



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING OUR COMMUNITY IMPACT

2024 ANNUAL REPORT

Penobscot Bay YMCA

A LETTER FROM OUR CVO AND CEO

Dear Friends,

At the Y, investing in our community means creating shared spaces where people of all ages and backgrounds can connect, grow, and thrive. In 2024, we took major steps forward to support families, engage older adults, expand access to programs, and strengthen the bonds that hold our community together.

We installed 17 shiny, new cardio machines, began a major upgrade to the pool air-handling system, and marked the first full year of operations for our newly renovated Lily Pond Infant Center. At Rockland Harbor we piloted public Pre-K in partnership with RSU13, offering working parents the only Pre-K program with after school care. We launched a universal after school snack program and added "Help Yourself" shelves at both branches in partnership with AIO, ensuring equitable access to food with dignity. We came together to collect essential items for the South School Comfort Closet, clothes for New Hope Midcoast, and healthy snacks at our Stuff the Bus event at Hannaford Supermarket, all while celebrating a big milestone: we now have over 5,000 members coming together to improve their health and wellness—our highest since before COVID.

Today, places like our Y are more important than ever. They bring people of all backgrounds and beliefs together to foster connection, support, and a true sense of belonging. In a time when real-world connection and understanding are so needed, your support allows the Y to remain a welcoming space where our community grows stronger together.

Thank you for investing in our community, in our Y, and in one another.

Warmly,



Rebecca Babb-Brott
Chief Volunteer Officer



Whitney Files
Chief Executive Officer



2024 IMPACT



485

YOUTH MADE A SPLASH WHILE COMPETING ON THE SAILFISH SWIM TEAM OR GAINED CONFIDENCE THROUGH OUR SWIM LESSONS

214

YOUTH DEVELOPED VALUABLE SKILLS, GAINED CONFIDENCE, AND BUILT SELF-ESTEEM IN OUR YOUTH SPORTS PROGRAMS



234

ACTIVE OLDER ADULTS FORGED FRIENDSHIPS AND GAINED BALANCE & STRENGTH WHILE PARTICIPATING IN PROGRAMS

1,850

VOLUNTEER HOURS DEDICATED BY 58 VOLUNTEERS TO THE Y'S MISSION AND WORK



1,240

WEEKS OF SUMMER CAMP OFFERED TO 288 CAMPERS THAT CREATED MEMORIES TO LAST A LIFETIME

620

PINTS OF BLOOD COLLECTED FROM 567 DONORS AT 22 BLOOD DRIVES



20

CANCER SURVIVORS BUILT STRENGTH AND COMMUNITY AS PART OF OUR TWO LIVESTRONG SESSIONS



169

CHILDREN LEARNED, GREW & THRIVED IN OUR EARLY CHILD CARE CENTERS



172

STUDENTS HAD A SAFE PLACE TO LEARN & EXPLORE AT OUR 4 AFTER SCHOOL PROGRAMS IN LOCAL ELEMENTARY SCHOOLS



359

RUNNERS, WALKERS & STROLLERS PARTICIPATED IN OUR TURKEY TROT 5K, OUR LARGEST FLOCK EVER!

5,043

MEMBERS TOOK STEPS TOWARD BETTER HEALTH



2 HELP YOURSELF SHELVES AND 6 FREE AFTER SCHOOL SNACK SITES (Y BRANCHES + 4 SCHOOLS), REDUCING FOOD INSECURITY THROUGH LOW-BARRIER, STIGMA-FREE, UNIVERSAL ACCESS—THANKS TO HANNAFORD AND AIO

\$186,455

RAISED BY OUR GENEROUS DONORS FOR OUR ANNUAL SUPPORT CAMPAIGN



BOARD OF DIRECTORS

The Penobscot Bay YMCA is governed by a volunteer Board of Directors who ensure that we are positioned to continuously serve our community and help individuals of all backgrounds to develop the skills and relationships they need to be healthy, confident, and connected.

