



KEENE FAMILY YMCA

ANNUAL REPORT

2025

A group of people, including women and children, are practicing yoga in a studio. They are sitting on mats in a row, with their eyes closed and hands in a prayer position. The studio has a wooden floor and a large window in the background.

The Keene Family YMCA is a leading nonprofit dedicated to strengthening community through programs and services that build spirit, mind, and body. Every day we work side by side with diverse leaders and organizations throughout the region to ensure that everyone has the opportunity to experience the joy of better health.

OUR MISSION

We serve all people through programs and services that build spirit, mind, and body with a focus on Youth Development, Healthy Living, and Social Responsibility.

OUR VISION

A community where everyone is welcome and thriving.

OUR VALUES

We live by our four core values: Respect, Responsibility, Honesty, and Caring. These values are infused into everything we do, and they guide us through every interaction we have within our facility and throughout our community.

AREAS OF IMPACT

HEALTHY LIVING. Through a wide variety of programs, classes, and workshops we provide the guidance and resources needed to help our community thrive.

YOUTH DEVELOPMENT. At the Y, we believe that every youth and teen deserves the opportunity to realize their full potential.

SOCIAL RESPONSIBILITY. The Y has been listening and responding to our community's most critical social needs since 1885.

Reflections

To our Members, Staff and Greater Keene Community,

For over 140 years, the Keene Family YMCA has remained dedicated to nurturing spirit, mind, and body for people of all ages, backgrounds, incomes, and abilities. That enduring mission continues to guide us, and your involvement—whether through membership, participation in programs, staff dedication, volunteer service, or community partnership—brings it to life every day.

Looking back on the past year, I am filled with pride at what we have accomplished together. We expanded opportunities for youth development through innovative programs that foster learning, safety, growth, and fun for children and teens. Our center welcomed new equipment and offerings, helping thousands pursue healthier lifestyles.

We continued to provide critical financial assistance so that no one in our community is turned away due to inability to pay. And amid transitions—including welcoming new leadership to guide our day-to-day operations—our staff, volunteers, and board remained steadfast in delivering the high-quality, inclusive experiences our region expects and deserves from the Y.

These achievements are not ours alone; they reflect the trust and support of our members, the tireless efforts of our incredible staff and volunteers, and the partnerships we share with organizations, businesses, and individuals across Keene and beyond.

Thank you for showing up, for caring deeply, and for believing in the power of community. As we look ahead, the future is bright. We remain committed to evolving our programs to meet emerging needs, strengthening our facilities, deepening our outreach, and ensuring the Y continues to be a welcoming place where everyone can thrive. Your voice and participation help shape that future—whether through voting on key matters, sharing ideas, or simply connecting with one another.

As we turn toward the future, the Board remains focused on sustainable growth: enhancing facilities, innovating programs to meet emerging needs, expanding outreach, and ensuring the Y remains a welcoming, vital hub where everyone can thrive. Your input and involvement will continue to shape this path forward.

The pages that follow detail our financial stewardship, program reach, community impact, and the stories that bring our mission to life. Together, we are not just reporting on a year—we are building a legacy of connection and possibility.

With gratitude and warm regards,
Elana S. Baron, Esq., Board Chair.





Our Community Impact in 2025

257

Children enrolled in the childcare program

6676

Total Members

976

Children participated in Aquatics programs

806

Children attended summer camps



\$209,360

Raised during the Annual Campaign

\$284,397

Financial assistance awarded

346

Unique donors to the YMCA

294

People certified in CPR and First Aid

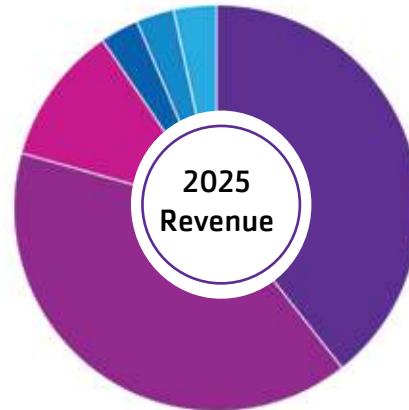
\$24,060

In-kind Support to Strengthen our Community

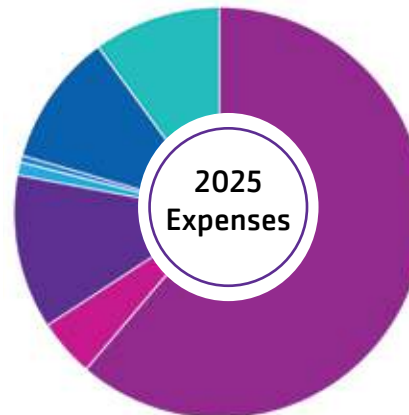
2025 Financials

(Unaudited)

