



# BETTER TOGETHER



YMCA ALLIANCE OF  
NORTHERN NEW ENGLAND  
2024 MAINE  
IMPACT REPORT

# ABOUT THE ALLIANCE

## OUR MISSION

The Alliance supports collaboration amongst the YMCAs and community partners in Maine, New Hampshire, and Vermont to increase our impact and advocate for positive change in our communities.

## OUR VISION

A visionary and unified Alliance of YMCAs leading change, supporting impactful leaders, and developing healthier communities.

## MAINE YMCAS

Bangor Region YMCA  
Bath Area Family YMCA  
Boothbay Region YMCA  
Central Lincoln County YMCA  
Down East Family YMCA  
Kennebec Valley YMCA  
Mount Desert Island YMCA  
Old Town-Orno YMCA  
Penobscot Bay YMCA  
Sanford-Springvale YMCA  
State YMCA Camp of Maine  
Waldo County YMCA  
YMCA of Auburn-Lewiston  
YMCA of Greater Waterville  
YMCA of Southern Maine

Last year, Maine YMCAs provided  
**\$1.8 MILLION** in scholarships for programs, child care, and memberships

**95,000 MEMBERS**

**1,730 EMPLOYEES at 25 FACILITIES**



**7,800**

youth learned swimming and water safety skills



**1,170**

children in early  
childhood  
education  
programs



**3,400**

children in  
before and  
after-school  
care



**9,750**

children in day  
and overnight  
camp

**630**



adults participated in  
chronic disease prevention  
and management programs

**115**

YMCA staff trained  
in Mental Health  
First Aid

**468,000**

total meals and snacks  
served to kids and teens



## COOKING WITH CONFIDENCE

When schools bring their students to visit the FARMS at the Y kitchen at the **Central Lincoln County YMCA** in Damariscotta, they learn to enjoy cooking and healthy eating, while bolstering their culinary skills. With raised garden beds and a robust teaching kitchen, kids learn how to harvest fresh vegetables, prepare and cook nutritious recipes, and sit down to share a meal with their peers and educators. In 2023, more than 1,000 students learned how to cook in the FARMS at the Y kitchen!



## INCREASING STAMINA

“Several years ago, I started ‘feeling old.’ My wife suggested that we start exercise classes at the **Bangor Region YMCA**. At first, I would keep glancing at the clock, wondering how an hour could take so long. Slowly but surely, I found myself having more zip. Eventually, it got to the point where class would start and then, seemingly moments later, it was over. The environment at the Y is welcoming and accommodating. I know everyone in our class by name, and we chat with each other before and after classes. The trainers are knowledgeable, communicate clearly, and listen carefully to everyone. I celebrated my 78th birthday last month, but I don’t feel ‘old.’ My quality of life is greatly improved. I can’t thank the Y enough.”

## SERVING OUR VETERANS

This year, 56 veterans found friends, connection and wellbeing at the **YMCA of Southern Maine** thanks to the YMCA Veteran Membership Program, a first of its kind partnership between the YMCA Alliance and the U.S. Department of Veterans Affairs. The Y is uniquely suited to meet the needs of our veteran members, supporting physical and mental health through a variety of activities. Participants report improved lab results, reduced anxiety and most important, meaningful connections with others. “I have made many friends at the Y,” shared one participant. “The health and social benefits have made me want to live longer and enjoy the golden years.”



## STRENGTHENING MENTAL WELLNESS

**The Boothbay Region YMCA** recognizes the importance for youth to engage in physical activity and increase social connection through programs that help promote mental, emotional, and social wellness. For the last two years, the Y has invested in hiring a Mental Health Specialist to support the staff and 200+ summer campers. Key Y staff are also trained in Youth Mental Health First Aid by the National Council for Mental Wellbeing to recognize and respond when they notice someone struggling when in the Y’s care.

