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IMPACT 2025

Building a Thriving, Connected Community Together



Dear Whatcom Community,

As I approach my first anniversary leading the Whatcom Family YMCA, I've been reflecting on what a privilege it is to serve this community. This year has been one of listening, learning, and appreciating the people who make the Y thrive—staff who lead with heart, members who bring energy and joy to our spaces, donors who make the impossible possible, and partners who remind us what collaboration can accomplish.

What I love about this role is how every day feels meaningful. The Y sits at the intersection of so many important parts of community life—youth development, wellness, community connection and belonging. Every day, I see the ripple effect of our work: a parent able to work because of reliable care, a teen discovering confidence through mentoring, a senior finding friendship. The impact is real, and it's powered by people.

What excites me about the future is how we're evolving alongside our growing community. We are always finding new partnerships to support working families, exploring how to expand access to early learning and health programs, and ensuring that every person—no matter their background or circumstance—feels they belong here. Our work is grounded in data, driven by values, and focused on outcomes that matter: **stronger families, healthier lives, and more connected communities.**

As I look ahead to year two, I'm filled with gratitude for this community. **The future of the Whatcom Family YMCA is bright—and we're building it together.**

With gratitude,

Courtney Whitaker
Chief Executive Officer



THE HEART OF THE Y: VOLUNTEERS

AN EXAMPLE OF HEART: COACH CONNIE

Ten years ago, Connie began coaching with Girls on the Run, a program that empowers 3rd–5th grade girls to build confidence, strength, and resilience through movement and mentorship. Each practice blends physical activity with lessons on self-esteem, teamwork, and goal setting—all leading up to a joyful 5K that celebrates the power of connection and community.

Entirely volunteer-led, Girls on the Run depends on caring coaches like Connie who show up with heart. Each season, Connie cheers girls through challenges, celebrates their achievements, and believes in their potential, sometimes before they see it themselves. Connie brings endless love to each and every team she coaches.

It came as no surprise when the Whatcom team nominated Coach Connie for the National Remarkable Coach Award. The number of hearts she's touched across countless seasons can't be measured in miles, but in the lasting impact she's had on every girl who's heard her say, "You can do this."



Coach Connie receiving her National Remarkable Coach Award

WHY VOLUNTEER AT THE Y?

When you volunteer at the Y, you become part of something bigger—a movement rooted in connection and positive community change. Focused on youth development, healthy living, and social responsibility, Y volunteers help people of all ages and walks of life find the resources and support they need to be healthy, confident, and connected.

Volunteering at the Y offers purpose, belonging, and the joy of giving back. With opportunities for every interest and skill—from coaching youth sports to providing administrative support—our volunteers truly are the heart of the Y. More than 700 volunteers have fueled our mission and programs in 2025, helping the Y build a stronger and more connected community.



DID YOU KNOW...

Our amazing volunteers contributed over 9,000 hours of love and dedication to our programs last year. THANK YOU!



GROWING WELLNESS, BUILDING HOPE

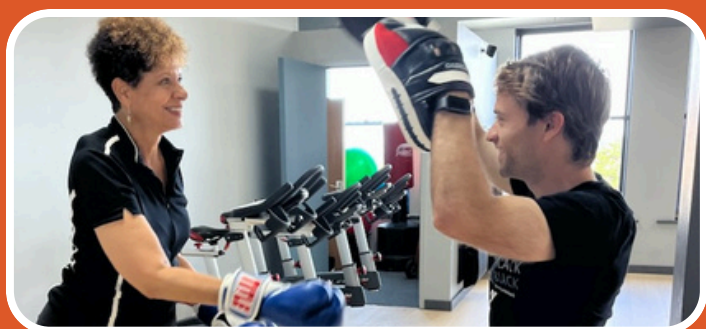
At the Whatcom Family YMCA, we understand that health is a personal journey best shared within a supportive community. Our programs are designed to meet individuals at every stage of their wellness—from prevention to recovery.

