



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 IMPACT REPORT

YMCA OF GREATER NASHUA



STRENGTHENING COMMUNITY CHANGING LIVES

A LETTER FROM THE CVO AND CEO

Dear Friends,

There's never been a better time to build a better us. People of all ages and backgrounds in our community are striving to reach their full potential, and the Y is here to help. We offer opportunities for people from all walks of life to improve their health, strengthen their families and serve their community. Our work is making a positive difference in people's lives by addressing critical community needs.

- Many children are faced with learning opportunity gaps as they grow up. The Y offers programs to enhance learning, and provides experiences for growth and achievement.
- With fast-paced, high-stress lifestyles, many families find it difficult to achieve balance and spend quality time together. The Y offers programs to help families strengthen bonds, have fun together, and incorporate healthy habits into their lives.

- Many people are not connected to their neighbors or community. The Y provides opportunities for belonging and involvement, and individuals of all ages find personal enrichment through helping others

Together, we can create a better us.

Thanks to you, our generous donors, dedicated volunteers, committed staff and enthusiastic partners, the Y is a positive force in Southern New Hampshire and Northern Massachusetts. Thanks to the generosity of our community, we accomplished the most successful annual campaign in our association's history. Together, we take on the challenges that face our community and provide helpful solutions. Every day, the Y provides a place to learn, play, be healthy and give back. We invite you to review this year's exciting accomplishments toward building a better, stronger community, one person and one family at a time.

EARLY EDUCATION CENTER AND CHILD CARE PROGRAMS

We recently learned from YMCA of the USA that the Early Education Center at the Merrimack Branch is the largest single site YMCA Early Learning Center in the United States! We care for 275 children at that site daily. We provide quality childcare for children ages 6 weeks through kindergarten and before and after-school programs. Our after-school program in Merrimack serves 108 youth and the Nashua program serves 75 youth. Early childhood learning is proven to be foundational to later school and workforce achievements. We believe that all children deserve the opportunity to discover who they are and what they can achieve. That's why our child care, afterschool and Kid Stop programs are staffed with people who understand the cognitive, physical and social development of kids, and the need children have to feel connected and supported in trying new things.



SWIM LESSONS AND WATER SAFETY

National statistics show us that participation in formal swimming lessons can reduce the risk of drowning by 88 percent among children ages one to four-years-old. Through our group and individual swimming lesson program curriculum, we're not just teaching life-saving skills, we're building confidence. This year we taught 3,129 children to swim in our traditional swim lessons and 154 adults through instruction. Again this year, we served 50 children in the 'Safety Around Water' swim program at a free or reduced rate. Another startling reality is that drowning is the second leading cause of death in children under 12, particularly children from low-income families. The Y teaches swim lessons, offers scholarships for those lessons, and partners with school systems to help all kids be proficient swimmers. Our Storm swim team worked with 150 swimmers toward an ultimate goal of providing age-appropriate training that enables swimmers to reach their full potential while helping in the mental, emotional, and social development of all our swimmers. Our Aquatics Department also provided full Life Guard Training to 28 people and re-certified another 35 lifeguards.



SUMMER CAMP

Summer camp makes memories that last a lifetime. During our 11-week program at Camp Sargent, 726 children enjoyed one or more weeks of camp fun. In partnership with Child & Family Services, YMCA Camp Spaulding hosted 222 youth who enjoyed two weeks of residential camp experience. Our campers learn to become leaders for the causes they believe in, to live sustainably, to care for our shared environment, and to live cooperatively in a culturally diverse community. We are proud of the earned accreditation from the American Camp Association for both Camp Spaulding and Camp Sargent. This rigorous accreditation process showcases our commitment to safety, growth, and well-being of our campers. In total our YMCA made summer memorable for more than 1,150 children, through camp, literacy and enrichment programs.



Y ACHIEVEMENT CENTER

This fall we launched the third year of the YMCA Achievement Center (YAC) at Hudson Memorial School, working closely with 224 students this school year. Y leadership and the Hudson School District developed the concept of a YAC to address needs of 6th-8th grade students through providing social and emotional learning and creating an overall culture of positivity within a middle school setting. The YAC is an innovative way to address the needs of middle schoolers through creating an environment that focuses on helping students to experience positive emotions, teaching character values, and identifying student strengths. Participating students improve their happiness, self-esteem and grit based on independent pre and post evaluations performed by Rivier University. We have partnered with the university to provide formal, independent program evaluation to assess short-term measures of happiness, self-esteem and grit as well as long-term changes in student attendance, behavior infractions and academic performance before and after participation in the YAC program. Positive emotions in turn are shown to equate to long-term academic improvements when it comes to attendance, behavior and academic performance. A notable statistic as shared by the HMS principal: 2017-2018 rates of detention and suspension incidents are 37.5% of what they were five years ago at Hudson Memorial. There were 198 discipline issues from September 2017-April 2018 compared to 527 in September 2011- April 2012. The YMCA Achievement Center is a joint project of the YMCA of Greater Nashua, Hudson Memorial School and Rivier University. Our trimester long class for high-need middle school students helps youth gain the tools to overcome negative emotions and behaviors that lead to lack of focus or effort in academics, chronic absenteeism and behavior and discipline infractions.



SUPERHERO TRAINING ACADEMY

Over the past four years, the Superheroes Training Academy has had a powerful impact on the hundreds of students who have gone through the program, as well as throughout the schools they serve. This year, a total of 95 students at the Dr. H. O. Smith Elementary School in Hudson and the City of Nashua's Title 1 Preschool program graduated. This program emerged out of discussions with the Hudson School District regarding many first graders having low attendance, school anxiety, low self-esteem, being bullied, acting out or not being engaged in the classroom. Teachers and guidance counselors were concerned about these children, but their needs did not fit into traditional at-risk services offered. Y staff developed Superhero Training Academy to teach the kids about being strong in their mind and body, showing great character and leadership and developing their own superhero persona who works to improve their school community. The Superheroes graduation ceremony is always a special day for our Y community. Watching the children don their superhero capes and tell about their superhero power is heartwarming and amazing.