Rebecca Babb-Brott
Chief Volunteer Officer

Brien Davis
Vice CVO

Rebecca Albright
Secretary

Wendy Jablow
Treasurer

Jennifer Mirabile
David Mortlock
Ken Wexler
Annemarie Ahearn
Andrea Babb Conover
Mark Battista

Jan Leth
Chad MacDermid
Ric McKittrick
Tom Cochran
Sherree Craig
Maureen Gordon

LEADERSHIP STAFF

Whitney Files - Chief Executive Officer
Meredith Gutheinz - Sr. Director of Operations
John Robinson - Sr. Director of Finance
Benjie Blake - Director of Sports, Camping & After School
Phoebe Carlson - Director of Health & Wellness
Jamie Lovley - Director of Community Health Promotion
Jodi Maltese - Director of Aquatics
Dennis Remillard - Director of Facilities
Anna Sideris - Director of Advancement





FOR YOUTH DEVELOPMENT®
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MARGE JONES HONOR SOCIETY

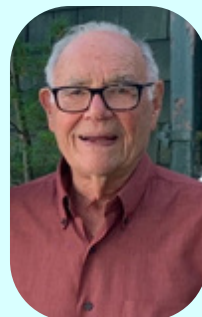
Individuals recognized for their outstanding service to the YMCA.

- Frank Beane
- Jim Bowditch
- Andy Clement
- Andrea Babb Conover
- Joe Curll
- Bob Daigle
- Jill Delano
- Mike Devine
- Leslie Eaton
- Allen Fernald
- Susan Flynn
- Ed Hurlburt
- Marge Jones
- Ned Kyle
- Steve Mansfield
- Mike Pierce
- John Sherman
- Neale Sweet
- Nancy Watson Symington

HERITAGE SOCIETY

Your legacy brightens our future. Your gifts sustain our efforts to build a lasting endowment fund for youth development, healthy living, and social responsibility today and for years to come.

- Don and Penny Abbott
- Kenneth and Roberta Axelson
- C. Wilkes Babb Trust
- Del and Isa Babb
- Rebecca and Deerin Babb-Brott
- Frank and Rosemary Beane
- Charlotte and Chris Beebe
- David and Theo Berez
- James and Felicity Bowditch
- Rick and Ann Bresnahan
- Jim and Michele Butler
- Larry Campbell
- Bill and Lois Jane Cross
- Troy and Jen Curtis
- Patrick Day and Bryan Ready
- Ken and Prudy Dickey
- Dan and Leslie Eaton
- Allen and Sally Fernald
- Molly Fitch
- Philip and Theresa Fowler
- Richard and Joan Foxwell
- M. Alton French Charitable Fund
- Fred Granville
- Don Isikoff
- Ned and Edie Kyle
- Leo Laukka and Family
- Bill and Gretchen Leone
- Ted and Lauren Pieri
- Charlie LeRoyer and Maria Salvaggio
- Al and Margie Margolis
- Marty Martens
- David and Ann Montgomery
- Sara Montgomery
- Wayne and Caroline Morong
- George and Jan Mueller
- Pat and Jim Nelson
- Mike and Kate Pierce
- Joe and Ginny Ryan
- John and Judy Sherman
- Ellen Simmons & Family
- Eva and Steven Smith
- Matthew and Keiko Storin
- Neale Sweet and Betsy Perry
- Nancy Watson Symington
- David and Janan Vaughn
- York McDonough Charitable Gift



In remembrance
of Bill Cross, a
dedicated
supporter of the
Penobscot Bay
YMCA.

