



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS IS WHY

A VISION FOR THE FUTURE

CAPITAL DISTRICT YMCA
2011 Annual Report



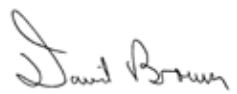
A VISION FOR THE FUTURE

At the Capital District YMCA, we're about strengthening community through our efforts involving youth development, healthy living, and social responsibility.

To help us manage our performance, and communicate our priorities, agenda, and case for philanthropic support from donors and partners, we've developed a strategic plan, outlined here.

Our plan recognizes the accomplishments and efforts of the thousands of dedicated volunteers and individuals who are part of our organization.

We encourage you to support our efforts, knowing that our greatest strength comes when we work together toward the common goal of helping others.



J. David Brown
President & CEO
Capital District YMCA



Paula Stopera
Chairwoman, Board of Directors
Capital District YMCA



Association Goals

Guided by our mission to help those in every community we serve, the Capital District YMCA has defined these goals:

1. Position the Y as the region's *premier charitable organization* focused on strengthening community.
2. Develop the Y as the region's *charity of choice*.
3. Become the region's destination for diverse, inclusive, high-quality staff, volunteers and major donors who passionately support our mission, vision and guiding principles.
4. Develop and meet *best practices* with all programs that address the needs of teens, families and seniors.
5. Promote the *Activate America* program as supporting healthy lifestyles and creating healthy communities.
6. Strengthen our presence in under-served communities through capital investments and expanded services.

Join. Give. Volunteer. Advocate.

FOR YOUTH DEVELOPMENT

We nurture the potential in every child.

The values and skills learned early on are vital building blocks for life. Because of the Y, more young people in Capital District neighborhoods are interested in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, explore their unique talents and interests, and are given the opportunity to realize their potential. This makes for confident kids today, and contributing and engaged adults tomorrow.



BEYOND THE BRANCH

With so many demands on today's families, parents need all the support they can get. That's why childcare at the Y is about more than looking after kids. It's about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and build self-reliance through the Y values of caring, honesty, respect and responsibility.

- Our Y is the number one provider of childcare in the Capital District, with 2,432 children in daily care.



Our Childcare Locations

Early Childcare Programs

Hannaford Early Childhood Center (Albany YMCA)
KidzLodge at Southern Saratoga YMCA
Thelma P. Lally Learning Center (Scotia)

School-Age Childcare Programs

Albany City School District
Arbor Hill Elementary
Brighter Choice Charter
Delaware Community Elementary
Eagle Point Elementary
Giffen Memorial Elementary
North Albany Academy
Philip J. Schuyler Achievement Academy
Pine Hills Elementary
New Scotland Elementary
Sheridan Preparatory Academy
Thomas O'Brien Academy of Science & Technology
Albany YMCA

Berne Knox Westerlo School District

Bethlehem School District
Bethlehem YMCA

Burnt Hills-Ballston Lake
Greater Glenville YMCA
Charlton Heights Elementary
Pashley Elementary
Stevens Elementary

Coxsackie-Athens School District
Coxsackie Elementary
EJ Arthur Elementary

East Greenbush School District
Greenbush YMCA

Green Island Union Free School District
Heatly Elementary

Guilderland Central Schools
Guilderland YMCA
Guilderland Elementary
Lynnwood Elementary
Pinebush Elementary
Westmere Elementary

Lansingburgh Central Schools
Turnpike Elementary

Menands Union Free School

Mohonasen Central Schools
Bradt Elementary

North Colonie K-Care

Schalmont School District
Jefferson Elementary

Schenectady City School District
Elmer Elementary
Central Park K-8 Magnet
Fulton Elementary
Paige Elementary
Woodlawn Elementary
Zoller Elementary

Scotia-Glenville School District
Glendaal Elementary
Glen Wordan Elementary
Lincoln Elementary
Sacandaga Elementary

Rensselaer School District
Van Rensselaer Elementary

Shenendehowa Central Schools
Arongen-Skatekon Elementary
Chango Elementary
KidzLodge
Okte Elementary
Orenda Elementary
Skano Elementary
Southern Saratoga YMCA

Enlarged City School District of Troy
School 12, 14, 16, and 18

Wynantskill School District
Gardner Dickinson Elementary

FOR HEALTHY LIVING

We work to help improve the health and well-being of our members.

Being healthy involves more than being physically active. It's about maintaining a balanced spirit, mind and body. The Y is a place where you can work toward that balance by challenging yourself to learn a new skill or hobby, by fostering connections with friends through lifelong learning programs and by bringing your loved ones closer together through our family-centered activities.