TOBACCO CESSATION

We partnered with Southern New Hampshire Health Systems to offer a tobacco cessation program, Live Free and Breathe. Through this 6-week program, a trained Tobacco Cessation Specialist assisted 10 participants in creating a quit plan and setting a quit date. The quit rate was 50% for those enrolled in the program. The class is held at our Y and participants are given a 6-week membership to use the facilities.



LIVESTRONG AT THE YMCA

Since 2013, the YMCA of Greater Nashua has offered LIVESTRONG at the YMCA, a program that supports the increasing number of cancer survivors who find themselves on the journey from completing their treatment to feeling physically and emotionally strong enough to return to normal life. Small group sessions are facilitated by certified YMCA instructors who assist participants in a variety of physical activity options including cardiovascular conditioning, strength training, balance and flexibility. Sessions meet twice each week for 75 minutes. LIVESTRONG creates a welcoming community in which survivors can develop supportive relationships and improve their quality of life. Any adult 18 years or older living with or beyond cancer treatment is welcome to join. You do not have to be a member of the YMCA. This year, we enrolled 36 participants through 13 classes per year, bringing our total of LIVESTRONG participants to 450. Many participants have stayed active and engaged in the program after graduating by serving as mentors to new attendees.



ENHANCE FITNESS

New this year is EnhanceFitness, an evidence-based, group exercise program that uses simple, easy-to-learn movements that motivate older adults to stay active throughout their lives. The program uses exercises focused on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms. Certified instructors promote an atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults. This 16-week program is offered at the Nashua branch and welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis. Our pilot program welcomed 10 participants.



PRESCRIBE THE Y

Since 2008, the YMCA has been working with 90 community health providers to promote the benefits of a healthy, active lifestyle. Together, we created Prescribe the Y; a free, 10 week wellness program for children ages 6 to 13 and their parents. Local youth are referred by pediatricians to the Y for the no-cost 12-week program. The family receives a 12-week complimentary Y membership and is expected to fulfill certain requirements like attending key classes and being present in the Y during the participant's classes to keep the membership active. This year 70 youth participated. Each week, participants learn fun new ways to exercise and how to make healthier choices at mealtimes. The kids meet every week and focus on nutrition or exercise. There are also sessions for the whole family on parenting and family wellness strategies, as well as healthy cooking and learning how to read nutrition labels at the grocery store. Prescribe the Y runs 8 sessions per year. Since we began Prescribe the Y, 600 youth have been referred to the program. Participants who successfully complete the full twelve-week program get their Y family membership extended an additional six months.



Outcomes from the Spring 2017 Prescribe the Y Program:

- 71% exercised more
- 42% of participants saw an increase in their self-esteem
- 42% consumed more fruits
- 50% consumed more vegetables
- 21% drank less soda
- 35% watched less TV and played fewer video games

Today, the Y is a collaborator and partner in making true, community-wide change. It is our volunteers, donors, staff and supporters who have made this progress possible. And it is the volunteers and staff, working together, who will drive the Y

and the communities we serve forward. We are thankful for the many volunteers, donors, and members whose commitment to our mission is so critical to our continuing success. As always, we look forward to a very exciting year ahead.

Sincerely,

Lydia Foley
Chief Volunteer Officer

Mike LaChance
Chief Executive Officer

..... Those who served the Y in the 2017-2018 fiscal year

YMCA BOARD OF DIRECTORS

OFFICERS:

| | |
|----------------|---------------------------------|
| Lydia Foley | <i>Chief Volunteer Officer</i> |
| Steve Lynn | <i>Vice President</i> |
| Joseph Thomas | <i>Treasurer</i> |
| Anna O'Herren | <i>Secretary</i> |
| Michael Rubino | <i>Immediate Past President</i> |

BOARD MEMBERS:

| | |
|-----------------|-------------------|
| Bill Anderson | Margaret Morris |
| Caryn Blake | Deane Navaroli |
| Matt D'Arcy | Helen Principio |
| Dr. Robert Dorf | Kyle Schneck |
| Jill Gage | Gloria Selvitella |
| Rich Hillman | Simon Thomson |
| Cory Hussey | Wilberto Torres |
| Donna Karwoski | Dr. Ken Weintraub |
| Mark Levesque | Andy Whigham |
| Doreen Manetta | |

YMCA PROFESSIONAL STAFF

| | |
|------------------|--|
| Michael LaChance | <i>Chief Executive Officer</i> |
| Mahesh Bhatia | <i>Chief Financial Officer</i> |
| Joe Manzoli | <i>Chief Operating Officer</i> |
| Elizabeth Covino | <i>Director of Community Relations</i> |
| June Zoia | <i>Director of Human Relations</i> |
| Jason Mayeu | <i>Director of Marketing</i> |
| Heidi Roy | <i>Director of Development</i> |

YMCA BOARD OF TRUSTEES

OFFICERS:

| | |
|----------------|-------------------|
| Jay Maiona | <i>Chairman</i> |
| Marsha Bottino | <i>Vice-Chair</i> |
| John Mokas | <i>Secretary</i> |

TRUSTEE MEMBERS:

| | | |
|----------------|------------------|-----------------|
| Andrea Riley | Frank Grossman | Steve Rogers |
| Arnesen | Charlie Hall | Steve Russell |
| John Callahan | Morgan Hollis | Bob Shepard |
| Patty Creedon | Jim Kimberly | Melissa Skarupa |
| Denis Dancoes | Jim Leary | Tony Trembley |
| Greg Derderian | Tom Long | Timothy Vadney |
| Nelson Disco | David Mahoney | Brian Webb |
| Peter Dolloff | Tony Mandravelis | |
| Paul Edmunds | Dot McCaffrey | |
| Nicole Ennis | Earl Prolman | |
| Peggy Gilmour | Ben Robinson | |

The YMCA of Greater Nashua Board of Directors provides governance, policy, direction and fundraising support for our association.

