



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPENING DOORS 2024

Annual Impact Summary
YMCA of Metro North

OPENING DOORS

A MESSAGE FROM THE CEO

Looking back on the past year, I am so grateful to my staff for the countless ways we have expanded access to our programs and created new opportunities for our community. The YMCA of Metro North is more than just a facility—it is a bridge to personal growth, well-being, and meaningful connections. As one of the largest YMCA associations in the country, we have a powerful responsibility to welcome everyone into our branches and ensure they can experience all the YMCA can offer. Our scale allows us to serve tens of thousands of individuals each year, but more importantly, it motivates us to break down barriers to participation. Whether through financial assistance for members, programs for teens, or adaptive programs for individuals with diverse abilities, we are committed to making an impact in our region and ensuring that the Y is a place where all people can find opportunity.

Our commitment is reflected in the strategic investments we've made in youth development, healthy living, and social responsibility. From affordable childcare and expanded senior wellness programs to providing thousands of free meals for children, we are working to ensure that no one is left behind. With modernized facilities and highly-trained staff, we create spaces where everyone feels welcomed and supported. The stories of transformation and the lives we have touched reaffirm our mission to open doors to health, education, and a stronger community for all. You will read some of these stories in this report. And, if you have a story about the positive impact of the YMCA of Metro North, please share it with us.

Kathleen Walsh
PRESIDENT & CEO



YOUTH DEVELOPMENT
\$17,900,000



HEALTHY LIVING
\$7,100,000



SOCIAL RESPONSIBILITY
\$2,300,000

STRATEGIC INVESTMENTS \$27,300,000

2024 HIGHLIGHTS

The YMCA of Metro North deepened its impact across the region by opening doors to opportunity, connection, and well-being for individuals and families of all backgrounds. Through expanded programs, community partnerships, and increased access to essential services, we continued to meet the evolving needs of our members and neighbors.



48,000

MEMBERS SERVED



25,000

YOUTH AND TEENS
ACCESSED THE Y



\$2.4M

FINANCIAL ASSISTANCE
AWARDS



800

TEAM MEMBERS



112,000

MEALS AND SNACKS SERVED
TO OUR MOST VULNERABLE
CHILDREN AND FAMILIES



40%

MEMBERS AGE
17 AND UNDER

OPENING DOORS TO EVERYONE

The YMCA is a place where doors are always open, welcoming people from all backgrounds to find support, connection, and opportunity. For generations, we have served as a gateway to better health, education, and community engagement. Whether through youth mentorship or healthy initiatives that promote active living, the Y removes barriers that might otherwise prevent people from participating.

Accessibility is at the heart of our mission. We ensure financial limitations never stand in the way.



4,000

MEMBERS RECEIVED FINANCIAL ASSISTANCE FOR Y SERVICES.

Y IMPACT STORY

"Every morning, long before the school doors opened, Lucas would be dropped off by his mother, who had to start work early. With no place to go, he sat outside in all kinds of weather—rain, snow, and freezing temperatures—doing his homework as he waited for the school day to begin. When a YMCA staff member noticed his daily routine, they took the time to learn more about his situation and knew we could help. Lucas was given a free membership. This simple yet powerful act of support provided him with a warm, safe space to study, prepare for his day, and connect with others before heading to class. More than just a gym, the YMCA became a place of stability and care for Lucas, ensuring he was ready to learn and succeed."

OPENING DOORS TO FUTURE LEADERS

At the YMCA of Metro North, we are shaping the next generation of leaders by providing young people with the tools, guidance, and opportunities they need to succeed. Our youth development programs foster confidence, responsibility, and leadership through hands-on learning experiences in Out-of-School Time programs, summer camps, and teen mentorship initiatives.

By engaging in teamwork, problem-solving, and community service, kids and teens develop essential skills that prepare them to take on leadership roles both now and in the future. By investing in their potential, we are building a future where every young person has the confidence and ability to lead, inspire, and make a difference.



