



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SEE INSIDE
FOR ALL THE
GREAT BENEFITS
OF A **YMCA**
MEMBERSHIP!

CUMBERLAND CAPE ATLANTIC YMCA

1159 E. LANDIS AVE., VINELAND, NJ 08360 (856) 691-0030 • www.ccaymca.org

SERVING OUR COMMUNITIES FOR OVER 95 YEARS

Our Y began with three local businessmen who believed that this organization could help local youth and adults. From that initiative, on April 27, 1927, the YMCA of Vineland, known today as the Cumberland Cape Atlantic Young Men's Christian Association, was formed. First located at Cresci Hall, then later at the old Presbyterian Manse, the YMCA moved to its current location on Landis Avenue in 1960. Serving Cumberland, Cape May, Atlantic, and some areas of Salem counties, the Y's intent was and remains to serve all ages, groups, races, and nationalities.

Over the decades, the Y has undergone several upgrades from adding Vineland's first indoor swimming pool to Camp Merrywood on Garden Road to now having three fitness centers, an outdoor Fun Zone for families, Family Health & Adventure Center for youth as young as eight, and a childcare program spanning across nine school districts in South Jersey. The Y provides services to all for growth and wellness through our youth programming, Special Needs programs, and free community events.

For over 95 years the Cumberland Cape Atlantic YMCA has been standing strong and supporting our community through good times and bad. During the recent pandemic, our Y was able to support our community through offering non-perishable food boxes, a safe space for youth to attend virtual school while parents had to work, and providing financial assistance to those who needed to get back to the Y but could not otherwise afford it due to financial circumstances. Our Y would not be here without our community and their ongoing support.

THE Y CARES INITIATIVE

At the YMCA, no one is turned away due to the inability to pay. This is thanks to our Annual Giving Campaign, supported by the Y Board, community members and businesses, staff and members. Monies raised through the Annual Giving Campaign directly fund the Y Cares Initiative, allowing those who are in financial need to apply for assistance for membership or programs. Y Cares is open to anyone in need.



OUR YMCA FACILITY

MILAM FAMILY MULTIPURPOSE CENTER

The Milam Family Multipurpose Center hosts a variety of programs like Basketball, Pickleball, and a walking track. Held in the Milam Family Center, our MVP Special Needs Program cultivates an environment for children and teenagers to engage in social interactions and learn sportsmanship, all while staying active.

KONTES FAMILY POOL

One of our most popular areas, the pool, is a hub for youth, adults, teens, and seniors. The Y offers Swim Lessons for all ages, an important life skill, to educate and prevent drownings. Other programs offered are trainings to earn lifeguard certifications, water exercise, family swim, competitive swimming teams, and many kinds of adaptive swim programs for kids with special needs.

HEALTH AND ADVENTURE CENTER

First of its kind, our Health and Adventure Center is filled with expresso bikes, a ninja course, and a heavy ball machine, and provides parents and children ages eight and older a chance to work out together.

"LET'S PLAY" OUTDOOR FUN ZONE

The latest addition to the Y, our new fun zone is perfect for families to enjoy games at our weekly Game Nights or learn to ride a bike at our Bike Nights.

JOHN AND JANA SCARPA FAMILY FITNESS CENTER

Equipped with the most modern and advance fitness machinery, our family fitness center allows us to provide a space for youth and adults to work out, but also provide personal training for all levels, including those with disabilities and physical challenges, always working toward better health.

THE GALETTO AND D'ONOFRIO FAMILY FREE WEIGHT ROOM

Our Free Weight Room serves as a training space for those of all ages and abilities, offering unique equipment such as a deadlift platform, free weights, "roc motion" equipment, and more.

YOUR YMCA MEMBERSHIP INCLUDES

Save up to 15% on your monthly membership fee through our Member Referral Program! See back page for details!

- No contract, no cancellation fee
- All Group Land and Water Exercise classes included in your membership
- Virtual Site access from the comfort of your home – more information on the back!
- Interactive Mobile App including goal setting, link app to your activity tracker, rewards, challenges and more!
- Reduced fees for youth programs
- Personal Training options for all ages and abilities are available
- One free fitness center orientation
- Child Watch While You Work Out for ages 2–10 years old, only \$2.00 an hour!
- Adult only (male/female) locker rooms with whirlpool/steam room; Family and Handicap changing rooms available!

YMCA SIGNATURE PROGRAMS

FREE YMCA LIVESTRONG PROGRAM

LIVESTRONG® at the YMCA is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Through this program, the Y creates communities among cancer survivors and while guiding them through safe physical activity, helping them build supportive relationships, and reducing stress – leading to an improved quality of life.

FREE YMCA DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention program helps those at high risk adopt and maintain healthy lifestyles and reduce their chances of developing type 2 diabetes. In the program a trained lifestyle coach introduces topics in a supportive, small group, classroom environment, while encouraging participants as they explore how healthy eating, physical activity and behavior changes can benefit their health over the course of 16 one-hour sessions along with a free YMCA membership.

