

A LEGACY OF STRENGTHENING COMMUNITY

For more than 170 years, the YMCA of Greater Rochester has focused on building and strengthening our community through programs and services.

Our Annual Campaign supports YMCA Experience Scholarships that help our community access the Y. Supporting our Annual Campaign ensures your neighbor has the same chance to experience the Y as you do.

Your support helps create more—funding critical programs and services that empower young people, adults and families in our community. With your gift, more individuals will have access to the resources they need to learn, grow and thrive.

WORKING TOGETHER.

For a Better You. For a Better Community. For a Better Us.



SCAN AND LEARN MORE TODAY

For more information or to make your gift, email Giving@RochesterYMCA.org.

Visit us on the web at RochesterYMCA.org/Create-More



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CREATE MORE.

OPEN DOORS.



TRANSFORM LIVES.

Today and every day, the YMCA of Greater Rochester strengthens the fabric of our community by ensuring that we all have access to the resources, relationships and opportunities we need to learn, grow, lead and thrive.

Now more than ever, we need places and programs that are open to people of all generations, backgrounds and perspectives. At the Y, we welcome everyone, because we believe our communities are stronger when we come together.

With your help, we expand access to the resources, opportunities and relationships that everyone needs to flourish.

Whether you are passionate about strengthening families, supporting the next generation or fostering well-being for all, your generosity can make a meaningful difference in the lives of those who rely on the Y.

Together, we create more. More possibilities, more connections, more life-changing moments. Because when we invest in our community, we create a stronger future for all.



YMCA OF GREATER ROCHESTER

INVEST IN

SOCIAL RESPONSIBILITY

Building Strong Foundations for Children to Thrive



WITH DONOR AND COMMUNITY SUPPORT:

- Our childcare locations serve families across 77 zip codes in four counties, helping meet a critical need for safe, accessible and high-quality care.
- In addition to scholarships, we launched a new grant-funded program for 40 children in East Irondequoit, giving working families peace of mind and children a strong start.
- 2,742 children were nurtured and supported through our childcare programs, building a foundation for future learning, growth and success.

The rising costs of everyday necessities have put a strain on working families, forcing them to make increasingly hard choices. Parents should not have to make a hard choice when it comes to childcare. Every child deserves a nurturing space where they can learn, grow, thrive and be safe. The Y ensures all children have access to before- and after-school care, full-day childcare, school break camps and partial day preschool. These programs provide stability, security and opportunities for children to succeed.



"After losing my husband, we went through a very difficult period. My children still feel the void of their father. During this difficult time, the people around us, our friends, teachers at school and the YMCA, have supported us a lot."

Ozlem U.
Bay View Family YMCA

Expanding Access and Enriching Lives at our Neighborhood Centers



WITH DONOR AND COMMUNITY SUPPORT:

- More than 4,000 free meals were served to the community last year, providing nutritious food and vital social connections to individuals and families in need.
- Nearly 300 visits were made to the Food Pantry at our Lewis Street YMCA Neighborhood Center, helping families meet basic needs during challenging times.
- 680+ individuals participated in programs last year that expanded access to food, safe evening and weekend activities for children and teens, community programs for seniors and essential health and wellness services.

The Y is committed to breaking down barriers to health and opportunity. The Lewis Street and Thurston Road YMCA Neighborhood Centers take a comprehensive approach to community wellness through programs and services that address mind, body and spirit for all ages. Programming at our Neighborhood Centers address critical issues many are facing, including food access, youth safety, telemedicine and workforce development. Memberships to our Neighborhood Centers are free to the community.

"When I found out about Lewis Street, I thought it was unreal. It was such a burden off my back knowing that buses could bring my girls here, where they were safe, having fun and surrounded by people who truly love them. For all we've been through, it's just so relieving to have a place that's available, willing, able and filled with people who care like family."

Lexi N.,
Lewis Street YMCA Neighborhood Center



Empowering the Next Generation: Programming for Teens



WITH DONOR AND COMMUNITY SUPPORT:

- Through 152 sessions of summer programming, teens explored leadership, built confidence and developed skills that will serve them for life.
- 67 teens participated in Leaders Club, where they found belonging, purpose and the tools to lead in their schools and communities.
- At the Winter Rally at The Y at Watson Woods, 24 teens joined 100 other Teen Leaders from around the northeast for a powerful weekend of connection, growth and leadership development.



"I suffered through depression and anxiety, and [Leaders Club] has really helped me come outside of my comfort zone. It's a place where you can do literally anything and never be judged. Everybody will just love and support you, especially the adults."

Alina I.
Maplewood Family YMCA Teen Leader

Today's teens face increasing challenges, from academic demands to social stress and future uncertainty. The Y is a welcoming space where they can build confidence, form friendships and develop leadership skills. Our Leaders Clubs allow teens to develop leadership potential while fostering a culture of service, belonging, growth mindset and self-advocacy. With the help of role models and mentors, teens develop skills they need to lead positive changes in their communities.



