



Hoboken-North Hudson YMCA

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Our Mission

The Hoboken-North Hudson YMCA is a community service association dedicated to building a healthy spirit, mind and body for men, women and children of all ages, incomes, abilities races and religions.

As a member of an international association, we put christian principles into practice through programs and activities that promote good health, strong families, leadership, community development and international understanding. We reach Hoboken, Weehawken, Union City, North Bergen, Guttenberg and Jersey City

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Executive Director/CEO*

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Branch Fact Sheet

Who We Are . . .

In 2004, the Hoboken-North Hudson YMCA provided services for 2,000 Hudson County Residents. Our 61,000-square-foot facility, which was built in 1927, is currently home to a variety of community service programs. We have expanded our youth and teen programs to serve even more Hoboken youth and enhanced our adult programs to better serve our growing adult membership. Our multi-service family facility is committed to families, businesses, and residence of our Service areas of West New York, Union City, Gutenber, North Bergen and Hoboken.

Our Beginnings . . .

Before acquiring our building, the YMCA served the people of Hoboken-North Hudson in another building near the PATH station at the turn of the century. The YMCA was incorporated in Hoboken in 1883 and has been in the city of Hoboken for over 122 years. The YMCA was built to offers numerous sports leagues, educational and recreational programs for people of all ages and background for and corporations headquartered in Hoboken and to provide programs and service to the US military (Navy) who used the piers at the turn of the century.

Our Staff Consists of . . .

15 policy volunteers, and 90 staff who work to make the Hoboken-North Hudson YMCA a safe, clean and enjoyable place to workout, acquire skills, and meet new people. Our volunteers and staff are trained to ensure quality service as well as an enjoyable learning experience.

Off-Site Programs . . .

The Hoboken-North Hudson YMCA offers an offsite programs at the EVG School in Edgewater. We currently collaborate with many neighboring organizations like New Jersey Blood Center, Hoboken Charter School, Commerce and other non-profit organizations

Financial Aid and scholarship assistance . . .

The Hoboken-North Hudson YMCA provides financial assistance for individuals who demonstrate a need. Because we truly believe that every kid deserves a Y, we provided approximately \$40,000 in program scholarships in 2004, many of our youth programs offered at a reduced rate.

Fundraising...

The Hoboken- North Hudson YMCA is a 501-C (3) charity that depends upon the contributions of the members and the community. There are three ways that you can financially support the YMCA. The first is the annual support campaign. The annual fundraising events sponsored by the YMCA are:

- ? Annual Support Campaign (March – May)
- ? Golf Outing (May)
- ? Taste of Hoboken (November)
- ? High School Mentor Program for 10th and 11th graders

The other methods to contribute are through the endowment program (legacy) and to the Capital Campaign (updating and renovating the YMCA facility)

Youth and Teen Member programs ...

The Hoboken-North Hudson YMCA offers a variety of youth and teen programs . Below you will find a list of the programs we offer:

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| ? <i>After School Child Care</i> | ? <i>Hip Hop dance and Salsa</i> |
| ? <i>Music/Drama</i> | ? <i>Art Classes</i> |
| ? <i>Holiday Camp</i> | ? <i>Yoga (adult and parent/child)</i> |
| ? <i>Summer Day Camp</i> | ? <i>Monthly Family Special Events / Days</i> |
| ? <i>Photography and darkroom</i> | ? <i>Running Track</i> |
| ? <i>Leaders Club</i> | ? <i>Swimming lessons (for all ages)</i> |
| ? <i>Teen Center</i> | ? <i>Karate/Martial Arts</i> |
| ? <i>Sports Clinics& Clinics</i> | ? <i>Pre-school tumbling and art classes</i> |
| ? <i>Weight Training</i> | ? <i>Teen basketball</i> |

Adult Member Offerings ...

In addition to the many programs we provide for our youth and teen members, we also offer a wide selection of programs and workshops for our adult members. Some of these programs are listed below

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| ? <i>Strength Training</i> | ? <i>Pilates</i> |
| ? <i>Lectures and Special Event Series</i> | ? <i>Holistic/Health workshops</i> |
| ? <i>Fitness Programming</i> | ? <i>Photography classes (with a darkroom)</i> |
| ? <i>Aerobics + Aqua Aerobics</i> | ? <i>Men's Baseball League</i> |
| ? <i>Aquatics</i> | ? <i>9am-12noon babysitting for members</i> |
| ? <i>Yoga, Karate, Tai Chi and Tae Kwon do</i> | |

Our Facility ...

Our 61,000 square foot facility is equipped with a variety of great features

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| ? <i>Swimming Pool (60ft, x XXft.,</i> | ? <i>Teen Center / Recreational Area</i> |
| ? <i>Running Track (27 laps/mile)</i> | ? <i>Five Locker Rooms</i> |
| ? <i>Strength Training Center – CYBEX and free weights</i> | ? <i>Babysitting / Childcare services</i> |
| ? <i>Aerobics Exercise Studio</i> | ? <i>Community Meeting Space</i> |
| ? <i>96 SRO low income rooms for men</i> | ? <i>Multi-purpose room</i> |

Additional Facts ...

- ? The Hoboken-North Hudson YMCA was started in Hoboken in 1883.
- ? 2,000 adults and 800 Youths and Teens participated in Y activities in the Hoboken-North Hudson YMCA during 2004.