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If we inadvertently omitted a name, please accept our sincerest apology.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TODAY. TOMORROW. TOGETHER.



2020

LAKELAND HILLS FAMILY YMCA ANNUAL REPORT

LAKELAND HILLS FAMILY YMCA
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Mountain Lakes, NJ 07046
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lakelandhillsymca.com

Message from Our CEO & Chair

A lot has changed at our Y over this past year, but our commitment has remained the same; to always be here for our community when people need us most, with open arms and caring hearts.

Through what has been one of our most challenging periods in our Association’s history, we have been struck by the resiliency, grit and creativity of our members, staff, and community. During these tough times we have been working to adjust our operations to best support our members and community in response to the tsunami of changes that have taken place over the course of the year. We have made difficult decisions and implemented creative solutions to ensure our work can continue, and most importantly, that we continue to serve our members and community at large.

The COVID-19 Pandemic has been unprecedented in its impact on our daily lives and the Lakeland Hills Family YMCA. When the devastating effects of the COVID-19 Pandemic swept across the country and landed on our doorsteps, the Lakeland Hills Family YMCA quickly mobilized to provide our community with essential services. Thanks to the unwavering support of our members, volunteers and donors, our Y has been able to continue offering people a critical lifeline as we work to help our community recover and thrive.

We are grateful for all the support, patience, and encouragement we have received from our members and the community as we work to bear the test and return to normalcy. Our Y Team has been working tirelessly to weather the storm and continue to be a safe harbor for our community and membership, so we all emerge stronger and healthier. Our Y has risen to the occasion by putting programs and services in place that support our children and provide vital services to those most in need in our community. We hope you will join us as we continue to be there for all: **Today. Tomorrow. Together.**

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Our Mission

To put Christian principles into practice through programs and services that promote Youth Development, Healthy Living, and Social Responsibility for all.

Who We Are

We are a powerful Association joined together by a shared commitment to nurturing the potential of kids, promoting healthy living, and fostering a sense of social responsibility. We believe that lasting personal and social changes can only come about when we all work together to invest in our kids, our health, and our neighbors. Every day we work to make sure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive.

For Healthy Living:

Improving the nation’s health and well-being.

For Youth Development:

Nurturing the potential of every child and teen.

For Social Responsibility:

Giving back and providing support to our neighbors.

Our Vision

The Lakeland Hills Family YMCA will be recognized as the leading not-for-profit community organization in our service area by engaging our youth, adults, and families in achieving healthier lifestyles and promoting social responsibility through excellent programs and services.

Our tradition of excellence will inspire philanthropic support, encourage more volunteers, and build collaborations.



Healthy Living

INSPIRING CHANGE

The Y aims to improve the nation's health and well-being by providing programs and activities that promote wellness, reduce risk for disease, and help others reclaim their health. These programs and everything else the Y does are in service of making not only our Y better, but our communities we serve better as well.

Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being and fitness at the Y goes beyond just working out. In addition to fitness facilities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual, and spiritual strength.

We offer a vast variety of Health and Wellness offerings, programs and activities built to suit every walk of life – every age, every fitness level, every schedule. And we sincerely care about your success.

While our doors were closed due to the COVID-19 Pandemic, our hearts and minds remained focused on the needs of our communities.

14 Weekly outdoor fitness classes offered free to the Community, with an average of **174** participants each week throughout the summer

Unlimited Free virtual fitness classes offered through YMCA 360, Zoom®, and Les Mills® videos

6 Chronic Disease Prevention Programs targeting the diseases of Cardiovascular, Multiple Sclerosis, Cancer, Hypertension, Diabetes and Arthritis



Youth Development

NURTURING POTENTIAL

The Y nurtures the potential of every child and teen by supporting their unique youth development journey through holistic programming. From cradle to career, the Y provides all youth with the tools and resources they need to succeed in life.

The Y is the starting point for many kids to learn about becoming and staying active and to develop healthy habits they will carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

The YMCA is helping all children reach their full potential by supporting their unique youth development journeys. Our students and participants are engaged in year-round STEM (science, technology, engineering and math) activities that nurture their curiosity, inspire creativity, and teach them how to succeed.

All kids have great potential. At the Y, we work every day to help them set and achieve personal and educational goals. Children and teens build skills and confidence as they explore new interests and passions through the Y. We ensure that every child has an opportunity to envision and pursue the best possible future.

