SOMERSET HILLS YMCA

OUR LOCAL IMPACT

- Financial Assistance
- Child Care/Pre-school
- Tutoring
- Summer Camp
- Special Needs Summer Programs
- Counselor in Training
- 7th Grade Memberships
- Swim Lessons
- Safety Around Water
- STARS Swim Program
- Saturdays in Motion
- Adaptive Fitness
- Diabetes Prevention Program
- Delay the Disease™
- LIVESTRONG at the YMCA®
- Active Older Adult Programs
- Career Forum
- Mental Health First Aid Training
- Swim Team

2019 Direct Financial Assistance:

- $488,969
- $270,779 Membership
- $103,680 Child Care
- $76,831 Summer Camp
- $37,679 Various Programs
MEET JOANNE

Joanne developed a new healthy lifestyle thanks to the YMCA’s Diabetes Prevention Program at Somerset Hills YMCA.

“People often ask me, ‘Jo, how did you do it?’ That’s when I tell them all about the YMCA’s Diabetes Prevention Program. The program is different than any “diet” I have done! I attribute my success in the YMCA’s Diabetes Prevention Program to the fact that it reached my spirit, mind and body. It taught me to identify and address underlying causes of my pre-diabetes. I went from an A1C of 6.4 to 6.0 in the first 6 months! It taught me to add exercise and movement into my days and weeks in ways that fit MY life. The program’s focus on fat grams in food, and tracking meals, led to knowledge that now informs all my choices. I lost 12 percent of my starting program weight. I built muscles and lost inches. I now joyfully choose health over my past unhealthy habits.”

The program helped me deal with and unload a heaviness of spirit surrounding my body. Learning and using the program information on activity planning, and nutrition, I felt my spirit growing lighter and soaring higher with each session. The 25 group sessions with the wonderful YMCA Lifestyle Coaches are well paced and offer comradery for the journey!”

The Impact of Your Generosity

When you donate to Somerset Hills YMCA, you have an extraordinary opportunity to make a meaningful difference right in your own neighborhood.

Give online at www.gscymca.org.

SOMERSET HILLS YMCA

140 Mount Airy Road,
Basking Ridge, NJ 07920

A BRANCH OF GREATER SOMERSET COUNTY YMCA

Greater Somerset County YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. The Y empowers everyone—no matter who they are or where they’re from—by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. For information about Greater Somerset County YMCA and financial assistance, visit us at www.gscymca.org.