1922 - 2024

A HEARTFELT THANKS TO OUR 2024 DONORS

Alexander and Maud Abess
Beth Adams
James and Jane Adams
Arthur Adelberg and Linda Crawford
Annemarie Ahearn and Nathan Perkins
Elizabeth and Lance Ahearn
Joseph Aiello
Gerald Weinand and Rebecca Albright
Charlton and Noni Ames
Michael Ames
Weston Ames
Mary and Tom Amory
Ron Staschak and Denise Anderson
Holly Antolini
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Johanna Babb
Deerin and Rebecca Babb-Brott
John Scholz and Margaret Barclay
Mark Battista and Jennifer Andrews
Nick Battista and Meredith Mendelson
Joseph and Peggy Baum
Christopher Beebe
Robert and Carol Bender
Bernice Berger and Roger Akeley
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Laura Evans
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John Ferraiolo
Gil and Jeanne Fifield
Stephen Files and Mary Ellen Bruce
Whitney Files and Marcarthur Baralla
Jay and Antonia Fischer
Des Fitzgerald and Lucinda Ziesing
Abby and John Fitzgerald
Katherine Fitzgerald
Erin Flanagan and Matt Lawson
Maureen Flanagan
Shane and Susan Flynn
Phil and Teresa Fowler
Karen Foxwell
Susan and William Freeman, Jr.
Sarah Fuhro
Barbara Furman
Betty Gallender
Brenda Garrand and David Pierson
Brooks and John Giles
John and Leslie Gilliland
Elizabeth and John Gilmore
Peter Giustra
Jill and Bill Glover
Bob and Maureen Gordon
Lisa Gorman
Jim Grimes

Justin Gushee
Eric and Meredith Gutheinz
Karen and Anthony Hai
Ariel Hall and Jan Leth
David and Sydney Hall
Debra and Robert Hall
Darleen Hanley
Elizabeth Harder
Stephen and York-Chi Harder
Josh and Laura Harjula
Guy and Catherine Harn
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Scott Harris and Karen Horsch
Ronald and Franziska Hart
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Kessler and Adrienne Horty
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Jean Hutchins and Roger Rittmaster
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Prudence Jaeger
Geoffrey and Jodie James
Stephen James and Suzanne Weaver
Matthew and Bonnie Janicki
Margaret and Tom Jardine
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Lizabeth Joseph
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Heather Kashner
Charles and Cynthia Kava
Alan Kearl
Benjamin Kimball
Cliff and Maryann Kline
Alan and Stephanie Kumble
Bruce and Marcy Kyle
Henry and Cathy Laidlaw
Chip and Nancy Laite
Alan and Carol Larson
Tom and Alexandra Laurita
Ron and Ann Leadbetter
Bill and Gretchen Leone
Ronnie Elisser
Bob Levine
Robert Lowberg
BC Lowry and Shelly Gallender
Heidi and Cabot Lyman
Chad MacDermid and Courtney Brecht

Harry Mank, Jr.
Steve and Deborah Mansfield
Margie Margolis
Christopher Martin
Jim and Jean Matlack
David and Lori Maxwell
Ric and Ann McKittrick
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Dyke Messler
Pete and Nina Milinazzo
Shelley and Chris Mills
Linda and Doug Milton
Jen and Gerry Mirabile
Allen and Marge Mitchell
Jane Monhart
Alison Montgomery
Caroline and Wayne Morong
Samantha and David Mortlock
Denise Munger
Janet and Anthony Muri
David and Maureen Nazaroff
Jim and Pat Nelson
Joy Nevin
Jim Nolan
Tim and Tricia O'Brien
Mary O'Herin
Gerry and Kimberly Opiela
Michael and Grace Ott
Susan and Stephen Peats
Joan and Graham Phaup
Stanley Piecuch and Carolyn Silsby
Mike and Kate Pierce
Ted and Lauren Pieri
Diana Rathbun
Dennis Remillard and Linda Wry-Remillard
Peter Riley
Jim and Marilyn Rockefeller
Martha and Paul Rogers
Donna and George Rupp
Jack and Claire Sanford
Dave and Monika Satterfield
Lee and Kimberley Scheuer
Warren and Melody Schubert
Liz and Jeff Senders
Tim and Gayle Shaw
Greg Domareki and Sarah Sheldon
John and Judy Sherman
Monica Shields
Ann Showan-Slade
Bruce and Jane Sigsbee
Ellen Simmons
Libby and Frank Simon
JP and Kaki Smith
Leigh and Ron Smith