Fighting Parkinson's *Together*

We believe that facing a diagnosis like Parkinson's Disease should never mean facing it alone.

Through the Pedaling for Parkinson's and Rock Steady Boxing programs, the Y provides a unique, empowering space where individuals with Parkinson's can improve their health, gain confidence, and find friendship—showing that in the midst of a challenging diagnosis, they are not alone. These classes are part of a broader commitment to inclusive, evidence-based programming that goes beyond physical wellness and builds connection and community.

Rock Steady Boxing uses non-contact boxing drills, cardio, and memory exercises to improve balance, coordination, strength, and focus. Both classes go beyond physical benefits and serve as a space for connection filled with conversation, encouragement, comradery, and joy through community.



While there is currently no cure for Parkinson's, these specialized programs give participants the strength, confidence, and hope to keep moving forward. Pedaling for Parkinson's combines balance exercises with a 60-minute stationary cycling routine at a pace shown by research to reduce symptoms by 35% while creating a network of support through shared experience.

"I was diagnosed with Parkinson's about 22 years ago at 55 years of age. I started participating in the Pedaling program in 2013 and my wife and I both noticed that I quickly showed some improvements in several areas. Long-term, Parkinson's is still having its effects, but between Pedaling and a great neurologist I'm still getting along pretty well. My thanks to the YMCA for its support for the program!"

— Kris H. | Pedaling for Parkinson's Participant





NEW SPACES

FOR BELONGING

In 2025, the Whatcom Family YMCA invested in vibrant new spaces with a first-floor remodel designed to strengthen connection, support, and community.

Our new Intergenerational Space offers a welcoming place for all ages to gather, whether that's sharing a puzzle, chatting after class, or catching up on work while kids play nearby. From Parents' Night Out to Teen Night Takeover, this space provides room for connection, laughter, and community. Our monthly Teen Nights now welcome over 70 teens for free, safe evenings filled with food, games, and fun; a true reflection of the Y's mission in action!

If you hear rumbling laughter, you're likely near the new Ninja Zone that invites children to climb, jump, and explore in a fun environment that builds strength and courage. From birthday parties to Youth Sports camps, this space is filled with joy.

Our new Kid Zone gives families a chance to build their personal health and wellness while their children explore art, games, and imaginative play under the care of our nurturing staff. Since opening in April, the Kid Zone has supported more than 50 families, averaging 180 visits each month and peaking at 350 check-ins in August.

Chelsea Joefield, our Family Programs Director said, "There's nothing bigger for us than providing safe spaces for parents and building trust with the kids in our care. New faces make us happy, and returning faces make us feel trusted."

"I feel so lucky to have found the Kid Zone. As a busy parent, it can be hard to get time to exercise or just have some quiet time to relax and the Kid Zone makes it possible. The staff is so welcoming, attentive, and wonderful with the kids!" - Natalie



These new spaces reflect what makes the Y special: places where people of all ages can connect, grow, and thrive together.