"Attending the New York YMCA Youth & Government High School Assembly was an incredible experience. We had the opportunity to represent our schools and community in various government roles. All three of our sponsored bills passed, and several of our peers received top honors. We're especially excited that some of us were selected for national programs. We can't wait to build on this success next year!"

YMCA of Greater Rochester
Youth & Government members

SUPPORT HEALTHY

LIVING FOR ALL

Strengthening Family Bonds Through Health and Connection



WITH DONOR AND COMMUNITY SUPPORT:

- Many Ys offer classes where families can cook and learn together, like the Corning Family YMCA's portable Teaching Kitchen with hands-on lessons in cooking, nutrition, and mindfulness.
- Family Fun events drew 3,600+ attendees, providing meaningful opportunities to connect and build stronger relationships.
- With UR Medicine, the Y brought mobile mammography to five locations, providing 30 screenings to increase access to life-saving preventive care for women in underserved communities.

Strong families create strong communities. Whether through fitness, recreation or wellness programs, the Y enables families to grow closer while building lifelong healthy habits. With programming for multi-generations, we help families stay happy and healthy together. From Family Fun events to special monthly activities, our family programs are designed to engage all ages, creating lasting memories and strengthening family bonds.



"We've built connections here—through Child Watch when they were little, working out together now and my husband playing pickleball. **It's a place where we all feel welcome.** My youngest is training for his black belt, my middle stays active swimming and I've been doing yoga here for years. The trainers meet me where I'm at, and I never feel different or separate. Whether it's working out, connecting with friends or just having a space to focus, the Y is a place we love to be."

Thomasine G.,
Corning Family YMCA

LIVESTRONG: A Path to Healing and Community



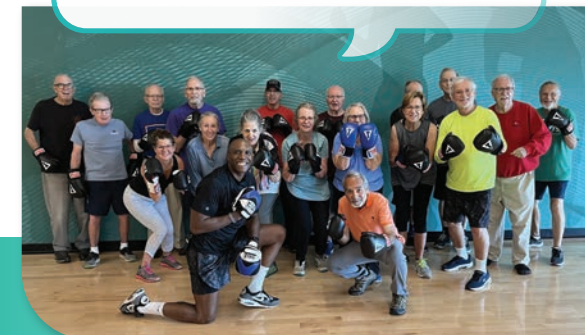
WITH DONOR AND COMMUNITY SUPPORT:

- Nearly 70 individuals participated in the LIVESTRONG at the YMCA program last year, gaining strength, confidence and community after their cancer treatment.
- We provided more than 230 LIVESTRONG sessions last year, offering survivors a safe, supportive environment to rebuild their health and well-being.
- Since its launch nearly a decade ago at the YMCA of Greater Rochester, 400+ cancer patients have completed the LIVESTRONG at the YMCA program.

The LIVESTRONG at the YMCA program helps cancer survivors regain their physical, emotional and mental strength as they try to get back to the rhythm of their lives. Through personalized fitness, group activities and peer support, participants rebuild confidence and take control of their recovery. The program is led by certified instructors who not only support survivors on their journey to recovery, but offer renewed hope and motivation.

"Having a group to come to was like having an appointment at the gym which made all the difference. With LIVESTRONG, boxing is something I wandered into and just fell in love with the exercise. **It was very empowering.** You will reap so many benefits of being in a community of people of all different ages, all different cancer histories."

Barbara B.,
Schottland Family YMCA



Making the Y Available for All

Active Older Adults: Building Community, Inspiring Wellness



WITH DONOR AND COMMUNITY SUPPORT:

- An average of 3,666 active older adults are served daily, finding opportunities for health, connection and purpose.
- Active older adults visited our YMCAs more than 1,000,000 times last year, strengthening their physical, emotional and social well-being.
- 87% of surveyed members reported utilizing the Y to stay active, improve mobility and maintain a healthier quality of life.

Many seniors face the challenges of social isolation and limited access to vital resources. This isolation can lead to increased loneliness, depression and declines in physical and mental health. At the Y, we are committed to helping older adults stay physically and mentally healthy. Whether it's through fitness or social programs, our active older adults find more than just activities; they discover a vibrant community of like-minded individuals.



"I knew I needed to build strength as I got older, so I started at the Y. A friend introduced me to pickleball, and I've been playing ever since—the socialization is fantastic. At 80, I competed in the Empire State Games with a team from the Y. Now, more members are joining, and it's become a great community. I love it!"

Mabel S.,
Sands Family
YMCA



WITH DONOR AND COMMUNITY SUPPORT:

- 5,831 individuals utilized membership-focused Experience Scholarships, making YMCA programs and services accessible to individuals who otherwise might not have been able to participate.
- Dozens of staff participated in 1,000+ hours of training and facility assessments, ensuring programs and spaces are welcoming and inclusive for people of all abilities.
- 2,358 individuals came together at free community events, creating moments of connection, inspiration and access for all.