Stephanie Smith
Robert and Susan Snead
Luke Snow
Robert Souther
Jory and Brenda Squibb
Nicole St. Jean
Todd Starbird
Ron Staschak and Denise Anderson
John Steele
Ted Fraumann and Gloria Stein
Rick Steinberger
Bill and Elizabeth Stephenson
Pamela Stewart
Chris Stone
Henry Stone
Sarah Streat
Richard Stuart
Ann Tani
Letitia Taylor
Lynne and Marty Taylor
Susan Taylor
Jean and Michael Thompson
Mazie Cox and Brinkley Thorne
Ken and Ali Thumith
Tomm Tomlinson and Robin Cocking
Karl and Debra Trautman
Tom Turner
Peter Van Alstine
Lori and Chris Van Dusen
Sheldon Walker
Graham and Mary Waltz
Art Warren
Peter and Deborah Warren
Bob and Wendy Weiler
Bruce and Patti Westphal
Ken and Barbara Wexler
George and Jackie Wheelwright
Nick White
Richard Whitman
Gage Whittier
Roger and Wendy Wickenden
Richard Wiemer
Bob and Suzanne Williams
Rufus and Susan Williams
David and Julie Winslow
Alison Wolverton
Daniel and Annie Woodruff
Dan and Heather Wyman
Frank and Ann Yahner
Steven and Ronny Young
Edward Zanca
Kathleen Zwick

HONORARY GIFTS:

Gifts were made in honor of the following individuals:

All the volunteer staff members
Betsy Perry and Neale Sweet
Bill "Pops" Cross
Bob and Carol Bender
Letitia Taylor
Maureen Gordon
Rockstar Whitney

MEMORIAL GIFTS:

Gifts were made in memory of the following individuals:

Alan Carr
Barbara D. Souther
Bill "Pops" Cross
Bill Cross
William Cross
Charles A. Babb
Del Babb
Del Babb, who loved the Y
Dorothy L. Whittier
Harriet Carroll
Louise Rivers
Pat Benner

FOUNDATIONS & TRUSTS

The A.J. Fund
Aldermere Foundation
Ames Family Fund
Ann H. Symington Foundation
The Blackbaud Giving Fund
Brustlin Giving Fund
The Camden Foundation
C. Wilkes Babb Trust
David and Liz Albertson Fund
The Hefner Family Foundation
Leshner Family Foundation
Messler Family Foundation
M. Alton French
NC Gift Fund
The Wiese Family Charitable Fund
United Midcoast Charities
Woodbine Nest Fund

We have carefully checked this list for accuracy; however, if we have not listed your name as you would like it to appear please call and we will make the correction for future listings.

Penobscot Bay Community Health Partnerships

A PROGRAM OF THE PENOBSCOT BAY YMCA

Penobscot Bay Community Health Partnerships (PBCHP) provides substance misuse and tobacco use prevention, recovery support, and nutrition education for SNAP recipients in Knox and Waldo counties.



SNAP NUTRITION EDUCATION

- Led 219 nutrition education sessions.
- Participated in 11 community events, reaching 2,638 youth & adults.
- Expanded programming to K–5 at two new schools, increasing student access to nutrition education.
- Organized a free recipe card stand at AIO Food Pantry, using a trauma-informed, color-coded system to provide accessible, budget-friendly meal ideas for food-insecure families.



TOBACCO USE PREVENTION

- Delivered in-school tobacco prevention education using evidence-based programs like CATCH My Breath and Stanford's Vaping Curriculum.
- Supported students at Oceanside High School with cessation referrals through My Life, My Quit.
- Helped schools implement restorative responses to tobacco violations and advised local organizations on updating tobacco policies.