Revenue	2025	2024
Membership	\$2,468,102	\$2,236,431
Program Income	\$3,032,431	\$2,071,010
Financial Aid Awarded	(\$269,395)	(\$208,100)
Contributions & Events	\$337,663	\$584,552
Grants & Legacy Gifts	\$176,421	\$473,137
Other	\$176,428	\$156,130
Total Income	\$5,921,650	\$5,313,160



Expenses	2025	2024
Personnel	\$4,110,902	\$3,279,477
Supplies	\$262,545	\$231,836
Occupancy	\$816,899	\$628,221
Dues	\$105,866	\$85,108
Fundraising	\$37,782	\$31,472
Depreciation & Financing	\$535,372	\$478,932
Other	\$458,302	\$498,025
Total Expenses	\$6,327,668	\$5,233,072



Financial Assistance	2025
Membership	\$178,574
Aquatics	\$6,401
Rec Sports	\$9,336
Summer Camp	\$15,371
Childcare	\$59,715
Community Benefit*	\$15,000
Net	\$284,397



*Not recorded in financials.



Youth Development

In 2025, the Keene Family YMCA continued to be a cornerstone for children and families across the Monadnock Region. A total of 806 children attended YMCA summer camp programs, building confidence, friendships, and lifelong skills through outdoor play, exploration, and teamwork. In our aquatics programs, 976 children learned essential swimming and water-safety skills. Teaching children to swim is not just a recreational activity—it is a critical drowning-prevention strategy, and drowning remains one of the leading causes of death for children in the United States. By equipping young people with lifesaving skills, the Y is helping create a safer community.

Our childcare programs supported 257 infants, toddlers, and preschoolers, giving parents peace of mind and the ability to work knowing their children were in a nurturing, high-quality environment. In 2025, the Y also expanded its childcare capacity by taking over operations at a local daycare, ensuring continuity of care for families and increasing access to reliable early-learning opportunities.

Throughout the year, we continued to grow our youth sports, enrichment, and afterschool offerings, giving children more ways to stay active, discover new interests, and build positive relationships. From structured sports to creative programs and daily afterschool care, the Y remained a safe, welcoming place where young people could learn, grow, and thrive.

MISSION MOMENT

I definitely tell every family that I know to come here. They develop very quickly and the teachers work with you. Whatever you're doing at home with your kid, they help you do that here as well. It feels like a second home... like I'm just dropping them off at family's house. --Cameron B.





Healthy Living

The Keene Family YMCA is committed to helping people of all ages live healthier, more active lives. In 2025, 294 community members were certified in CPR and First Aid, equipping them with lifesaving skills and helping create a safer, more prepared community. These certifications extend the Y's impact far beyond our walls, empowering neighbors, parents, and coworkers to respond confidently in emergencies.

We also offered a series of free Healthy Living Workshops for members, covering topics such as nutrition, sports performance, healthy aging, and overall wellness. These educational opportunities gave participants practical tools they could apply in their daily lives, reinforcing the Y's commitment to whole-person health.

In addition, we expanded our Chronic Disease Prevention programs, providing evidence-based options for adults managing or at risk for serious health conditions. Programs included Tai Ji Quan: Moving for Better Balance, a gentle, 24-week course designed to improve stability, mobility, and confidence; the Diabetes Prevention Program, a yearlong lifestyle-change initiative focused on healthy eating, physical activity, and sustainable habits; and the Arthritis Foundation Aquatic Exercise Program, a warm-water class that helps participants reduce pain, improve flexibility, and build strength in a supportive group setting.

Together, these programs reflect the Y's commitment to preventive health—helping individuals stay active, manage chronic conditions, and improve quality of life at every stage.





