, one that welcomes and gives opportunity to every person who walks through our doors.

We know we can't do any of this alone. Our donors, volunteers, Board members, partners and staff have worked tirelessly to bring insight of the community to our effort. We are deeply grateful to you all.



Kenneth D. King, Ed.D
Chairman, Board of Directors



Richard K. Gorab
President/CEO



Kenneth D. King, Ed.D,
Chairman, Board of Directors



Richard K. Gorab,
President/CEO

MISSION STATEMENT

Strengthen community through youth development, healthy living and social responsibility

ASSOCIATION SERVICES

139 East McClellan Avenue
Livingston, NJ 07039
P 973 758 9622

EAST ORANGE YMCA

100 North Arlington Avenue
East Orange, NJ 07017
P 973 673 5588

FAIRVIEW LAKE YMCA CAMPS

1035 Fairview Lake Road
Newton, NJ 07860
P 973 383 9282

SOUTH MOUNTAIN YMCA

13 Jefferson Avenue
Maplewood, NJ 07040
P 973 762 4145

SUSSEX COUNTY YMCA

15 Wits End Road
Hardyston, NJ 07419
P 973 209 9622

WAYNE YMCA

1 Pike Drive
Wayne, NJ 07470
P 973 595 0100

WEST ESSEX YMCA

321 S. Livingston Avenue
Livingston, NJ 07039
P 973 992 7500

metroymcas.org

**YOU
SEE**

**CHILDCARE, LEGOS,
BUILDING BLOCKS**





WE SEE

SCIENCE
TECHNOLOGY
ENGINEERING
MATH SKILLS

STRONG FOUNDATION

Everyday we see kids learn how to stack the Legos to form a house or hold a paintbrush creating their first masterpiece. They feel successful with every learning experience, and that confidence feeds their curious nature. Each small step is a building block needed for success later in life. At the YMCA, children learn how to share, resolve conflict, take turns, ABC's and 123's. In nearly 40 sites, over 2,500 children each day are impacted in a caring, nurturing, healthy environment. Simplicity can be profound, and certainly a caring and nurturing environment is a simple factor that can have a profound effect. We know it takes a village to raise a child, and we are glad to be part of the village.

"Our two daughters were at the YMCA childcare center from the time they were six weeks old to when they were ready for kindergarten. The teachers were so patient, warm and loving and always reinforced the core values of the Y. They also helped through those tough times of potty training- actually the teachers potty trained both girls! We always thought of the teachers as part of our family, and still to this day do. The Y played such a big role in shaping the girls into the great kids that they are today."

- The Salituri Family, South Mountain YMCA Member

The Salituri story is one of many stories of how the Metro YMCA is helping kids reach their potential, promoting healthy living and fostering a sense of community.

» "The outdoor education program was a great experience for not just me, but my entire class. We learned encouragement, teamwork, cooperation and refined our listening skills. Most importantly, I grew emotionally by breaking out of my shell. Thank you for a great experience."

- William Kwak,
Fairview Lake YMCA Camps Environmental Education

STRONG FOUNDATION
NURTURING LIFE SKILL
SUCCE
FOUNDATION IMPA
VISION LIFE SKILL
TEAM COMMUN
WORK OPPORTUNIT
UNITED CONFID
LIFE SKILL EDUCATIO
LEADERSHIP
EXPERI
ROLE LEARN
MODELS VALUES
POSITIVE TEAM
REWARDING WORK
COURAGE
ACCOMPLISHMEN
YOUTH
DEVELOPMENT

In 2012



2,552

children age 6 weeks to 12 years attended one of our nearly 40 childcare and afterschool locations.



Over 175 teens

participated in leadership development programs such as teen leaders clubs and service learning.

4,836 youth

gained the confidence that comes from learning to swim.

2,344 youth

build positive relationships that lead to good sportsmanship and teamwork through sports.



Over 5,000

children and families who were effected by Hurricane Sandy were welcomed in our facilities to take a warm shower, power up electronics and fellowship.



46 students

from East Orange attended the annual Historically Black Colleges and Universities Tour to gain access to and awareness of higher education opportunities.

**YOU
SEE**

GYM, TREADMILL, FREE-WEIGHTS





**WE
SEE**

**ENERGY, STAMINA AND
HEALTHY HABITS FORMED**

ENCOURAGING HEALTHY HABITS

We see the treadmill not as a method for you to run in place, but rather the tool to bring you to new opportunities in your life. Greater energy and stamina are just the first steps to health and wellness that enable you to go farther and accomplish more. At the Y, we focus on creating an environment where transformations can occur. It is not about the gym or the equipment, it is about the commitment, the confidence, the camaraderie and the personal sense of accomplishment.