SUBSTANCE USE PREVENTION

- Delivered substance use prevention education and Narcan training at multiple high schools and community sites.
- Distributed 500 drug deactivation pouches, 250 locking medication boxes, and 210 cannabis locking bags with surveys to promote safe storage.
- Sent monthly prevention newsletters to schools, reaching 3,900 parents and teachers.
- Led Photovoice projects with Oceanside Middle School and the Center for Maine Contemporary Art.
- Hosted two free, state-certified Responsible Beverage Seller/Server Trainings in Knox and Waldo counties.
- Continued the Backpacks for Prevention initiative at Knox County Jail and the Maine Coastal Regional Reentry Center, providing 57 backpacks filled with essential items and prevention resources.



JAMIE LOVLEY, LMSW – Director, Certified Prevention Specialist

DAY ARNOLD, BSND – Nutrition Educator

AMANDA PHIPPS, MPH – Prevention Coordinator

Through education, outreach, and strategic partnerships, PBCHP continues to advance the Y's mission of fostering healthier communities and empowering individuals with the knowledge and skills to make informed health choices.

THE KINDNESS OF OUR COMMUNITY PARTNERS

16 Bay View
250 Main Hotel
40 Paper
A Little Moore
A Morning in Maine
AIO Food and Energy Assistance
Allen Insurance and Financial
Artisan Boatworks
Aster & Rose
Atlantic Baking Company
B.O.G. balanced bookkeeping LLC
Bangor Savings Bank
Barnes Custom Window Treatments
Barren's Distillery & Restaurant
Bay Chamber Concerts
Bears Den Billiards
Bert's Machine Shop
Beth's Farm Market
Bixby Chocolate
Blake Vets
Blaze
Bleecker and Greer
Blue Barren
Blue Jay Baby Boutique
Blue Spoon
Boston Bruins
Boston Celtics
Boston Red Sox
Bragg's Tree Service
Brooks Trap Mill
Bruce Laukka, Inc.
Camden Coast Real Estate
Camden Cone
Camden Hills Dental
Camden House of Pizza
Camden Island
Camden Law
Camden National Bank
Camden Real Estate Company
Camden Riverhouse Hotel
Camden Rotary Club
Camden Snow Bowl
Cape Air
Catalano's Construction
CedarWorks
Cellardoor Winery
Central Exterminating Services
Children's Museum & Theatre
Claws
Coastal Opportunities
Cold Mountain Builders
Costa Media
Don's Outboard
Dooryard Farm
Dot's Market
Dow Furniture
Down East
Dry Dock Restaurant
Equinox Guiding Service
Equinox Island Transport
Evergreen Home Performance
Farnsworth Art Museum
Ferraiolo Construction
FIORE Artisan Olive Oils & Vinegars
First Congressional Church

First National Bank
Fisher Engineering
Fitzzy LLC
Ford Excavating
French & Brawn
Fresh Off the Farm
Frontier Airlines
Funtown Splashtown USA
Gartley & Dorsky
Glendarragh Farm Lavender Store
Golfer's Crossing
Goods
Goose River Golf Course
Grand Harbor Hotel
Granite Coast Orthodontics
Green Thumb
Guini Ridge Farm
Hamilton Marine
Hammond Lumber
Hampton Inn & Suites
Hannafoord
Harbor Builders Associates
Hartstone Inn
Hearth and Harrow
Hedstrom Electric
Hill's Seafood Co.
Home Kitchen Cafe
Hope Orchards
Horch Roofing
House of Logan
Inn at Ocean's Edge
Island Institute/Archipelago
Jet Blue
Journey's End Marina
Kelsey's Appliance & Sleep Center
L. Spear Hardware
L.L. Bean
Lake City Floats
Landings Restaurant & Lounge
Landscape Services
Laugh Loud Smile Big
Leonard's
Lobster Pound
Long Grain
Loyal Biscuit
Lyman-Morse
Maine Boats, Homes & Harbors
Maine Celtics
Maine Coast Construction
Maine Coast Orthodontics
Maine Lobster Festival
Maine Mariners
Maine Seaside Treasures
Maine Sport Outfitters
Maine State Credit Union
Maine State Prison Showroom
Maine Wildlife Park
MaineHealth
Maritime Energy
Matinicus Island Rental
Megunticook Market
Michael Good Designs
Midcoast Community Chorus
Midcoast Enterprises LLC
Midcoast Recreation Center