- Our Y is one of just 15 in the country to pilot the African American Hispanic and Latino Collaboration.
- Our Y is one of just 10 in New York State to pilot the Diabetes Prevention Program.

IT'S A GROUP THING

Leading a healthy lifestyle can be fun and inspiring.

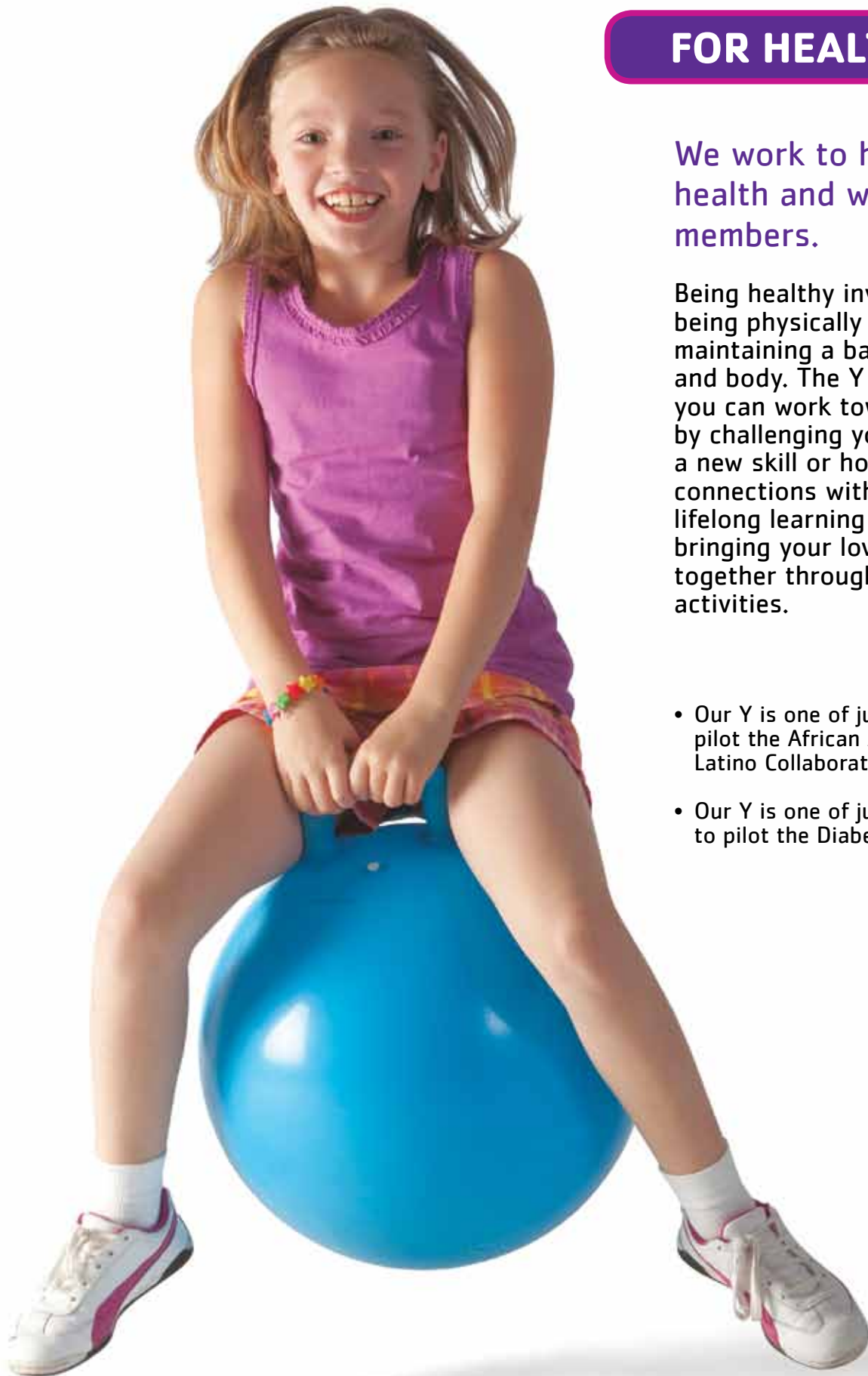
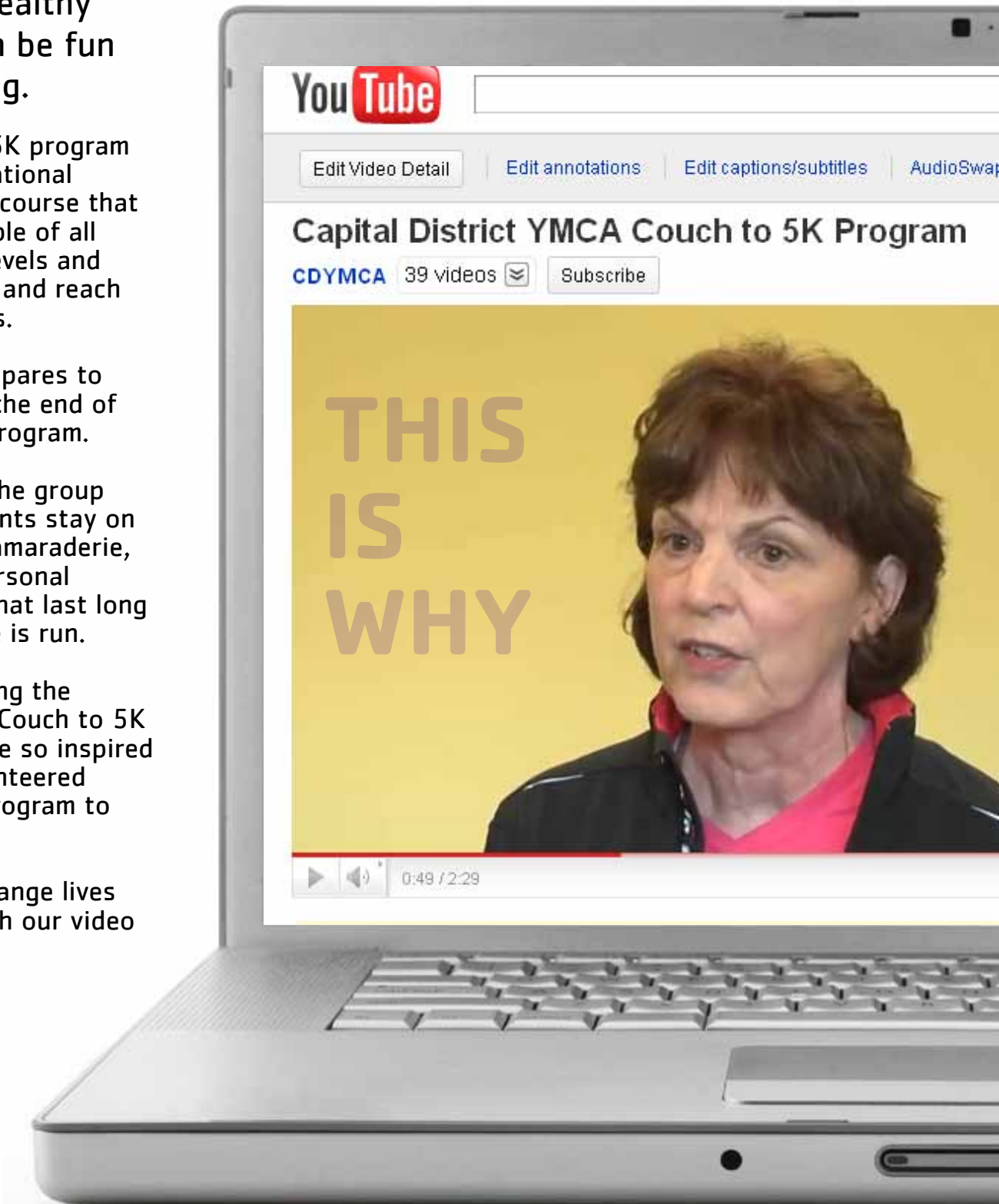
Our Couch to 5K program is a transformational group training course that motivates people of all ages, fitness levels and abilities to set and reach their own goals.