The visionary leadership of these volunteers helps our Y association provide extraordinary experiences for individuals and families throughout Southern New Hampshire and beyond.

The Y Matters: We are A Positive Force for Change

Every day the Y's impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for a common good. As a 501(3) (c) volunteer-founded, volunteer-led organization the intent is to foster social connectedness, strengthen support networks, and encourage investment in our communities which in turn serves to strengthen the foundations of our community. This is all done at no cost to the neighboring cities and towns thereby lessening the burdens of government.

Our member dues and program fees support everyday operations. However, the YMCA of Greater Nashua looks to individuals, businesses, and grant funders to support our annual fundraising

campaigns and events. This is necessary to sustain all the financial assistance, charitable services and provide access to people of all income levels. In 2018, we provided \$1,392,570 in essential services and financial assistance initiatives focused on youth development, healthy living and social responsibility, aligned to the unique and diverse needs of our community. The Y's activities have significantly enhanced public access to fitness, health, educational enrichment, childcare, teen leadership and numerous other services; especially among children, the disabled and the needs associated with an aging community and other at-risk populations. The Y is and always will be dedicated to building healthy, confident, connected and secure children, adults, families and communities.

\$1,392,570 in community benefits and services to those in need in our community

\$814,500 awarded in Y Cares Financial Assistance Scholarships to enable children, adults and seniors with limited financial means to participate in any Y program or service. Significant aid is for childcare, afterschool care and summer camp, allowing parents who are low-wage earners to work or return to school and afford quality childcare.

\$578,070 was invested by the Y and our funding partners toward community-based initiatives. We provide several evidence-based programs at no cost including: YMCA Power Scholars Academy, LiveSTRONG at the YMCA, Prescribe the Y, YMCA Achievement Center, and Superhero Training Academy. Additionally we demonstrate social responsibility by allowing many non-profits free use of our facilities to plan and carryout their work and Y staff play an active role in many community-wide initiatives related to closing the achievement gap and public health.



“We are grateful for the vision and passion of the Nashua School District leadership in partnering with the YMCA and BELL to make summer a time of learning and enrichment for kids in the City of Nashua. Together, we are going to help hundreds of students get on a path towards success”

- Joseph Manzoli
YMCA Chief Operating Officer



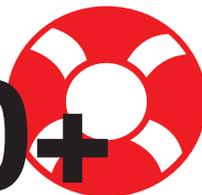
INMOTION DANCE TEAM RECOGNIZED

In Motion performance group traveled around the greater Nashua area performing for 8 local nursing homes throughout the year. Our In Motion competition team traveled to Connecticut this summer to compete at Nationals. They came out on top with a National Champion title for two of their dances, and received 2nd overall National Grand Champion.



3,330+

individual children were taught swim lessons at our facilities this year



50+

children attended our Safety Around Water swim program at a free or reduced rate



150+

kids are currently swimming for the YMCA Storm Swim team

I AM A SCHOLAR

Power Scholars Academy Daily Pledge:

I am a scholar.
 I am the future.
 I am intelligent.
 I am unique.
 When the time comes, I will be a leader.
 When there is injustice, I will take a stand.
 I will be ambitious. I will succeed. Because I am,
 and always will be, a BELL (Building Educated
 Leaders for Life) Scholars and an
 educated leader for life.

This powerful pledge is how students in the YMCA’s Power Scholars Academy began their day this summer. The YMCA of Greater Nashua partnered with the Nashua Public Schools, national educational nonprofit BELL (Building Educated Leaders for Life) and the YMCA of the USA to offer Power Scholars Academy (PSA), a summer program that expands learning time to improve the academic achievements, self-confidence and life trajectories of elementary school students in Nashua who were performing below grade level. The program ran from July 9 to August 10 at Amherst Street Elementary, Fairgrounds Elementary and Nashua High School South.

From passive learners, to active learners, 330 children spent five weeks creating learning experiences that support highest-need students in making measurable academic progress.

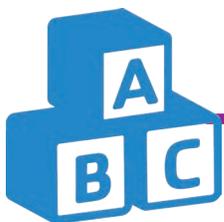
The Nashua School District understands the power of expanded learning time. We were able to partner with them to implement proven solution that encompassed a holistic summer learning experience blending rigorous literacy and math instruction with hands-on enrichment, social/emotional development, and community engagement.

BELL-powered programs like PSA are designed to prevent summer learning loss, the greatest contributor to the achievement gap. The PSA summer program of the YMCA of Greater Nashua is a holistic summer learning experience that blends rigorous literacy and math instruction with hands-on enrichment, social emotional development, and community engagement.

PSA was launched in 2013 by the YMCA of the USA and BELL in collaboration with local YMCA associations and schools as an academic and enrichment intervention for underperforming students. The partnership grew out of a shared goal of narrowing the achievement gap. The program is powered by BELL’s comprehensive, evidence-based solution that youth organizations and school districts use to design, deliver, and measure PK-8 summer and afterschool learning programs.

“I am extremely excited and elated about this partnership. The Y offers a robust academic program that will enhance our students social, emotional, and academic well-being.”

**- Dr. Jamal Mosley
Nashua Superintendent of Schools**



160+

hours of free Early Learning Readiness provided to kids ages 2-5, with their caregivers, by Y staff, at the Arlington Street Community Center



1,150+

youth learned new skills and making a lifetime of memories in our summer camp programs

80+



Y Achievers & Leaders are paving their way to a successful future

**Kim Hickman, Dr. Don Levi and Colleen Chapdelaine
Prepare for Their Next Class.**



“I enjoyed this cycling class. I felt like it gave me something to look forward to twice a week, giving my body a boost. I never walked away from the class thinking that I wished I hadn’t come. I am looking forward to going to the summer class and look forward to seeing myself and the rest of the group grow in strength.”

