



RESILIENCE & RENEWAL

WESTPORT WESTON FAMILY YMCA

2022

IMPACT REPORT

Our Mission

To strengthen the community by developing and nurturing the potential of youth, motivating healthy living and lifestyles, and inspiring care for and commitment to those in need regardless of their challenges or goals.

Our Vision

To position the WWFY as a vibrant and connected community that transforms lives through wellness and social responsibility.

Our Purpose

We are committed to strengthening community by connecting all people to their potential, purpose and each other. We focus on empowering young people, improving health and wellbeing, and inspiring action in and across our community. By bringing together people from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

Our Values

Our core values drive everything we do. We build wholeness and wellness in spirit, mind, and body for all.

- **CARING:** We demonstrate sincere concern for others, their needs and well-being.
- **HONESTY:** We tell the truth and demonstrate reliability and trustworthiness.
- **RESPECT:** We treat others as we would want to be treated and value the worth of every person.
- **RESPONSIBILITY:** We do what is right and are accountable for our choices and actions.

RESILIENCE & RENEWAL

The Westport Weston Family YMCA (WWFY) defines 2022 as a year of change, perseverance, and resiliency with a renewed focus on our mission and the community. While emerging from the pandemic, the WWFY was able to continue offering vital services and programs while prioritizing the safety and well-being of its members and staff.

Our 2022 Annual Impact Report highlights the remarkable achievements we accomplished together and the transformative effects it has had on individuals and the community. Here are just a few of those achievements.

The WWFY gave \$750k, providing nearly \$450k in Financial Assistance ensuring everyone has access to membership and programs at the Y. And the Bedford Family Social Responsibility Fund awarded \$300k in grants to 30 organizations to help enhance and support educational opportunities for local youth.

We hired 147 new employees to meet and exceed the needs of the community, serving our 10,725+ members, offering more classes and programs, and improving the overall member experience.

In May, we introduced LIVESTRONG® at the YMCA, supporting those living with, through and beyond cancer. During this 12-week program, participants find support and connectedness while they work towards recovery. In June, ten outstanding young athletes from our Gymnastics Team competed with confidence at the YMCA National Championships. Our talented gymnasts represented our Y by displaying the exemplary qualities of commitment, dedication, and passion. And starting in November, we launched our Youth Basketball League where nearly 60 fourth- and fifth-grade boys improved their skills, stayed active (away from screens), learned respect, and how to be a good teammate.

As we approached 2023, the WWFY prepared for a major milestone, our 100-year anniversary! The plan is to invite members and the community to help us honor our rich history with a nostalgic look at the past as we look towards the future. Celebrations will include engaging community activities and special events.

The WWFY will continue strengthening our community by nurturing the potential of youth, motivating healthy living and inspiring care for and commitment to those in need.

Thank you for your continued support, and here's to an amazing 2023.



Anjali McCormick, CEO

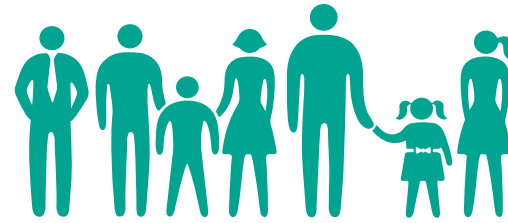


Jonathan Manela, Board President

OUR IMPACT IN 2022

The Westport Weston Family YMCA is committed to welcoming all in our community regardless of their needs, challenges, or goals. In practical terms, that means never turning anyone away because of their inability to pay—and in financial terms it means we offer significant financial aid and other support, every year to families in need, and members of other worthy organizations, so they too can enjoy what the Y has to offer.

WELCOMING ALL



\$446,295

awarded in Financial Assistance to 790 individuals and families, ensuring everyone has access to membership and programs at the Y.

YOUTH DEVELOPMENT ASSISTANCE



\$138,818

in financial assistance awarded to families for participation in our youth development programs including camp, swim team, school age childcare, swim lessons, gymnastics, and dance.

HELPING LOCAL YOUTH



\$300,000

The Bedford Family Social Responsibility Fund awarded \$300k to 30 organizations helping to enhance and support educational opportunities for local youth.

GIVING KIDS GREAT SUMMER MEMORIES



757

kids attended Camp Mahackeno, enjoyed the outdoors, stayed active, made friends, and had fun.