Midcoast Seamless Gutters
Midcoast Sports Exchange
Miller's Lobster Company, Inc.
Mixed Greens
Monhegan Boat Line
Monkey C Monkey Do
Mosaic Restaurant
Nebo Lodge
New England Patriots
New Hope Midcoast
North Atlantic Blues Festival
Oak Room
On the Water in Maine
Once a Tree
OrganiClean
Our Lady of Good Hope
Owl & Turtle Bookshop Café
Owls Head Transportation Museum
P.G. Willey & Company, Inc.
Paper Plane
Park Street Car Wash
PDQ Doors
Penobscot Bay Pilot
Performance Paving, Inc
Planet Inc.
Portland Sea Dogs
Ports of Italy
Ports Pizzeria
Primo Restaurant
Puffin's Nest Clothing & Gifts
Ralston Gallery
Renys
ReVision Energy
River Ducks Ice Cream
Rock City Cafe
Rock Harbor Restaurant & Bar
Rockland Fire Department
Rockland Golf Club
Rockland Savings Bank
Rockport Fire Department
Rockport Harbor Hotel
Rockport Steel
Ruckus Donuts
Rustica
Salt Wharf Restaurant
Samoset Resort
Schooner Olad & Cutter Owl
Scout + Bean
Sea Dog Brewing Co.
Seasons Downeast Designs
Serendipity
Side Country Sports
Smith & May
Snow Sport & Spine
Spring Tides Acupuncture
Starbird
Starlight Lodge
Stonescape Inc.
Storyland
Strand Theatre
Strong Young Men
The Block Saloon
The Country Inn
The Grasshopper Shop
The Jack

The Maine Dog
The Rope Company
The Scone Goddess
The Slipway
The Study Hall
The Waterfront Restaurant
The Whitehall Inn
Timbercliffe Cottage Ocean View Inn
Trackside Station
UMaine Black Bears
Uncle Willy's Candy Shop
Viking, Inc.
Wallace Events
Warner Graphics
Waterfront
West Bay Rotary
Whale's Tooth Pub
Wooden Alchemy
York's Wild Kingdom

Thank you to our
**SUSTAINING BUSINESS
SUPPORTER**



**CHAMPION
BUSINESS SUPPORTERS**



**FIRST
CONGREGATIONAL
CHURCH** CAMDEN, MAINE



CAUSE DRIVEN LEADER AWARDS

Youth Development Award

Jayme Ward

Healthy Living Award

Day Arnold

Social Responsibility Award

Maureen Gordon

Rising Star Award

Hattie Watmough

Employee of the Year

Benjie Blake

YEARS OF SERVICE AWARDS

5 Years

Jeanne Flanders

Meredith Laliberte

10 Years

Joan Phaup

Larrain Slaymaker

15 Years

Danielle Pendleton

John Falato

20 Years

Denyse Robinson

"The YMCA Summer Camp has a long-standing tradition of providing affordable summer experiences for local families. In our community, there are very few—if any—camps that remain accessible to working or financially burdened families. For many parents, knowing their children are in a safe, enriching environment during the summer provides not just peace of mind, but the ability to work without worry."

—Sue, school counselor

"Thank you so much for an amazing experience for our child! After his swim lesson, he proudly told me, 'Mama, that man was really nice. He got me to go under-water... was it magic?' He had so much fun, felt safe, and is now eager for more lessons—a huge step for us! Your calm, fun approach made all the difference, and we are so grateful."

—Ruth, parent

"We are truly humbled by the generosity of our community and so grateful to the Y. Thank you for helping us care for our students and families in need!"