So many of the health care issues adults face today have opportunities for prevention and management. We know programs like the Y Diabetes Prevention Program, Delay the Disease for Parkinsons patients, The Nationally recognized Healthy U program, Pioneering Healthier Communities, and Y First program, are all intentional pathways to encourage healthy living in the diverse cultures we serve. These programs put greater control of future personal health in the hands of our members and program participants. They also have tremendous potential for the community to reduce high healthcare costs.

“I love the Y! Because of aging, working out has become harder for me. At the Y, I can workout in the deep water classes twice a week and I feel so much younger and healthy when I do. I also proudly volunteer in Swim Inc. I just love this group. I get so much pleasure when I can help others. The Y is very important in my life and I can't imagine my life without the Y. I'm a better person because of the Y.”

- Glennora Broadwell, Sussex County YMCA Member

➤ “I was a very shy, timid and unsure of myself. Often, I would cry hysterically and not make eye contact when meeting strangers. Singing and dancing was my outlet. Because of the Y's theater program, I was able to come out of my shell. Without a doubt, it was the caring, nurturing and encouraging people at the Y who gave me the confidence I needed.”

- Kelcie, Wayne YMCA Member

HEALTHY HABITS
ENERGY COMMU
ACCOM
FRIENDSHIPS IMPA
BALANCE LIFE SK
SPORT SHAPING
LEAGUE
OPPORTUNIT
SUMMER
CAMP CONFIDE
SCHOOL PROGRAMS
TRANSFORM
PREVEN
ROLE EDUCATIO
MODELS CATCH
SWIM LESSONS Y FIRST
DIVERSE PROGR
PIONEERING HEALTHIER COMMUNITIES
HEALTHY U
ACCOMPLISHMEN
HEALTHY
LIVING

In 2012



257

children age 10-15 competed on our 3 Branch's swim teams practicing a total of 5,000 hours.



35,501
members

served with 6 YMCA locations and **8,746** are under the age of 18.

Collectively,
9,000 classes

have been offered in our 4 pools from baby bubbles (children 6 months) to a senior fit class.

512,000
gallons,

in our 4 pools, use nearly 100 pounds of water treatment weekly to aid in maintaining our pools.



48

personal trainers

have trained nearly 15,000 hours with members.



38,000
square feet

of wellness centers have more than **300 pieces** of cardio equipment and **10,000 pounds** of free-weights.

**YOU
SEE**

**POOL, STARTING BLOCK,
SWIMMING**





**WE
SEE**

**TEAMWORK, SELF-CONFIDENCE,
AND SKILLS USED IN LIFE**

SPRING BOARD TO FUTURE SUCCESS

We see the starting block not just as a method for you to gain access to the pool, but as a spring board to the future. One of the earliest tools for the YMCA's social responsibility focus, the pool is a life saver. Teaching kids to swim, growing confident and safe in the water is a stalwart of our identity.

We know that drowning is the second leading cause of accidental death for children under fourteen. That's why we offer, swim lessons, YMCA SPLASH - a free basic swimming skills program, and any second grader in Wayne, a free eight week swim lesson.

But today's pools and expanded Y programs do so much more. Today's children face the presence of gangs, the lure of alcohol and drugs, peer pressure and bullying at early ages. At the Y, teamwork, sense of accomplishment, sense of belonging and self-confidence are character development issues that not only embody the Y spirit but also successfully combat negatives social pressure. Stronger, healthier, more resilient youth are our goal.

"John, a 14 year old young man walking home from school, was attacked by a gang of boys resulting in a broken tooth and severe bruises. His mother did not have insurance and incurred a great deal of medical expenses. She needed a safe haven for her son and turned to the YMCA afterschool program for help. John received financial assistance and is now enjoying arts, crafts, sports and positive peer relationships when he gets out of school. Most importantly, he now has the opportunity to be a positive role model to others in his neighborhood and to younger children in our program."

➤ "My first experience as a father coaching youth sports was in 2011. My twin sons were in kindergarten and I volunteered to coach the basketball team. I'll always cherish the time I was able to spend with my sons and their teammates. It was so rewarding being able to teach the children. I have since gone on to coach many sports, but never forgot that first season at the Y."