Each group prepares to finish a 5K at the end of the 10-week program.

Being part of the group helps participants stay on track, offers camaraderie, and fosters personal relationships that last long after each race is run.

Upon completing the program, past Couch to 5K participants are so inspired they have volunteered to teach the program to others.

See how we change lives for good. Watch our video on YouTube.

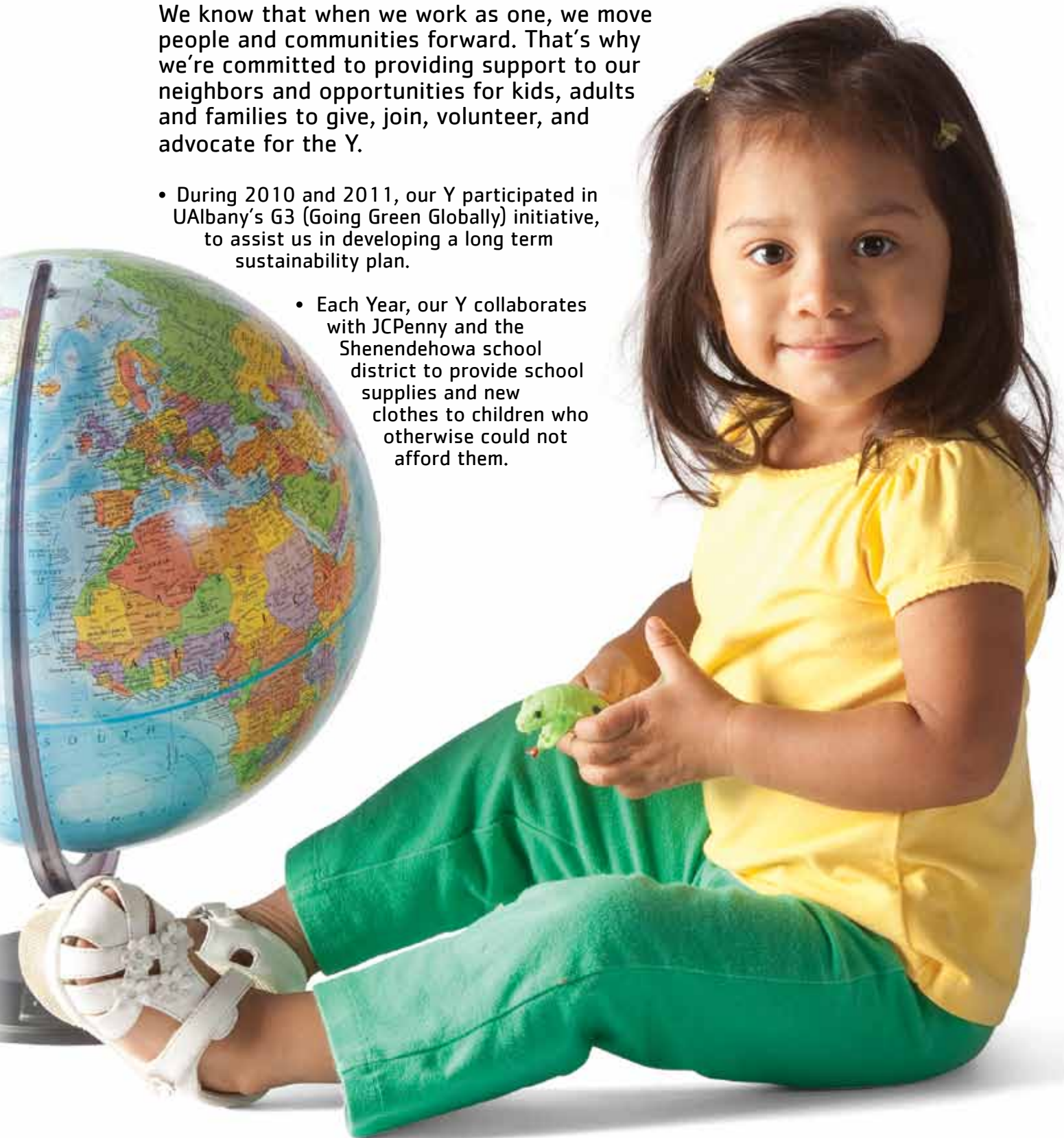


FOR SOCIAL RESPONSIBILITY

We give back to our community by actively supporting our neighbors.

We know that when we work as one, we move people and communities forward. That's why we're committed to providing support to our neighbors and opportunities for kids, adults and families to give, join, volunteer, and advocate for the Y.

- During 2010 and 2011, our Y participated in UAlbany's G3 (Going Green Globally) initiative, to assist us in developing a long term sustainability plan.
- Each Year, our Y collaborates with JCPenny and the Shenendehowa school district to provide school supplies and new clothes to children who otherwise could not afford them.



WORKING TOGETHER FOR A COMMON GOOD

The Capital District YMCA is one of 15 Y's in the country to pilot the African American Hispanic and Latino Collaborative (AAHL).

The AAHL Collaborative is a national initiative formed in response to studies indicating that these populations have a higher rate of chronic disease and mortality.

The goal of the Collaborative is to better engage African Americans, Hispanics, and Latinos within our communities regarding healthy living.

With the help of focus groups, surveys and most importantly, interviews with community residents and leaders, we're making progress. Together, we're breaking down the barriers that prevent people from giving the Y a chance to make a difference in their lives.

Our work has also helped us to think differently about how we recruit volunteers, market our programs, create partnerships and operate as a community organization.

This collaboration helps us better serve our community, and offer everyone the chance to live a healthier life.