BLOOD PRESSURE SELF-MONITORING

One of our newest signature programs, empowers people to take control of their blood pressure by supplying them with the tools they need to monitor their blood pressure from home.

For more information, contact Pam at pheaton@ccaymca.org; 856-691-0030 ext. 114 for Healthy Living programs.

YOUTH PROGRAMS

YOUTH SPORTS

A variety of youth sports are offered throughout the year, typically for youth ages 3–12 years old

MVP

Youth with Special Needs physical activity program for ages 6–18 years old

SWIM LESSONS

Lessons for youth ages 6 months and up, for all abilities; inquire about Private/Family and Adult swim lessons!

WINTER/SUMMER COMPETITIVE SWIM TEAM

Swimming is a great overall sport and our teams focus on good sportsmanship, stroke development, team work, socialization, and leadership.

CHILD CARE AND SUMMER CAMP

EARLY LEARNING DISTRICT PRESCHOOL

The Cumberland Cape Atlantic YMCA offers a FREE district-funded educational preschool program for 3 and 4 year old Vineland residents in collaboration between the Vineland School District and the NJ Department of Education.

365 CHILDREN enrolled in Childcare and Before and After Care Programs in nine School Districts.

BEFORE AND AFTER SCHOOL

Our Y's Before and After School program extends the child's learning day in a fun and meaningful way! Our program focuses on character development and healthy living, children experience academic, physical, and social activities, under the supervision of positive, caring role model.

SUMMER CAMP

Our Summer Camp provides a variety of educational, health-focused, creative, and fun activities through themed weeks throughout the summer for kids to enjoy, learn, and grow all while making new friends.

We offer a traditional day camp experience at our beautiful, 80 acre YMCA Camp Merrywood located in Pittsgrove Township. Campers enjoy boating, kayaking and swimming in our lake, along with a multitude of different outdoor activities focused on nature and outdoors.

To learn more about our Childcare programs, contact Christine Madison at 856-691-0030 ext. 123.



SCHOOLS WE SERVE

Buena Township School District
Cumberland Charter Schools
Commercial Township School District
Deerfield Township School District
Egg Harbor City School District
Maurice River Township School District
Mullica Township School District
Somers Point School District
YMCA of Vineland (School Age)
YMCA of Vineland Wrap Care (Preschool)

VIRTUAL Y

Bring the Y home with you!

Access the Y's Virtual Site for when you just can't make it into the Y. A variety of videos are on the site, including being able to access select Group Exercise Classes live from the Y!

Look for new and expanded virtual programs in 2023, you'll be excited!



YMCA MEMBER REFERRAL PROGRAM

ARE YOU SAVING UP TO 15% EACH MONTH?

Refer a friend to join the Y – you AND your referral **BOTH RECEIVE 15% OFF** your monthly fee
Keeping referring friends to keep your reduced rate monthly fee, the more you refer the better!

SOCIAL RESPONSIBILITY: Our Y has been here for our community for over 95 years and we continue to work to help all of the communities we serve be better places to live, grown and play!

YMCA SIGNATURE EVENTS:

FREE community events held annually by our Y, perfect for families of all ages!

Healthy Kids Day

A national Y event held across the country, this event is typically held in April and the official kick off to summer for our Y!

Back to School Bash

Our newest signature event, held in August, focusing on supporting the community with free school supplies to help prepare students and parents for the upcoming school year

Healthy Spooktacular

Our most fun free community event held every October! Activities, games, free pumpkins, and of course, a spooky section, this is an all-around fun night out at no cost for families!

FOLLOW US ON SOCIAL MEDIA



BLESS IT FORWARD: OUR NEWEST INITIATIVE!

2023 will mark our 5th of the initiative, which focuses on giving back and supporting our community during the holiday season

- During this time, community members (whether a part of the Y or not) who are struggling are invited to fill out an application to request support during the holiday season. Everything from toys to household items are given out
- Member, Staff, and Community support is a major focus for this initiative by providing donations of clothing, food, toys, and household products, along with monetary donations

Interested in learning more about the Bless It Forward initiative?

Contact Donna Wells at docasio@ccaymca.org; 856-691-0030 ext. 116.

ACTIVE OLDER ADULT PROGRAMS

Our Y has focused on expanding our Active Older Adult programming, with adding "Enhance Fitness" a Y USA initiative to our programming

- Enhance Fitness focuses on strength and mobility for active older adults, including tracking your strength and mobility throughout the course of the program!
- Other programming options include "Spin to the Oldies, Gentle Chair Yoga, Fit for Life, and more" – look for outdoor walking programs to begin in 2023!

Learn more about the Y and all we do by scanning the QR code below to read our Annual Report!



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