PROVIDING FOOD FOR THE HUNGRY



1,221 lbs

of food and \$548.89 in donations collected, at our annual Water Rats Swim Team Food Drive, providing 1,000 meals for neighbors in need

OUR IMPACT..YOUR WORDS



"The comradery is why I prefer to exercise here at the Y. You cannot fight Parkinson's alone. We laugh a lot, we sing, and we dance. The Y has impacted my life in a very positive way and I'm so glad I'm here"

– Kathleen



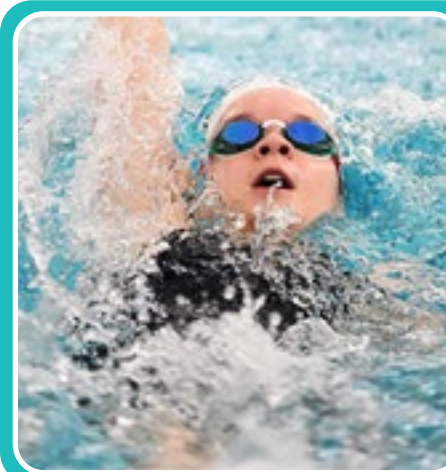
"We recently welcomed our foster child, Tristyn, a two-year-old with Autism. We know that swimming and water safety are a pivotal piece of the puzzle for him developmentally. Being in the water and around Josephine, his swim teacher, brings Tristyn an immense amount of joy. Though autism impairs so many of his social skills, when he "clicks" with someone, the sky is the limit. We are so proud to see Tristyn's progress. And he hasn't stopped talking about 'Ms. Josephine'."

– Elliot



"As a single parent of two, who has to work to provide for my family, Financial Assistance is so important to us. Without it, I simply would not be able to give my child the opportunity to experience this safe and fun place. Since I don't have family around, the YMCA is my support system."

– Diana



"We selected the Water Rats team because the facility is amazing but more importantly because of the coaching staff. I see firsthand what happens when they set a goal, they accomplish the goal, and then they get a chance to celebrate."

– Tom



"Our daughter really blossomed during her weekly ballet lessons. It allowed her to express herself creatively and get better at following directions."

– Sarah

FOR OUR COMMUNITY

Our Y Has Always Been At The Heart Of Community Life.

For nearly a century, we have proved a vital support system in the community, for children, families and adults of all ages. Today, we continue to empower people to be healthier in spirit, mind, and body.

COMMUNITY FUNDRAISING EVENTS

GOLF EVENT & AUCTION



98 Golfers
RAISING
\$45,850



POINT-TO-POINT SWIM



91 Swimmers
RAISING
\$44,470



ENGAGING WITH THE COMMUNITY

Over 800 people attended special, community-strengthening events including the Camp Open House, Fall Fun Festival, Touch-a-Truck & Food Festival, Halloween Spooktacular, and Pizza with Santa.



FOSTERING OPPORTUNITIES & LIFE SKILLS

"There's a feeling that I get every time I do gymnastics, I become happier. My supportive teammates and wonderful coaches make me grateful to be here, and I love this place so much. This was my first nationals ever, I did it and I'm proud of myself."

— Mikaela

FOR YOUTH DEVELOPMENT

We aim to nurture the potential of every child and teen.

It's here where they'll build character and develop perseverance - whether learning to swim, competing on the gymnastics team, working as a camp counselor, or training to be a lifeguard. And since the YMCA is often a teen's first job, we take our obligation to help set them up for success and equip them with essential life skills, seriously.



3,220 hours of Water Rats practice in 2022. Swimmers demonstrated perseverance, teamwork, and commitment.



1,707 learned the life-saving skill of swimming in a safe and nurturing environment, preparing them for a confident future in the water.



500 children enrolled in gymnastics classes where they developed strength, determination, and coordination, as well as self-esteem and confidence



75 individuals became certified lifeguards, gaining important skills for career and life, learning responsibility, and improving their ability to communicate effectively.



64 K-5 students participated in our afterschool program that provides worry-free childcare for working parents.



57 kids worked on personal goals, skills and teamwork in new programs like our Youth Basketball League

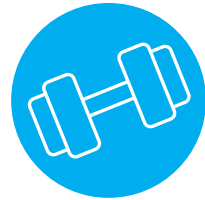
FOR HEALTHY LIVING

Supporting Our Communities Health & Well-Being.

By offering a wide array of programs and classes, we're committed to helping improve the health & wellbeing of all who live and work in our community. At the Y, we improved it in spirit, mind, and body.



SOMETHING FOR EVERYONE



4,268

visits to the Wellness Center each month.



1,952

group fitness spots were filled each month keeping participants active and fit.



34

Triathletes kept each other accountable and motivated year-round.



32

youth learned how to exercise safely in the new Strength & Conditioning class.

"Last year, I fell and dislocated my left hip. Rather than undergo surgery again, I thought 'if you get in the water you cannot possibly fall and hurt yourself,' and it was a revelation. It is about exercise but it really ended up being about connecting with people."