PARENT EDUCATION CLASSES AT HEART HOUSE: SUPPORTING PARENTS AND BUILDING BRIGHT FUTURES

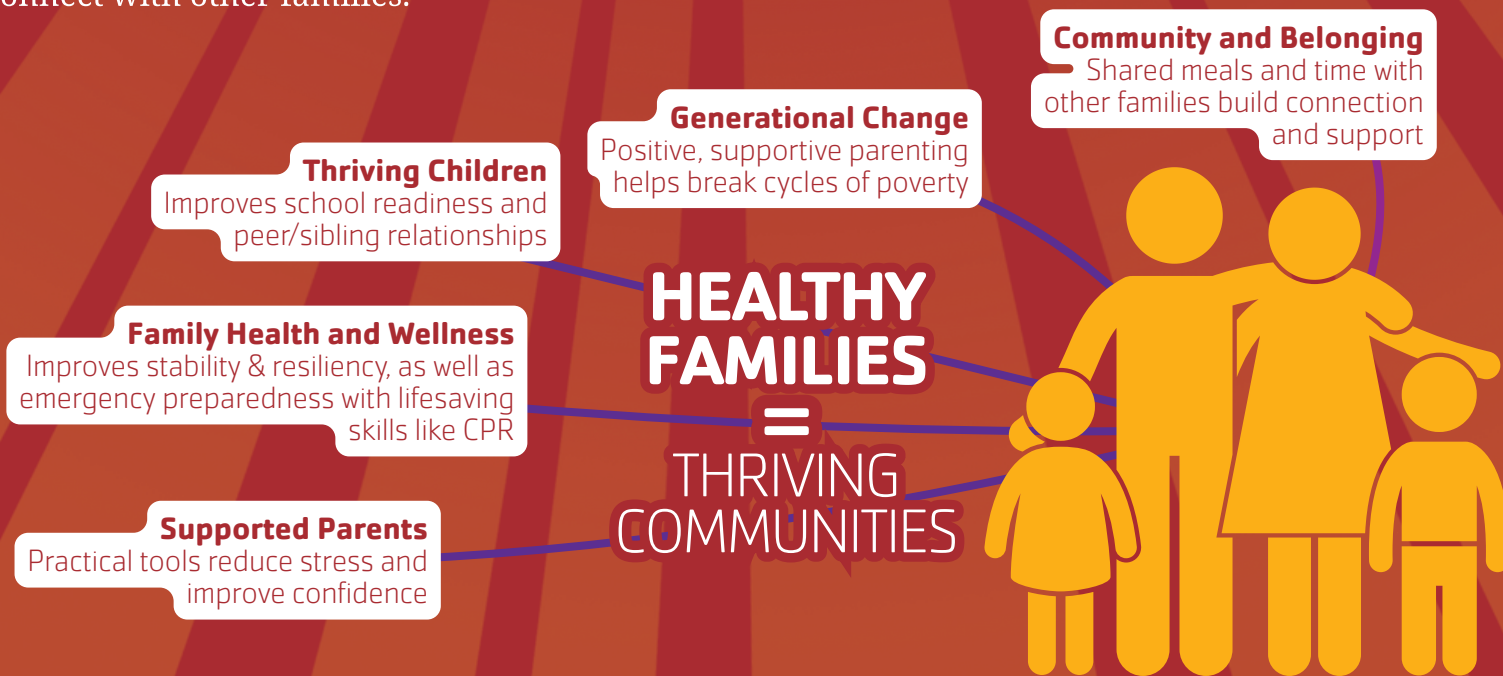
It's true what they say - it takes a village to raise a child. The Whatcom Family YMCA is proud to be a part of the support network, helping parents in their precious role of building a bright future for their children and our community.

At Heart House Early Learning Center, the Y offers a free Parent Education Program to provide families with the tools, confidence, and shared knowledge to nurture their children's growth and development. This program is offered in partnership with Bellingham Technical College and supports parents and caregivers in monthly educational topics and opportunities to connect with other families.

Sessions are designed for busy parents, with classes scheduled at the end of the work day and child care is offered so both parents can participate. The Y provides a family meal making the program both a learning opportunity and moment of rest and care for parents.

We know that when parents are supported, children thrive and our whole community benefits.

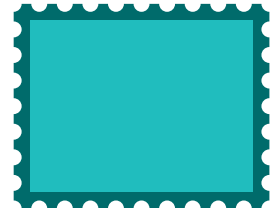
“ **The connection with other parents means as much as the classes.** ”





WHATCOM FAMILY YMCA
1256 N STATE ST
BELLINGHAM WA 98273

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR MISSION
The Whatcom Family YMCA is an association of individuals with shared values which enhance the community with programs for the spirit, mind and body.

OUR CAUSE
At the Y, strengthening the foundations of 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.