Social Responsibility

In 2025, the Keene Family YMCA continued to strengthen the community by bringing people together, supporting those in need, and fostering a spirit of belonging. Through our Membership for All program, we provided \$284,397 in financial assistance, ensuring that individuals and families could access YMCA memberships, childcare, camps, and programs regardless of their ability to pay.

Our Veterans Expo welcomed more than 150 veterans and featured nearly 30 organizations offering vital services and resources. Attendees enjoyed a free lunch, complimentary haircuts, and connections to programs that support their health, employment, and well-being.

We also partnered with the City of Keene Human Rights Committee to organize a Juneteenth Celebration, honoring the holiday with talented artists and meaningful cultural programming. In addition, we continued our involvement with the Monadnock Diversity, Equity, Inclusion, and Belonging Coalition, supporting educational opportunities and community conversations that promote a more welcoming and inclusive region.

Throughout the year, the Y hosted community events and partnerships that brought people together, from youth-focused initiatives to fundraising events that support financial assistance for families. These efforts reflect our commitment to social responsibility—ensuring that everyone in our community has the opportunity to connect, contribute, and thrive.

MISSION MOMENT

Having the opportunity to be at your Y may have saved my life... Being able to swim regularly is helping me deal with the challenges of chemo and radiation treatments... While the facilities and programs you offer are terrific, it is just as much about the quality of the people you have. From the friendly greeting upon entering, or from the person mopping the floor, to the supportive and helpful lifeguards and pool staff, to administrators, they all make a huge difference in our community and to me personally. Thank you to the Keene Family Y for all that you do. This community would not be as outstanding as it is without your efforts. In so many ways, you help your members live their best and longest lives. --John S.



Monadnock Youth Coalition

Dear Friends and Partners,

As we reflect on the past year, we do so with immense gratitude and renewed energy for the future. 2025 has been a year marked by meaningful progress, strengthened partnerships, and continued dedication to prevention and youth wellness across our community. Building upon the momentum of previous years, we have not only sustained our core programming but expanded our reach, deepened our impact, and reinforced the foundation for long-term success.

This year, our Youth Mental Health First Aid initiative continued to grow as MYC became a certified trainer for Teen Mental Health First Aid. This six-week, evidence-based program is designed for students in grades 9–12th, equipping young people with the knowledge, confidence, and practical tools to recognize mental health challenges, respond to crises, and support both themselves and their peers. MYC certified 31 teens in TMHFA.

Our youth mental health efforts were further enhanced through new community collaborations with Connor's Climb Foundation, MYC became trainers in SOS (Signs of Suicide) and targeted initiatives designed to reduce stigma, increase access to resources, and elevate youth voices in prevention work. MYC trained 161 Adults in SOS in 2025.

Perhaps most inspiring has been the growing engagement from community members, volunteers, and partner organizations who continue to show up with passion and purpose. Together, we are creating a culture that prioritizes prevention, mental wellness, and opportunity for every young person.

As we look ahead to 2026, we do so with hope and confidence. Our focus remains on expanding access to prevention education, strengthening mental health supports, and building sustainable systems that will serve our community for years to come. The challenges facing youth today are complex, but with collaboration, compassion, and commitment, we know meaningful change is possible.

Thank you for believing in this work and walking alongside us. Your support, whether through partnership, advocacy, or generosity, continues to make a lasting difference in the lives of young people throughout our region.

With appreciation,

Samantha Grisson-Hill
Monadnock Youth Coalition Director





Leading us into the Future

The Keene Family YMCA's Heritage Society recognizes individuals and families who have chosen to make a planned gift or endowment contribution in support of the Y's future. These generous commitments help **ensure the long-term sustainability of our mission** of strengthening Youth Development, promoting Healthy Living, and advancing Social Responsibility for generations to come.

Through planned giving options such as estate gifts, retirement assets, trusts, and direct endowment contributions, Heritage Society members **create lasting impact** while reflecting their personal values and connection to the Y. We honor and celebrate those who have made gifts directly focused on sustaining the Y's future, stewarding a legacy of generosity that spans back to 1907.

We proudly honor this visionary group of supporters whose foresight and commitment help secure a strong and vibrant future for the Keene Family YMCA and the community we serve.

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