“I enjoyed your cycling class. I feel as if I not only challenged my body, but also learned a lot about my mental challenges. This was really my first time meeting others with Parkinson’s and realized the benefits and enjoyed the camaraderie in our group.”

“I have spent two years since I retired trying to put together an exercise plan that would keep me moving every day. Spinning is challenging me in a different way; physical and mental endurance. I plan to keep going and think this kind of challenge was the missing component. I couldn’t have wished for a better group of PD friends. We are a determined group. Thank you Kim, Ed and Colleen for the opportunity.”

“Kim, Colleen and Ed, I am so grateful for all the hard work and positive attitudes that all three of you brought to this class. It really means so much to have you helping out people like us with P.D. It is so hard sometimes to keep moving and motivated with this disease and that extra push you all have helps us keep going in our journey to better our health.”



The Innaugural Cycling for Parkinson’s Program Members and Facilitators!

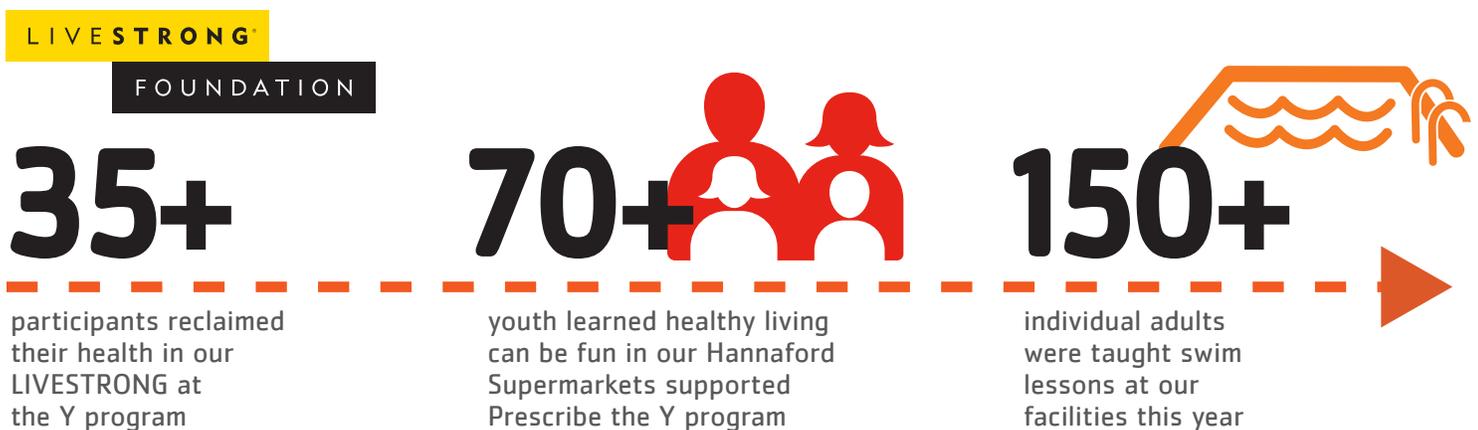
CYCLING FOR PARKINSON'S

Approximately 60,000 Americans are diagnosed with Parkinson's Disease each year. Parkinson's Disease (PD) is the second most common degenerative neurological disorder after Alzheimer's disease. It is estimated that PD affects 1% of the population over the age of 60. In response to this health issue, this year we started a new Cycling for Parkinson's program at the Merrimack Branch. Studies have shown symptomatic relief and up to 35% improvement in motor skills by engaging in "forced exercise" (pedaling faster than your voluntary cadence) with a qualified and trained coach. We offer a 12-week class, two days a week. Researchers have found cycling, especially at rates above what patients would choose for themselves, appeared to make regions of the brain that deal with movement connect to each other more effectively.

Our facilitators, Colleen Chapdelaine and Edward Soloway, are very enthusiastic about being on the ground floor with this new offering. "We are not only instructing the class. We design the class, monitor heart rates and perceived rate of exertion, we provide trivia questions each class to work their cognitive skills. We check on our

clients when they are not in class. This program supports that the 'forced exercise' we provide along with the cognitive stimulation is truly beneficial," Colleen shared. "This class is more than exercise—it is a support group as well. As far as the participants, each has expressed they felt more tired/fatigued when they began. As they continued they actually feel as if they have more energy overall. One participant has shared that she has been able to write in cursive—something she was unable to do before beginning this program. Having to write in print 'to reset' is a common Parkinson's issue. Another participant has lost 12 pounds and has been more motivated. And yet another participant began the program taking the elevator down to the studio, walking with a cane and needing help getting on/off the bike. After 5 weeks she was walking down the stairs without a cane and getting herself on/off the bike."

Ed added, "Every day I see the physical as well as social benefits. The program challenges the mind and body, but if they are up to the challenge then it's worth the effort."





In Photo (left to right): Susan DeSocio – CEO of Foundation Medical Partners; Janet Valuk – Project Director for the Nashua Prevention Coalition; Dr. Albee Budnitz – MD for Southern NH Health; YMCA CEO Mike LaChance; Patty Crooker – PHNS/SNS Coordinator, Greater Nashua Public Health Department; Bobbie Bagley – Director of Public Health & Community Services, City of Nashua; and YMCA of Greater Nashua’s Chief Operating Officer Joseph Manzoli.

Mike LaChance Awarded Outstanding Achievement Award

YMCA of Greater Nashua’s CEO Mike LaChance was honored at the New Hampshire State House by the Governor’s Council on Physical Activity and Health with the 2018 Outstanding Achievement Award for his work throughout the years in improving the health of the greater Nashua community.

Mike was nominated by Bobbie Bagley, Director of Public Health and Community Services for the City of Nashua. In her nomination, Ms. Bagley noted, “Mike LaChance is a visionary and a forerunner in creating a healthy community for all. I met in Mike in 2007, when he reached out to the City of Nashua Division of Public Health and Community Services as a co-applicant for a grant that would create a partnership between the YMCA to address increasing physical activity and improving overall health in the community. We are extremely fortunate to have Mike’s leadership guide our cause of strengthening the community and he is incredibly deserving of being recognized by that community.