—Katrina, teacher

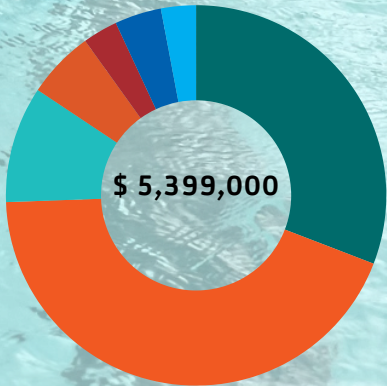


2024 FINANCIAL SUMMARY

At the Y, every dollar we invest strengthens our community. None of that impact would be possible without the generous support of our donors and a solid financial foundation. Our mission and financial stewardship go hand in hand as we work to ensure that children, families, and individuals have the resources they need to stay healthy, supported, and connected.

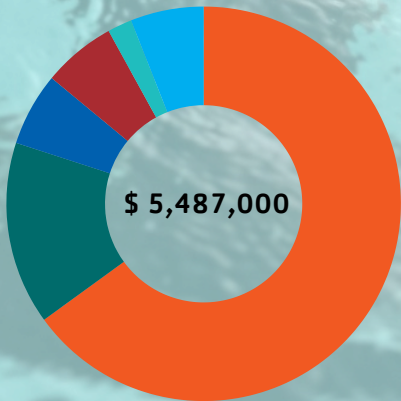
REVENUE

Membership	\$1,672,000
Programs	\$2,374,000
Fundraising	\$ 513,000
Grants - Outreach	\$ 311,000
Investment Income	\$ 172,000
Investment Gain (loss)	\$ 196,000
Other	\$ 161,000



EXPENSE

Salaries & Benefits	\$3,578,000
Occupancy	\$ 797,000
Grant Costs - Outreach	\$ 311,000
Depreciation	\$ 346,000
Supplies	\$ 132,000
Other	\$ 323,000



Net Surplus (Deficit)	\$ (88,000)
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Celebrating Together in 2024

Family Fun Fridays

Our free YMCA open house event for members and friends included seasonal activities, family swim, rock climbing, bouncy house fun, gaga-ball, basketball, games, craft-making, healthy snacks, and plenty of pizza!

Better Together Bash

We celebrated the 20th anniversary of the Penobscot Bay Community Health Partnerships, the Y's community health promotion department — a vibrant reminder of what our community can achieve together.

Bids for Kids

Thanks to generous donations from many local businesses, our online auction raised critical funds to keep Y Summer Camp affordable and provide scholarships to ensure every child experienced the magic of camp.

Boogie for the Babes Benefit Concert

We danced, grooved, and gave back at Boogie for the Babes—raising funds and awareness for our vital infant and toddler care programs. Great music, big energy, and even bigger hearts made it a night to remember.

Monster Mash Open House

We had a blast welcoming everyone to this spooktacular (and free!) Halloween celebration with laughter, costumes, and community spirit as kids, families, and volunteers filled every corner of the Y with festive energy.

Turkey Trot 5K Road Race

We welcomed our biggest flock yet—359 strong! Runners, walkers, and waddlers of all ages hit the streets of scenic Camden and Rockport with high energy and community spirit for this festive post-Thanksgiving tradition.

"LIVESTRONG gave me strength, balance, and courage when I needed it most. The supportive, judgment-free space helped me rebuild through strength training, nutrition, yoga, and group support. I gained confidence, overcame fears, and found what worked for my body after cancer. It was life-changing—and the friendships I made will stay with me forever."

-Christine, LIVESTRONG graduate

"Penobscot Bay YMCA Child Care Center has been an incredible support for our family over the past five years. As a new mom, leaving my 5-month-old for the first time was overwhelming, but I always knew he was safe, nurtured, and loved. The teachers' patience, flexibility, and guidance not only helped our son grow but also allowed us to balance work, grad school, and family life. Thanks to the Y, we've had the space to thrive, and for that, we are endlessly grateful!"

-Julia, parent