

Our Mission

To inspire and enable all young people, especially those who need us most, to realize their full potential as productive, responsible, caring citizens.

2022-2023

IMPACT REPORT



“With growth comes uncertainty; but one thing I know for sure is that I’ll always be a Club kid!”

Zayaan H.

2023 ChrisCutriMemorial
ScholarshipAwardee

Born with Cerebral Palsy and told he would never be able to walk, talk or swim, Zayaan persevered, beat the odds, and is a true example of overcoming adversity. Zayaan has been a member of the Marlins Swim Team for 8 years and has swum in the National Level Paralympics (CAN-AM) competition, finishing in the top 16 in the nation. He was a Summer Camp counselor and is a mentor to younger swim team members. Zayaan strives to be his best, whether in his swimming career, academic life, or professional life. He is passionate about helping others around him in any way he can. He has been able to demonstrate his listening skills and hard work with his volunteering in interfaith events, peer leadership, and executive roles in clubs at school. Zayaan aspires to be a doctor in radiation oncology after hopefully studying biomedical engineering at Columbia Medical School.



The Club Experience

Boys & Girls Clubs fill the gap between school and home. We provide welcoming, positive environments in which kids and teens have fun, participate in life-changing programs, and build supportive relationships with peers and caring adults.



The Need in New York State

Every day approximately 1,607,533 kids in New York State leave school with nowhere to go and 340,053 are alone and unsupervised between the hours of 3 and 6 pm.¹

Our Reach



1
Boys & Girls Club Site in
Northern Westchester



13,298 = **2,301** Members + **10,997** Youth Served Through
Youth Impacted Community Outreach

Member Demographics

53%

Ages 12
and
Younger

47%

Teens

79%

Minority Races
or Ethnicities

Demonstrating Our Positive Impact



ACADEMIC SUCCESS

The Need

Overall, 12% of young people in the Bedford Central School District fail to graduate from high school on time. 27% of Hispanic/Latino students fail to graduate on time. 25% of students designated as economically disadvantaged fail to graduate on time.²

What We Do

Power Hour, Project Learn, Reading Pals, College Quest, and Summer Brain Gain are education enrichment programs that keep kids learning and prepare them to be globally competitive graduates.

Our Impact

Among our teen-aged Club members, **98%** expect to graduate high school, **94%** expect to complete post-secondary education, and, for 15 years **100%** of high school seniors have graduated on time.

The Need

Mental health issues in youth. 1 in 6 U.S. youth aged 6–17 experience a mental health disorder each year. 145,000 New Yorkers age 12–17 have depression.³

What We Do

Provide an environment where emotional and physical safety and a sense of belonging are our number one priority; where members learn resilience, build caring relationships with adults and peers, and a given opportunities and expectations to grow and learn.

Our Impact

94% of Club teen members volunteer in their community at least once per year and **65%** volunteer in their community at least once per month.



GOOD CHARACTER AND CITIZENSHIP



HEALTHY LIFESTYLES

The Need

32% of young people ages 10-17 in New York State are over-weight or obese.⁴

Youth who do not attend after-school programs are 3 times more likely to engage in risky behavior.

What We Do

Our Triple Play and SMART Moves programs promote healthy lifestyles, guiding youth to embrace good fitness, wellness, nutrition and hygiene habits, as well as good decision making and problem-solving skills.

Our Impact

On-site programming includes 60 minutes of daily fitness activity.

92% of Club members report that avoidance of risky behaviors, such as substance use and early sexual activity, is a high priority for them.



NUTRITION AND FOOD SECURITY

The Need

1 in 14 children in Westchester County experiences Food Insecurity.⁵

Over 80% of our after-school members receive or are eligible to receive free or reduced lunch.

Our Impact

BGCNW provides over 135,000 free, nutritious snacks and meals annually; including a dinner for teens who stay as late as 9:00 pm.

The Need

The number 1 cause of accidental death for children under the age of 4 is drowning.⁶

Youth are in need of extra-curricular activities that offer physical, mental and emotional benefits.

Our Impact

Over 65,000 children have learned to be water safe at the Club.