Member-Donated Food Drives

In 2018 the members, staff and volunteers of the YMCA of Greater Nashua donated over 320 cases of non-perishable food to the Nashua Soup Kitchen & Shelter.



Blanket Drives

Over 85 blankets were donated by members to local shelters through Kieran’s Covers.

1,175+

youth building confidence through YMCA dance and gymnastics programs



49,000+

hours scholars were engaged in summer learning with the YMCA Power Scholars Academy, at 3 Nashua schools.

95+

new superheroes trained to build self-confidence and make an impact at their school



Partnership to Offer 'Whole Health' Solutions for Veterans

Reprinted from the May 22, 2018 Nashua Telegraph

By Hannah LeClair, Nashua Telegraph Staff Writer



For U.S. Army veterans Paul Ross and Freda Grandmason, yoga is a life-changing experience.

"Two years ago, I was lucky if I could get out of my bed," said Grandmason, who struggles with fibromyalgia and anxiety.

After she found yoga at the Manchester Veterans Affairs Medical Center, she also found a new sense of hope and a community of friends. In that community was Ross, who never would have thought yoga was for him.

In fact, if someone had suggested it, he said, "I would have looked at them like they had three heads."

But after 27 years of battling with addiction, often feeling as though death might be his only release, Ross turned to yoga. After starting at one session per week, once per week, this steadily increased to three times per week after he realized that he had found an ease for his pain that was not a pill.

"It literally saved my life," he said.

Grandmason and Ross are just two of the hundreds of veterans who have found comfort and relief in yoga therapy, according to Romula Valdez, director of the Whole Health Program at the Manchester VA.

To further its goal, the VA has joined forces with the YMCA of Greater Nashua to offer more yoga and Whole Health classes, in a first of its kind partnership, which officials announced on Monday.

"(Yoga and mindfulness) has changed the lives of veterans physically, socially, psychologically and spiritually," Valdez said.

The program includes coaching for veterans in yoga, fitness, meditation and other outlets in an attempt to focus on the person as a whole being, not just a diseased or pained body part.

The VA yoga class was put on hold after a July flood damaged much of the organization's building.

Ross was "shaken" by the possibility of losing the program for good. Grandmason said that in the interim she got off her mat and started using the computer more as the old anxiety and chronic pain began to creep back into her bones.

"When we lost our space, it was a tough time," she said. However, the class recently reopened at the same time it was announced they would be expanding to Nashua to hopefully serve more veterans.

The two departments commemorated the partnership with a ribbon cutting ceremony at the YMCA Monday afternoon.

"The VA is going to be wherever veterans are," said Joe Manzoli, chief operations officer at the YMCA, adding that the new initiative ties in with the organization's mission of strengthening mind, body and spirit.

"There is a great need for this, but there is still more to be done," he said.

The VA will also be expanding its yoga program to the YMCA in Portsmouth and GoodLife Programs and Activities in Concord.

U.S. Rep. Annie Kuster, D-N.H., attended the Monday event. She lauded the program's efforts, calling Whole Health a concept the whole country should be following.

U.S. Sens. Jeanne Shaheen and Maggie Hassan, along with U.S. Rep. Carol Shea-Porter, all D-N.H., sent representatives to the Monday announcement.

Part of the success of Whole Health, Valdez said, is that it is veteran-led and allows veteran families to benefit as well.

"When we change one person, we change the lives of many," he said.