- Jason Feldman, West Essex YMCA Member

PARENTING WORKSHOPS
NURTURING COMMUNITIES
NEEDS
FINANCIAL ASSISTANCE
CHILDHOOD OBESITY PREVENTION
RESPONSIBLE COMMUNITARIANISM
PARTNERS IN PROGRESS
UNITED WE STAND
TEAM WORK
EDUCATION
ASSISTANCE
CARING COMMUNITARIANISM
HURRICANE SANDY RELIEF
SPLASH COLLEGE TOURS
FOOD PANTRY
MENTORING
STEWARDS OF CHILDREN
SOCIAL RESPONSIBILITY

In 2012



50 weekly swim inc

adults with severe chronic pain due to health and age use Sussex County YMCA pool for free.



594 children

are **safer** in and around water because of our FREE SPLASH program.

700

7th graders

came to the Y to learn values, gain friendships and ultimately become more confident when in a transitional time in their lives.

137

2nd graders

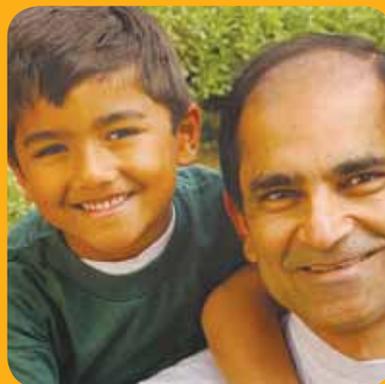
at the Wayne YMCA have learned swimming skills that have made them more confident near water.



2,002

members have

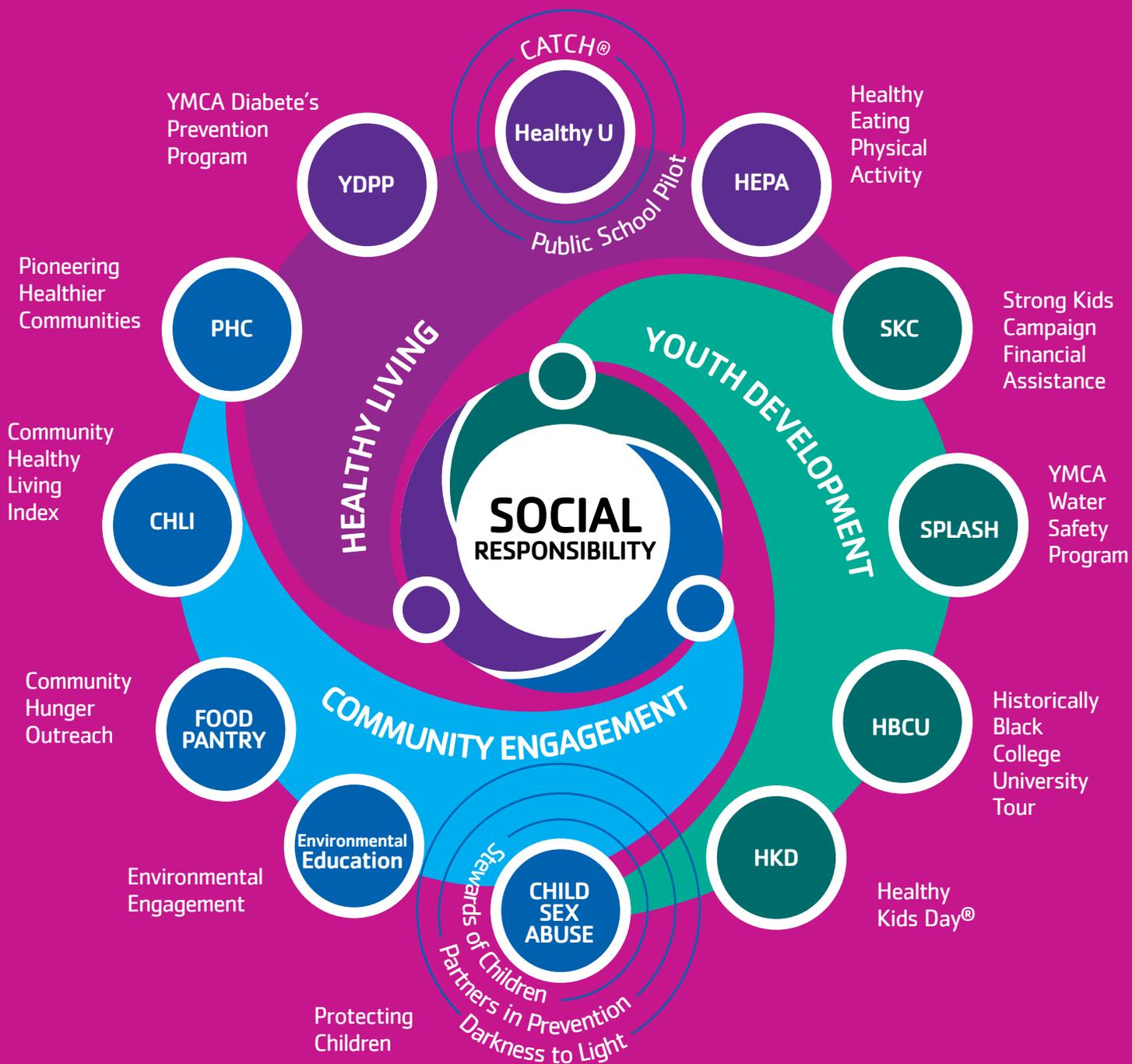
had their lives enriched through financial assistance.