"It's been years that I wanted to learn to swim, but just never committed and I was ready to learn. And people will see me in the pool and say, 'you're doing so good' or 'I'm so proud of you' and that motivates me. **It's never too late to start.**"

Kamarah C.,
Eastside Family YMCA



At the Y, we believe that everyone deserves the opportunity to lead a healthy, connected life. No one should be turned away due to age, ability or financial circumstances. We are committed to ensuring access for all, breaking down barriers so that everyone can thrive. The Y is a community hub where individuals of all backgrounds and abilities can find support, connection and well-being. From children and families to adults and seniors, every person who walks through our doors has the resources to grow, learn and thrive.

BE A CHAMPION FOR

YOUTH DEVELOPMENT

Supporting All Individuals with Unique Abilities



WITH DONOR AND COMMUNITY SUPPORT:

- More than 300 attendees participated in events for adults of all abilities hosted by the Corning Family YMCA, creating welcoming spaces for connection, belonging and celebration.
- 670+ individuals with various needs utilized Experience Scholarships to participate fully in Y programs and activities
- Our partnership with the Developmental Disabilities Giving Circle enabled adults with unique abilities to learn to swim for the first time, empowering them to gain confidence, independence and essential life skills.

When everyone can participate, our entire community grows stronger. Being for all creates stronger, more connected communities. The Y welcomes individuals of all abilities to participate in our programs and services, ensuring that everyone has access to experiences that foster independence, social connection and well-being. From adaptive swimming lessons and inclusive fitness classes to recreational and enrichment programs, we provide opportunities that empower individuals with diverse abilities to build confidence and lead active fulfilling lives.

"You can never go through life being negative. I always try to think positive, and I try to help people the same way. So that's how I go through life. If you put your mind to it, you can do anything you need to do, no matter what your limit is. You see me, I'm in a wheelchair, but I don't let that stop me."

Brandon G.,
Westside Family YMCA



Summer Camp: Where Adventures and Friendships Begin



WITH DONOR AND COMMUNITY SUPPORT:

- More than 10,200 individuals created lasting memories and built skills through teambuilding at our summer camp facilities.
- The Y provided more than 3,500 weeks of summer camp opportunities for families in need through Experience Scholarships and other support, ensuring every child had the chance to grow, play and thrive.
- More than 200 students participated in Power Scholars, at no cost to them, and Camp Thunderbird, at little to no cost, receiving academic support, enrichment experiences and the benefits of a summer filled with learning and discovery.

At the Y, summer camp is more than just a seasonal activity—it's a transformative experience that positively influences the lives of children and their families. Through outdoor exploration, creative activities and team-building fun, campers develop independence, self-esteem, confidence, resilience and lifelong friendships. For many families, summer camp is an essential form of childcare when school is out of session. Working parents depend on Y Camps to provide a safe, structured and engaging environment for their children.

"At Camp Cory, Delilah has a lot of physical and social freedom that she doesn't have in other places. Her cerebral palsy affects her motor control, making some activities more challenging; but she knows the camp, she knows how to ask for help when needed and we don't have to worry as much about her safety. **Delilah can try new things, make new friends and have independence.**"

Lindsay M.
parent to camper Delilah



Empowering Teens through Civic Engagement



WITH DONOR AND COMMUNITY SUPPORT:

- 20 students in Youth & Government this year traveled to Albany where they gained hands-on civic experience and successfully passed three of their four bills during the course of a weekend.
- Students had the opportunity to build leadership skills, with 90% reporting greater confidence and 85% feeling more comfortable speaking in front of others.
- 92% of students felt more knowledgeable about the legislative process and more empowered to make a difference in their communities.

When teens engage in civic leadership, they gain confidence, develop critical thinking skills and become active participants in shaping their communities. Youth & Government, a national Y program, provides teens with hands-on experience in legislation, justice, journalism and advocacy. At our Y, students in grades 9-12 attend workshops and state conferences, participants develop public speaking, negotiation and problem-solving skills while gaining a deeper understanding of civic responsibility.



WITH DONOR AND COMMUNITY SUPPORT:

- Splash Week served 1,043 individuals, including members and community participants alike, providing free water safety education and basic swimming skills to build confidence around water.
- More than \$7,300 in scholarship support made swimming lessons accessible for children and families across the Association.
- 13 weeks of free swimming lessons were provided to kids and teens at the Maplewood Family YMCA through grant funding, where they learned critical safety skills and gained independence in and around the water.

The Y has been America's leading swim instructor for more than 100 years and is an accessible community resource for swimming lessons and water safety. Our swimming programs equip children with confidence and critical safety habits that go beyond just learning how to swim. Swimming lessons provide a foundation for helping children of all abilities feel more comfortable and secure in the water.

"We can trust them in a pool, on a boat or at the lake. A big part of this has been both training and therapy, especially for our son. **It's been a confidence builder, seeing how they meet him where he's at, with no expectations for him to be like everyone else.** It's not just about making him the best swimmer—it's about recognizing his strengths, coaching him and celebrating his progress so he can improve and feel good about himself."

John and Sarah M.
Westside Family YMCA