BGCNW Marlins Swim Team are 22 year National Champions, ranked in the Top 100 nationwide, and have achieved USA Swimming Bronze designation.



AQUATICS

How You Can Help



With your generous support, Boys & Girls Club of Northern Westchester will continue to create opportunities to help more youth achieve great futures. To make a donation, volunteer or mentor, please contact John Tunas, Development Associate at jtunas@bgcnw.com or 914.666.8069, ext. 108.

¹ America After 3PM, Afterschool Alliance, <http://afterschoolalliance.org/AA3PM/>

² NYSED, <https://data.nysed.gov>

³ National Alliance on Mental Illness, <https://www.nami.org/>

⁴ Kids Count Data Center, <https://datacenter.aecf.org/>

⁵ Feeding America, <https://www.feedingamerica.org/>

⁶ Center for Disease Control Prevention, <https://www.cdc.gov/drowning/facts>

Our Programs

Business Hours

(Monday to Friday):

- Early morning
7:30 a.m.
- Fun Club (after school)
2:45 pm - 6:30 pm
- Late Night (teens)
6:30 pm - 9:00 pm



Early Childhood Education

The Early Childhood Education program is geared towards kindergarten readiness for children ages 3-5. The program follows a creative, developmentally appropriate curriculum that includes: Physical Education, Literacy, STEAM (Science, Technology, Engineering, Art, and Math), Music, Nutrition, Social Emotional Intelligence, and Swimming. Our Preschool Program is licensed by the Office of Children and Family Services.

After School Fun Club

We provide a safe, friendly, and educational place for children in grades K-7 to spend their time after school. In addition to tutoring and guidance, the After-School Fun Club program provides homework help, a nutritious hot meal, daily physical activity, and high-quality developmentally appropriate programs. Transportation is provided to all 5 elementary schools in the Bedford Central School District in the morning for early care, as well as to the Club from school in the afternoon.

Teen Programs

As with our Fun Club program, our teen programs are designed to offer mentorship and guidance in the key areas of academic success, character and leadership development, and healthy lifestyles. Teens have the opportunity to volunteer, develop job readiness skills, and build strong social connections. Transportation is provided from Fox Lane Middle and High Schools.

Vacation Club

During school holidays the Club is open from 8:00 am to 6:00 pm for young people to participate in a wide variety of activities. Lunch and snack is provided. Prior registration is required.

Summer Adventure Camp

Summer Adventure Club is an 8-week summer camp for children entering grades 1-6. The camp is certified by the Westchester County Health Department and offers on-site swimming (3 times per week), sports, outdoor games, arts and crafts, digital arts, game room, and dancing. Campers enjoy special programs and events throughout the summer, including STEAM, Brain Gain, inflatable water slides, petting zoo and Camp Olympics, as well as trips (Playland, SplashDown, adventure ropes course and more). The camp includes refreshments and lunch. Early care and late care are available.

Aquatic Program

Water safety is critical for ALL children. Each year in the US, the No. 1 cause of accidental death for children under the age of 4 is drowning. BGCNW teaches over 1,000 children a year. Since the Club opened its doors in 1939, our Learn-to-Swim program has taught more than 65,000 local children how to swim and be safe in the water.

Marlins Swim Team

We offer a year-round swim program for athletes of various ages and ability levels. Through a developmentally appropriate program progression, and a commitment to athlete education, our professional staff offers an elite youth sports experience to all of our athletes. We aspire to provide our athletes with the tools needed to pursue their individual goals in life and the sport of swimming. The Marlins Swim Team has been BGCA National Champions for 23 consecutive years, are ranked in the Top 100 in the nation, and have earned the USA Swimming Bronze Medal Club designation.

"I am a Hispanic mother of three children who entered the program and could not swim. They started in June 2021 and they have learned a lot. I know that they still have more to learn, but I am very grateful to each teacher for their work, love and patience. Thank you for these programs that are of great help and blessing to many families."

Brenda Mejia Morales - Club Parent

351 Main Street Mount
Kisco, NY 10549



www.bgcnw.com
914-666-8069