566 volunteers

have donated 18,900 hours as a means of seeking experience, community involvement, socialization, and giving back to community.

ADDRESSING COMMUNITY NEEDS



STEWARDSHIP FUNDS – FISCAL RESPONSIBILITY

For over 125 years the Metro YMCA of the Oranges has been faithful stewards of funds entrusted to us. Our budget, including the investments of our members, the community and generosity benefactors, is a tool for accomplishing our cause. While the mission at hand to strengthen community through youth development, healthy living and social responsibility is ambitious and responsive to dynamic community need, having a firm financial foundation from which to work is a core element of our success.

In 2012, the Metropolitan YMCA of the Oranges raised \$3,015,047 from individuals, corporations, foundations, and local, state and federal public sources for restricted and unrestricted purposes. Additional in-kind contributions and services for 2012 totaled \$558,552. It is through this financial support that the Metropolitan YMCA of the Oranges is able to further its cause-driven promise to strengthen the foundations of community.

REVENUE	AMOUNT
CONTRIBUTIONS AND GRANTS	\$3,015,047
MEMBERSHIP	\$4,355,071
PROGRAM	\$17,359,819
OTHER	\$1,317,506
TOTAL REVENUE	\$26,047,443

EXPENSES	AMOUNT
PROGRAM SERVICES	\$23,197,313
SUPPORTING SERVICES	\$2,179,851
TOTAL EXPENSE	\$25,377,164

2012 audited financial statements examined by R.A. Fredericks & Company, LLP

BOARD OF DIRECTORS

The Metropolitan YMCA of the Oranges Board of Directors provides governance, policy direction, and fund-raising support for the entire association. The visionary leadership of these volunteers helps us provide extraordinary youth development and healthy living experiences throughout our service area.

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Chairman

Susan P. Ascher
Vice Chairman

Stuart Vorcheimer
Treasurer

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Ronald Schwarz
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Bill Sumas
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Marlene Waldoek
Frank M. Warr

For a complete list of our Branch's Board of Managers, visit metroymcas.org.

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Dr. Tonya Xavier-Cook -
Vice Chairman
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Executive Director

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Lisa Pompey Smith -
2nd Vice Chairman
Jennifer Gardner -
Executive Director

FAIRVIEW LAKE YMCA
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Matt Block - Vice Chairman
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Tara Margatroyd -
Associate Executive Director

WAYNE YMCA
Lawrence Fechner - Chairman
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Marc Koch -
Associate Executive Director

SOUTH MOUNTAIN YMCA
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Vice Chairman
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Jayne Petrocelli - Vice Chairman
Helen Flores - Executive Director
Cheryl Francione -
Associate Executive Director

PARENTING WORKSHOP HEALTHY SNACKS
LIFE SKILLS ENVIRONMENTAL
CATCH CURRICULUM EDUCATION
MOVING FOR DELAY THE DISEASE EARLY
BETTER BALANCE SHAPING NJ LEARNIN
SPORT PARTNERS FINANCIAL ASSISTANCE LEARNIN
LEAGUE STRONG KIDS CAMPAIGN COLLEGE CHILD ABUS
PARTNERS IN TOURS PREVENTIO
PREVENTION SPLASH
STEWARDS OF CHILDREN
HEALTHY U PUBLIC POLICY AFTER
JEWISH PROGRAMS HEALTHY SPECIAL SCHOOL
LOCAL GOVERNMENT KIDS DAY NEEDS PROGRA
CHILDHOOD OBESITY PREVENTION FOOD PANTRY TEENS IN
PIONEERING HEALTHIER COMMUNITIES GOVERNMENT
WE HURRICANE SANDY SWIM RELIEF INC SERV
IMPACT DIABET PREVEN
Y FIRST CORPORATE PARTNERS SUMMER CAMP
PROGRAM VOLUNTEER STRONG KIDS CAMPAIGN