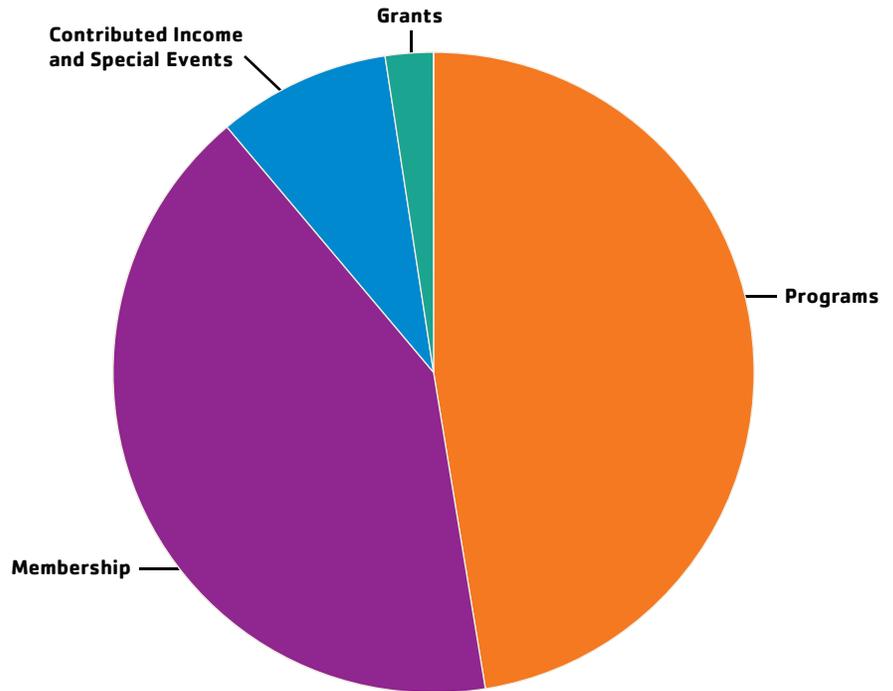
UNAUDITED FINANCIAL STATEMENT

Year Ending August 31, 2018

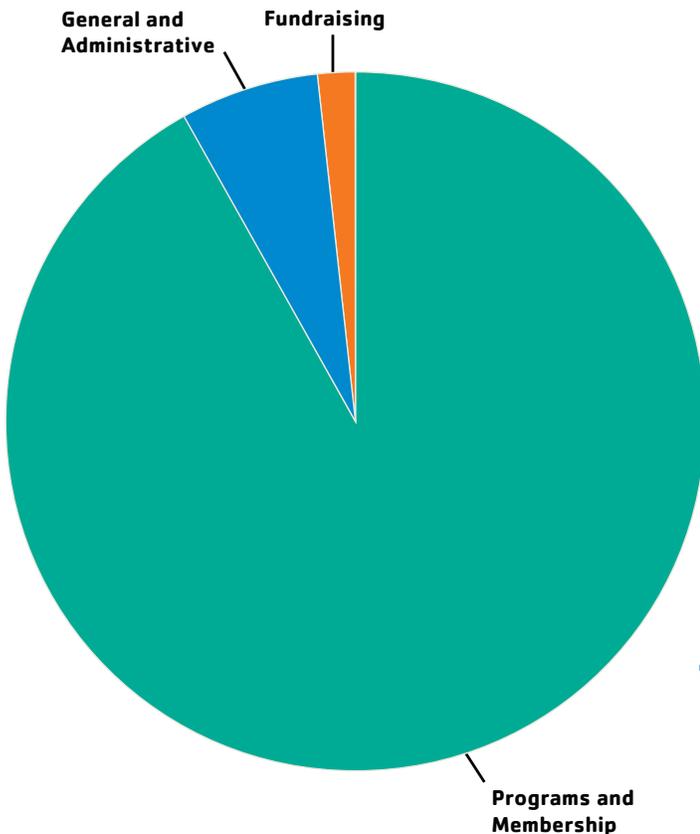
INCOME

| | |
|---------------------------------------|---------------------|
| Programs | \$5,938,500 |
| Membership | \$5,228,900 |
| Contributed Income and Special Events | \$1,086,900 |
| Grants | \$320,300 |
| Total Income | \$12,574,600 |

Income



Expenses



EXPENSES

| | |
|---------------------------|-------------|
| Programs & Membership | \$9,632,800 |
| General & Administrative* | \$1,877,900 |
| Fundraising | \$197,300 |

Total Expenses \$11,708,000

*Includes salaries & wages, IT services, insurance, advertising, interest expenses, etc.

\$1,330,000
 invested in the Nashua branch, Merrimack branch, Camp Sargent, Camp Spaulding for facility improvements as well as new program initiatives and financial assistance.

YMCA HERITAGE CLUB

Supporting the Y for generations to come.

The YMCA's Heritage Club was established to recognize a special group of men and women who believe in the mission and traditions of the YMCA. These individuals want to ensure that the Y's valuable life-changing programs and services will be continued for generations to come.

Membership in the Heritage Club is offered to those who endow the YMCA of Greater Nashua as the result of thoughtful estate planning through bequests, annuities or charitable remainder trusts, pooled income funds and life insurance, or through lifetime gifts including cash, appreciated securities and real estate.

There are a number of different ways in which you can provide for the YMCA of Greater Nashua's future while, in some cases, providing a lifetime income for you and your spouse.

If you have included the YMCA of Greater Nashua in your estate planning, you are eligible for membership in the Heritage Club. For more information, please contact Heidi Roy, Director of Development, at 603-598-1533 or via email at hroy@nymymca.org.



Heritage Club Members:

Mary E. Alley*
Helen M. Balcom*
Eliza A. Baldwin*
Elizabeth Bennett*
John & Carole Callahan
Sarah H. Chandler*
Mabel Chandler*
Ralph & Elizabeth Covino
Dorothy Thurber Cox* & William Cox*
Fred & Ira Cross*
Denis Dancoes
David & Barbara Dougherty
Raymond Sr. & Peggy Ennis
E.O. Fifield*
John A. Fisher*
W. J. Flather*
J. M. Fletcher*
Rich & Beth Francis
Edwin S. Gage*
Arthur Giotas*
Abby D. Greene*
Jerry J. Haggerty*
Mary E. Hall*
Philip L.* & Betty Hall*
Charles F. Holman*
Harriett N. Hutchinson*
Elmira Jaquith*

Sarah W. Kendall*
Michael & Sharon LaChance
Edward & Priscilla Lehoullier
Tom & Zofia Long
Gail A. Lucey
Sy & Janet Mahfuz
David Mahoney
Jay & Gretchen Maiona
Joseph W. Manzoli, Jr.
Ethel O. Millen*
James Moore*
Charles C. Morgan*
Carrie E. Norris*
Mary P. Nutt*
M. S. F. Ober*
Daniel & Lori Ohlson
Richard* & Florelle Olson
Seward M. Patterson*
Endicott "Chub"* and Toni* Peabody
Amy Petrie
Michael* & Joan Powers
James F. Pritchard*
Earl & Marilyn* Prolman
George A. Rollins*
Mrs. Eaton D. Sargent*
Fannie W. Sawyer*
Mary Scripture*

Frederic* & Muriel Shaw*
Albert Shedd*
William A.* & Anna E. Shedd*
Max Silber*
Clarence I. Spalding*
Fred* & Dorothy Stickney*
Nancy J. Swallow*
Thomas & Diane Tessier
Stephen P. Tracy*
Roger J. Tuttle
Fernand & Linda Vachon
Tim & Karen Vadney
General Elbert Wheeler*
Eliza M. White*
S. A. Williams*
Agnes M. Wood*

*Deceased

Updated 11/1/18

**\$814,500 in
financial assistance
was provided to ensure
the Y is accessible to all**



Annual Campaign Contributors

Thank you to the 2018 annual campaign donors who contributed funds to benefit the Y CARES Financial Assistance Program, providing scholarships to local children and families in need, so they can experience the Y programs and services.

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OUR MISSION

To instill values and provide opportunities for lifelong personal growth and the development of a healthy spirit, mind, and body for all.