Chris Morales

Aquatics Director at Torigian Family YMCA

Y IMPACT STORY

Chris first walked through the doors of the YMCA as a six-year-old, enjoying swim lessons and after-school programs with his siblings. At the age of 16, a lifeguard class introduced him to an unexpected passion for aquatics. What started as a summer job turned into a career, and today, as an Aquatics Director for the YMCA of Metro North, Chris manages staff, oversees hundreds of pool hours, and helps people develop life-saving skills. The Y not only shaped his future as a leader but gave him the opportunity to pay it forward by mentoring staff and empowering others to achieve their goals.

OPENING DOORS TO GROWTH

At the YMCA of Metro North, our summer camp and Y Academy programs do more than keep children safe and engaged—they open doors to discovery, development, and lifelong friendships. Thousands of children are enrolled in our summer camps and Y Academy programs every year.

Campers experienced a summer filled with adventure, learning, and connection. Our Y Academy Early Learning and Out-of-School Time programs offer working families high-quality, reliable care that extends beyond the classroom. With a focus on academic enrichment, social-emotional learning, and physical activity, Y Academy is a place where children feel safe, supported, and excited to learn.



3,500

**CHILDREN ENROLLED IN OUR SUMMER
CAMPS AND Y ACADEMY PROGRAMS.**

Y IMPACT STORY

"Jamal was originally in a foster home with a foster mother, an active member in the Saugus community. She reached out to Saugus Y Academy to get him enrolled in the program. Since joining, Jamal has grown socially and academically, developing friendships and connections with his peers and teachers. Soon after, Jamal was placed in a group home. Knowing the importance of this program, Jamal's social worker picks him up every day from his group home and drives him to the Y. Saugus Y Academy has been the only consistent thing in his life for the past 8 months and allows him to flourish."

OPENING DOORS TO CONFIDENCE AND SECURITY

Safety is a cornerstone of our mission. We delivered thousands of life-saving swim lessons and trained hundreds of individuals in CPR and emergency response. These programs are critical to creating a community that is not only confident in the water but also prepared to respond in moments that matter.

These efforts go beyond compliance—they reflect our deep commitment to building a culture of caring, preparedness, and trust. From lifeguarding certifications to hands-on CPR training, each opportunity equips individuals with the confidence to step into challenging situations and make a difference. At the Y, safety isn't just a priority—it is a promise to every person who walks through our doors.



465
Certified Staff



15,000
Aquatics Programs



650
Hours of Trainings

OPENING DOORS TO CONNECTIONS

Livestrong at the YMCA is a free, 12-week wellness program designed to help adult cancer survivors regain strength, confidence, and community after treatment. This program provides personalized fitness plans led by certified instructors trained in cancer recovery. Participants benefit from improved energy, reduced treatment side effects, and meaningful social support. This program allows participants a free Y membership during the program.



200

**PARTICIPANTS BENEFIT FROM
THE LIVESTRONG AT THE Y.**

Y IMPACT STORY

James has been battling late-stage Colorectal Cancer for years. He decided to join our Livestrong at the Y program to try and improve his health. In the beginning, James was not able to walk without his cane. Through weeks of pushing himself and testing his mobility without support, he was able to achieve fourteen laps around our track in six minutes without the support of his cane and looking straight ahead. James completed our Livestrong 5K, something he never thought he would be able to do.

OPENING DOORS TO ENGAGEMENT

Our community engagement efforts were driven by a commitment to open doors through meaningful partnerships and purposeful giving. In addition to the success of special events and fundraising campaigns, generous support from our sponsors and foundation partners played a critical role in advancing our mission. These essential sources of funding allowed us to grow key programs, strengthen outreach efforts, and remove financial barriers so more individuals and families could access the Y.

Their support also enabled us to provide specialized health and wellness programs for populations with unique needs—such as seniors, cancer survivors, individuals with disabilities, and those managing chronic health conditions—programs that would not be possible without their generosity. Together, these contributions help us connect more people to the support and opportunities they need to live healthier, more fulfilled lives.