With so many demands on today's families and the increased focus on early brain development, families need all the support they can get to nurture their children's potential. That's why childcare and early learning programs at the Y focus on holistically nurturing child development by providing a safe and healthy place to learn

foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

Summer day camp at the Y is all about discovery. Kids have the chance to explore nature, find their talents, try new activities, gain independence, and make lasting friendships and memories. And, of course, they have a lot of fun too!

250 Children enjoyed Summer Camp in a fun-filled safe environment with no COVID-19 incidents

160 Children were enrolled in our Preschool and Childcare Programs, allowing their parents to return to work knowing their children were in a safe environment

350 Students in our Kids Club Afterschool Programs each month

125 Students in our virtual learning assistance E-Camp & Care Program

185 Competitive Swim Team members enabling not just continued training, but also socialization, mental wellness, and valuable life skills during the summer months



Social Responsibility

BELIEVE IN YOUR ABILITY TO CREATE CHANGE

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society’s most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

At the Y, building a strong global community begins at home. Our Y helps young people develop cultural competencies to thrive in an increasingly globalized society and support newcomers’ integration into their new communities.

Y volunteers and our supporters remain at the heart of our organization. It is only through the support of our hundreds of volunteers and public and private donors that we are able to serve more people and strengthen communities.



Serving families has always been at the heart of the Y. We are a place where they can find respite from social, economic, and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance, and become more engaged with their communities.

During the COVID-19 Pandemic, we were at the forefront of helping our community:

22 Free Fresh Food Box Distributions with **2,925** boxes distributed

8 Free Shelf-Stable Food Box Distributions with **1,152** boxes distributed

5 American Red Cross Blood Drives, with **173** donors providing blood to save **477** lives

8 Weeks and **10** Volunteers each week at the Parsippany Table of Hope food distribution

40+ Volunteers involved in our Community Assistance Initiative, providing family assistance for grocery shopping and errands, especially older adults

500+ Coats, jackets, and gloves collected in 2 weeks, partnering with The Community Church of Mountain Lakes with donations going to the Market Street Mission’s annual coat giveaway

2 Free Flu Shot Clinics in partnership with ACME® Pharmacy of Denville, with **129** vaccinations administered

64 Shoeboxes packed with necessities such as school supplies, socks, toiletries, small toys and crafts for children in remote African villages, prepared by our teen Leaders Club

Financials

ASSETS

	December 31, 2020	2019
Cash and Cash Equivalents	\$ 1,705,176	\$ 1,723,506
Prepaid Expenses	29,014	24,719
Total Current Assets	1,734,190	1,748,225
Land, Building and Equipment	801,201	1,034,724
Investments	6,450,768	7,514,029
	\$ 8,986,159	\$ 10,296,978

LIABILITIES AND NET ASSETS

LIABILITIES:

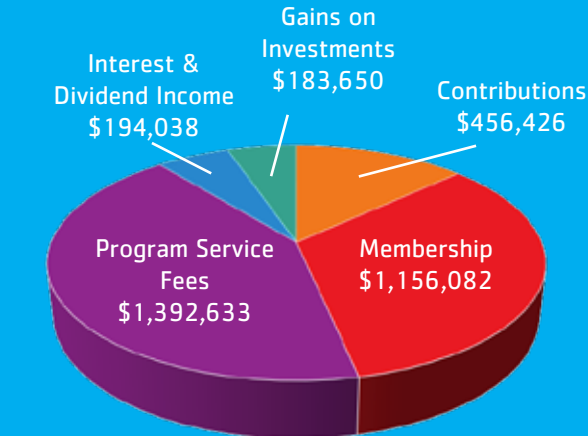
Accounts Payable	\$ 267,492	\$ 210,304
Accrued Interest		308
Designated Activities	243,204	232,341
Mortgage Payable, Current Portion		74,486
Total Current Liabilities	510,696	517,439

COMMITMENTS AND CONTINGENCIES

NET ASSETS:

Operations	583,881	1,487,846
Board-Designated	5,715,780	6,310,480
Total Assets without Donor Restrictions		
Net Assets with Donor Restrictions	2,175,802	1,981,213
Total Net Assets	8,475,463	9,779,539
	\$ 8,986,159	\$ 10,296,978

REVENUES



EXPENSES