OUR CAUSE

We know that lasting personal social change comes about when we all work together. That's why at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR FOCUS

- **Youth Development – Nurturing the potential of every child and teen.**
- **Healthy Living – Improving the nation's health and well-being.**
- **Social Responsibility – Giving back and providing support to our neighbors**

OUR IMPACT

At the Y, we change lives. We provide a greater sense of achievement, belonging, meaning and inspiration in the more than 30,000 individuals we serve. Our impact is felt when a child learns a new skill, when a teen is inspired to greater heights, when a family spends more quality time together, when a cancer survivor feels stronger, and when a senior feels connected. More than that, the impact on those 30,000 individuals ripples throughout the community, making our community stronger.

The YMCA of Greater Nashua strives for accuracy in our donor list. If you are aware of an error or omission, please let us know by calling the Development Office at 603.598.1533. Thank you.

In 2018, 817 volunteers gave more than 14,820 hours of their time to support the efforts of the YMCA and our members. A total of \$386,199 in value!



2018 Golf Tournament

Thank you to the players, sponsors and volunteers who participated in our 21st Annual "Sending Kids to Camp" Golf Tournament at the Nashua Country Club in Nashua, NH on Monday, June 4, 2018.

EAGLE SPONSORS

Caldwell Intellectual Property,
on Behalf of Jay & Denise Jacobs

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James Kimberly
Andrea Riley Arnesen
Kenneth Weintraub

Proceeds raised through this tournament benefit our Annual Campaign, which provides financial assistance to hundreds of local children, adults and families, who otherwise would not be able to experience the Y due to the inability to pay.

2018 Champions of Change Gala

Thank you to the sponsors, donors and volunteers who participated in our 2018 Champions of Change Gala at LaBelle Winery in Amherst, NH, on March 9, 2018.

INNOVATORS

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2018 Grant Funders

Thank you to the following organizations who granted funds in fiscal year 2018 to specific Y programs to enhance the work we do across youth development, healthy living and social responsibility.

The support of these funders enabled the YMCA of Greater Nashua to partner with Nashua's Title 1 Schools to provide high-quality programs to help prevent summer learning loss, provide preschoolers with free Safety Around Water swim lessons, work with struggling youth to develop their strengths and become more engaged in school, give youth and adults the tools to combat and prevent chronic disease and provides hundreds of low-income youth with a Y summer camp experience where they can learn and grow in a safe, caring environment

SUPPORTERS OF THE Y'S POWER SCHOLARS ACADEMY:

Children's Literacy Foundation
City of Nashua Citizens Advisory Commission for Community Grants
Conway Arena
DCU for Kids
Dollar General Literacy Foundation
Earl S. Prolman, CLU, CHFC
Eversource
MDRT Foundation
Merrimack County Savings Bank Foundation
People's United Charitable Foundation
Rotary Club of Nashua West
YMCA of the USA Strategic Initiatives Fund

Power Scholars Academy in Nashua is also funded through extensive support of the Nashua School District, Title 1 Programming and staff support and training funds from 21st Century Program in Nashua Schools.

SUPPORTERS OF THE YMCA ACHIEVEMENT CENTER:

Betty B. Hall Rev. Trust
Fidelity Investments
James & Fernande Kelly Charitable Trust, administered by TD Wealth for TD Bank, N.A. Trustee

The YMCA Achievement Center is a joint project of the YMCA of Greater Nashua, Hudson Memorial School and Rivier University.

SUPERHERO TRAINING ACADEMY AND TITLE 1 PRESCHOOL Y PROGRAMMING SUPPORT:

City of Nashua Citizens Advisory Commission for Community Grants
YMCA of the USA Swim Access Program

Y-ACHIEVERS PROGRAM SUPPORT:

Fidelity Investments

YMCA CAMP SPAULDING PARTNERS AND SUPPORTERS:

Anonymous Foundation Grant
Comcast Cares
Mainstay Technologies, LLC
Newman's Own Foundation
Saul O Sidore Memorial Foundation
YMCA of the USA Camp Access Grant for first-time low-income campers

YMCA Camp Spaulding is operated in partnership with Child and Family Services and the Concord Family YMCA.

Additional Partners that help make YMCA Camp Spaulding a Meaningful Summer:

- Dawn Mar Ranch Shared Gifts Horseback Riding Program – Campers can choose to go to the ranch two mornings a week to learn to care for and ride these rescued horses.
- Girls at Work – Empowers our female campers by teaching woodworking.
- The Family Connection Center – Organizes visits for the Children of Incarcerated Parents program by bringing campers for supervised visits to see their parent(s) in prison.

In addition to these operational grants, the YMCA of Greater Nashua would like to extend a heartfelt thanks to the individuals, businesses and foundations that provided support to our capital projects in recent years. In FY18 the Y completed renovations at the Merrimack Y to the pool and locker rooms, additional cabin renovations and a new covered porch was added at Camp Sargent to provide shade and shelter during inclement weather and work on a new bathhouse and septic system at Camp Spaulding has begun.

PRESCRIBE THE Y PROGRAM SUPPORT:

Charter Charitable Foundation
Hannaford Supermarkets

SUPPORTERS OF Y CARES FINANCIAL ASSISTANCE FOR Y CHILDCARE AND SUMMER CAMP PROGRAMS:

Amherst Junior Women's Club
Bernie Thomas
Conway Arena
Ella F. Anderson Trust, BNY Mellon, N.A., Trustee
Rotary Club of Merrimack
Speedway Children's Charities
YOU as a supporter of the Y's Annual Campaign or special events

IN-KIND DONATIONS RECEIVED:

- 120 basketballs were donated by the NBA, Spalding and Dick's Sporting Goods
- Three storyteller events with books for all Power Scholars Academy scholars to take home was received from the Children's Literacy Foundation

NEW HAMPSHIRE ALLIANCE OF YMCA'S SUPPORT:

Ann De Nicola Trust, Citizens Bank, N.A. Trustee

In Memoriam:

The YMCA lost great friends and advocates this year. All of them left their mark on the YMCA of Greater Nashua and are sadly missed.