1,700
Road Race Participants



\$4.7M
Grants & Contributions



600 Community
Events Hosted

OPENING DOORS TO TRANSFORMATION

CAPITAL PROJECTS

We invest in programs and spaces that reflect our commitment to opening doors for all. By directing resources towards new investments, we are ensuring that every child, adult, and family in our region has the opportunity to thrive.



MAY 2024

Completed the Melrose fitness center and youth development center.



SEPTEMBER 2024

Began construction on a new, Music and Performing Arts Center in Lynn.



NOVEMBER 2024

Purchased the LEO building in Lynn to convert into a outdoor greenspace in 2026.

**\$4.5 MILLION INVESTED IN
NEW AND RENOVATED SPACES.**

OPENING DOORS TO WHAT'S NEXT

Our Board of Directors plays a vital role in advancing our mission to open doors for all. Through their leadership and strategic guidance, they ensure our programs focus on community impact. By championing investments in financial assistance, facility improvements, and safety, they help create a Y that truly serves everyone. Their dedication is building a future where access and opportunity remain at the heart of everything we do.

CHAIRPERSON

David Gravel

IMMEDIATE PAST PRESIDENT

Andrew Demakes

VICE CHAIRPERSON

Jerome Salerno

TREASURER

Mauro Lance

Clerk

Dr. Dina Gentile

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Chuck Holden

Jaclyn Kugell-Yezerski

Steve Valenti

DIRECTORS

Mary Bellavance

Jessica Glezellis

Jose Gonzalez

Dr. William Heineman

Joseph Mendonca

Josephina Romero

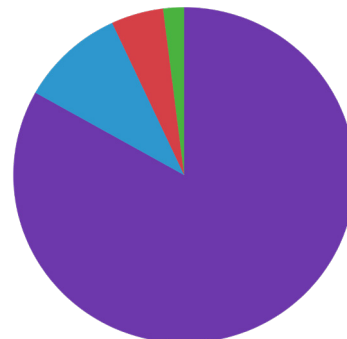
Joseph Yiakis

2024 Revenue



TOTAL REVENUE	\$35,171,893	100%
CHILD CARE	\$12,207,614	35%
MEMBERSHIP	\$10,001,341	28%
PROGRAMS AND CAMPS	\$6,315,340	18%
CONTRIBUTIONS/ GRANTS	\$4,748,235	14%
OTHER	\$1,899,363	5%

2024 Expenses



TOTAL EXPENSES	\$30,829,328	100%
PROGRAM	\$25,962,727	84%
MANAGEMENT	\$2,983,833	10%
Y LEVEL	\$1,389,296	5%
FUNDRAISING	\$493,472	2%

Our financial stewardship is focused on ensuring the sustainability of our mission to open doors for all. By strategically allocating resources, we supported financial assistance programs, staff development, capital improvements, and expanded services that prioritize community. Our financial health allows us to continue offering scholarships for those in need, maintain safe and welcoming facilities, and invest in the future of our community.

Demakes Family YMCA

40 Neptune Blvd.
Lynn, MA 01902
(781) 842-8811

Melrose Family YMCA

497 Main St.
Melrose, MA 02176
(781) 665-4360

Saugus Family YMCA

298 Main St.
Saugus, MA 01906
(781) 233-9622

Torigian Family YMCA

259 Lynnfield St.
Peabody, MA 01960
(978) 977-9622

YMCA of Metro North Gymnastics Center

298B Main St.
Saugus, MA 01906
(781) 218-7263

Y Academy Melrose

106 Main St.
Melrose, MA 02176
(781) 665-8522

Y Academy Stoneham

100A Maple St.
Stoneham, MA 02180
(781) 279-2002

Youth and Teen Center

20 Neptune Blvd.
Lynn, MA 01902
(781) 581-3105

YMCA of Metro North

10 Centennial Drive, Suite 105
Peabody, MA 01960
(978) 775-3701



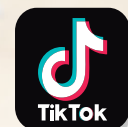
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