- Mary Lake, Aquafit participant



FOR SOCIAL RESPONSIBILITY

BEDFORD FAMILY SOCIAL RESPONSIBILITY FUND (BFSRF)

Carrying forward the legacy of Ruth T. Bedford (YMCA Trustee Emeritus), the mission of BFSRF is to create, enhance and support educational opportunities and close the education gap for children and/or young adults by providing one-year grants to local programs in Fairfield County. In 2022 the Fund awarded \$300,000 in grants to 30 Organizations.



30

Swim Fitters improved endurance and speed (and made friends).



24

Parkinson's program participants exercised to manage symptoms (and found community).



18

Cancer survivors enhanced their wellbeing in spirit, mind, and body with LIVESTRONG® at the YMCA.



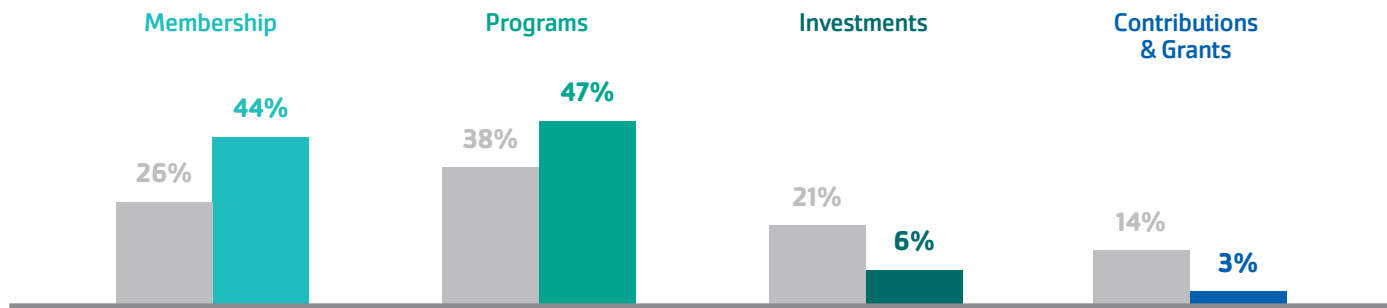
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award-winning documentary produced about Aquafit.

Total Assets	\$68,662,876	Operating Revenue	\$10,165,488
Total Liabilities	\$17,271,430	Operating Expenses	\$11,079,161
Total Net Assets	\$51,391,446	Surplus/(Deficit)	-\$913,673

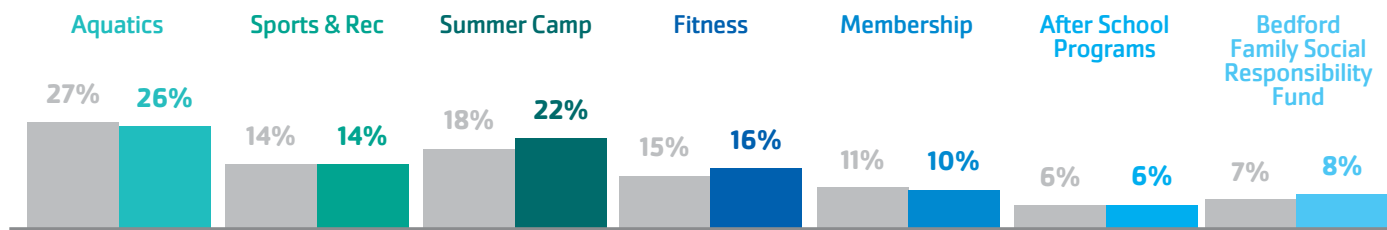
2022 REVENUE

■ 2021 REVENUE



2022 PROGRAM EXPENDITURES

■ 2021 PROGRAM EXPENDITURES



THANK YOU TO OUR DONORS!

We are tremendously grateful to the following individuals, foundations, corporations and government agencies for their generous gifts made in the 2022 calendar year. Their contributions to the Annual Campaign and Capital Campaign provide vital support for the Westport Weston Family YMCA's wide ranging programs and ensures our future for generations to come. Additionally, donations to our Annual Fund allow us to never turn anyone away, regardless of what their financial situation may be making the Y accessible to all.

\$50,000+

David and Elizabeth McKinnis
Brett and Jessica Parker

\$20,000-\$49,999

JS Howe Family Foundation
Michael and Christine Maloney
State of Connecticut

\$10,000-\$19,999

GE Capital US Holdings
Bennack-Polan Foundation
Robert and Jennifer L. Bowman
Turner Construction Company
Bonnie & William Strittmatter
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\$5,000-\$9,999

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\$1,000-\$4,999

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\$500-\$999

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