Mary Fariz
Accounting Clerk
19-year YMCA employee



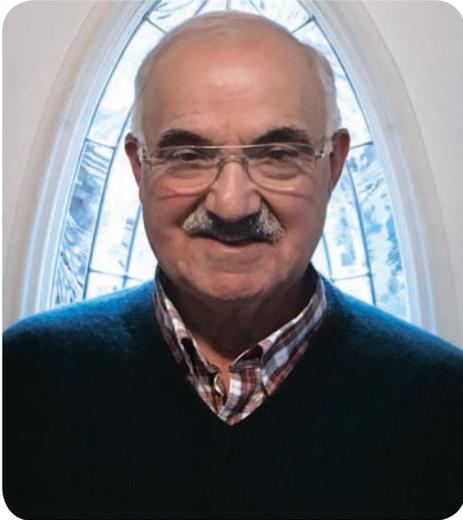
Dorothy "Dot" McCaffrey
YMCA Trustee and LiveSTRONG
at the Y Volunteer



Michael Powers
YMCA Facilities Director
22-year YMCA employee

ANNUAL HALL OF FAME

As the YMCA has a strong history of serving the Greater Nashua community, we would like to recognize those who have embodied our mission and values. Each year, nominations for the Hall of Fame are made by Y staff, members, as well as individuals in the community. We focus on those who have dedicated their time and talent to fulfilling the mission of the YMCA. The Hall of Fame committee has chosen inductees that truly represent the spirit of the Y and have provided opportunities for lifelong personal growth and the development of a healthy spirit, mind and body for all.



Greg Derderian

Long-Standing Member of the YMCA of Greater Nashua

Nashua native Greg Derderian is one of the longest-standing members of the YMCA of Greater Nashua. He joined the Y in 1951 at age 8 and quickly found his home away from home. On Saturday mornings at the former YMCA location on Temple Street, Greg looked forward to competing in ping pong and checkers tournaments at the Y's youth center. He was the first vice president of Alpha Hi Y in 1956, one of the first

YMCA leadership programs. The Y was a safe space for Greg and kept him busy. "I became a leader of other kids at the Y," he said. He was part of the Junior Leaders Club and helped lead the gym classes. Greg made his mark on the Y and its members as one of the first coaches of the YMCA swim team in 1969. He served as head coach for the Y swim team from 1975 to 1996 and started Southern New Hampshire Fins Swim Team in 1996. In the early years, the team consisted of 35 kids, and during Greg's tenure, the team reached over 150 boys and girls. Pool time was what held him back from recruiting and coaching more competitive swimmers. "Children that didn't qualify for meets were left behind. They were being cheated without the opportunity to be on the team," Greg said. He volunteered on Saturday and Sundays to work with the swimmers who didn't make the team.

Greg volunteered hundreds of hours each year to coach and mentor Y swimmers. Seven days a week he was in coaching from 5:30 to 7:00am, then heading off to his professional job, a math teacher at Mastricola Middle School in Merrimack, ready to teach at 7:45am.

One of the highlights of his life was being asked to walk one of his swimmers down the aisle at her wedding in El Salvador, 15 years after she left the Y swim program. "You never know what effect you have on people," he said.

Although swim team was his passion, Greg was also active in the church basketball league and ran the league for 5 years in the early 1980s. He also refereed soccer from 1974-1999; refereed basketball 1972-1987; and coached the YMCA junior basketball team for 2 years in the 1980s.

Currently, Greg serves on the YMCA Board of Trustees. He lives in Merrimack with his wife Colleen. Greg has a stepson Sean and his wife Amy and a stepdaughter, Meghan, and her husband, RJ. "The three bright lights in my life are my granddaughters: Alani, Lyla and Clover," he said.

Today we honor Greg Derderian for his lifetime of volunteerism and dedication to our YMCA, and we proudly induct him into the YMCA of Greater Nashua Hall of Fame.

Career Highlights:

- US Air Force 1964-1966
- Graduated from Plymouth State 1975 (Bachelor of Science in Math and Education)
- Middle school teacher in Merrimack, 1975-1986
- Junior high/middle school teacher in Nashua, 1986-2004

Community Volunteer Roles:

- Executive Board for Soccer Officials of NH, for 3 years
- Board of Directors for Girls, Inc., for 2 years
- President of NH Swim Association for 4 years
- Treasurer Granite State Swim Association 15 years and counting
- Certified Referee, United States Swim Association
- National YMCA Certified Referee and Instructor (trainer level 1 and 2)

Honors:

- Nashua High School Hall of Fame, 1998
- High School Coach of the Year, 2x
- Nominated Teacher of the Year, 2x
- Recognized Exchange Club Book of Remembrance, 2000

SUMMER CAMP AT THE Y – MAKING DIFFERENCES ONE CAMPER AT A TIME!

“Camp really helped increase my child’s confidence prior to entering first grade. He was able to meet new friends and get used to a longer day. I really think Camp helped make his transition to 1st grade smoother.”



“Always listen so things can go your way. Don’t only think of yourself. Think of others, too.”



“I am going to bring happiness to others as camp did to me.”



“Grace has grown in her confidence and in her ability to take on new tasks with a sense of I can do this. I love how she has shown skills she learned at camp to turn a negative situation into a positive one.”

“I learned not to regret your past decisions because that’s what makes you who you are today.”

MERRIMACK YMCA POOL RENOVATIONS

A major highlight this fiscal year was the grand re-opening of our Merrimack YMCA’s swimming pool. The community was invited to enjoy the first swim at a family pool party on Friday, December 1. The official ribbon cutting was held the next day, commemorating the completion of the Merrimack Branch’s upgrades which coincided with the Merrimack Y’s 25-year-anniversary celebration. The swimming pool upgrade was the final piece of the major renovation which included renovated and upgraded men’s and women’s locker rooms and new family locker rooms, as well as sauna and steam rooms.



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