THIS IS WHY



CONNECT ONLINE AT

www.CDYMCA.org



STRENGTHENING COMMUNITY ONE PIECE AT A TIME

the
YMCA

Thanks to the dedicated efforts of our volunteers and staff, our Reach Out For Youth scholarship program changes lives for good, every day.

2010 BY THE NUMBERS

635

Kids sent to camp.

842

Children taught to swim.

1,049

Kids received childcare services.

46,378

Children, families and individuals helped.

OUR FINANCIAL PICTURE

Combined Statements of Activities for Years Ending March 31, 2011 and March 31, 2010. Year 2010 is condensed from Audited Financial Statement. Year 2011 is unaudited.



Public Support & Revenue

Contributions and Fundraising		
Membership Dues		
Program Services		
Residence Income		
Rentals		
Grants		
Senior Housing		
Other		
Total Revenue		

March 31, 2011

\$2,775,680
\$14,132,338
\$13,196,111
\$1,658,644
\$504,379
\$2,317,569
\$214,007
\$623,835
\$35,422,563

March 31, 2010

\$2,641,308
\$14,105,027
\$13,091,013
\$1,602,827
\$442,304
\$1,106,433
\$207,738
\$1,296,808
\$34,493,458

Expenses

Program Services		
Supporting Services and Other		
Total Expenses		

\$30,454,952
\$3,919,991
\$34,374,943

\$29,231,127
\$5,497,187
\$34,728,314

Change in Unrestricted Net Assets
Before Change in Fair Value of
Cash Flow Hedge

\$1,047,620

\$(234,856)

Change in Fair Value of Cash Flow Hedge
Related to Swap Agreements

\$81,036

\$902,527

Change in Unrestricted Net Assets

\$1,128,656

\$667,671

Increase (Decrease) in Temporarily
Restricted Net Assets

\$(50,485)

\$(351,371)

Change in Net Assets

\$1,078,171

\$316,300

Net Assets at End of Year

\$21,559,868

\$20,481,697



HONORING COMMUNITY EXCELLENCE

The Capital District YMCA President's Award is presented to our mission champions.

Recipients are honored for the outstanding service, dedication, commitment and contributions they have provided to the Capital District YMCA and their community. Recipients for 2011 were honored at an Awards Dinner on April 26. The event was sponsored by CL King & Associates.

2011 President's Award Honorees

Christopher Edwards
 Mary Grondahl
 Steven Hart, P.E.
 George R. Hearst III
 Linda L. Moffett
 Denise Padula
 Dr. L. Oliver Robinson
 Lynn M. Siebert
 Congressman Paul D. Tonko

COMMUNITY BRINGS US TOGETHER

Thanks to the efforts of a strong and dedicated community, the Capital District YMCA is able to deliver our mission to build a healthy spirit, mind and body for all.

\$25,000 and Above

Hannaford Supermarkets
 CAP COM Federal Credit Union
 City of Albany/CDBG
 City of Schenectady/CDBG
 DASNY Grant — Former Assemblyman Paul D. Tonko
 Christopher Edwards
 Empire Merchants North
 General Electric
 Hudson River Bank & Trust Co. Foundation
 Shannon Wu and Joseph Kahn
 Peckham Family Foundation
 Price Chopper/Golub Foundation
 Schenectady Foundation
 Skliba Tree Farm
 Smith Park of New York, Inc.
 Star Trac Fitness
 Tip Top Furniture
 Troy Savings Bank Foundation
 Wright Family Foundation

\$24,999 – \$10,000

Albany Housing Authority
 Albany Marriott
 Awards by Walsh
 Bank of America
 Catalano, Leifer and Bruno, DDS
 Willie M. Deane III Foundation
 The Desmond Hotel
 GE Global Research
 Greene International Golf Association
 GWU The Center
 Imbrogno Family
 KeyBank Foundation
 Bill and Gloria Lawrence
 NBT Bank
 Subway Development of Albany
 Old Brick
 John Page, Sr. & Barbara Page Memorial Fund
 Panera Bread
 The Center City Committee, Inc.
 Stewart's Foundation
 Stewart's Shops
 Times Union
 Town Of Halfmoon
 Troy After School
 Verizon
 Leonard & Wendy Warren
 Y Higher Ed Service Project

\$9,999 – \$5,000

Albany Police Athletic League
 Albany Police
 Timothy & Elizabeth Albright
 architecture+
 Heather Bagshaw
 BBL Construction Services LLC
 Big Brothers Big Sisters of the Capital Region
 Paul Callahan
 CDPHP
 YMCA Camp Chingachgook Alumni Association
 WGY Make A Wish
 Phil Barrett
 Light & Power Communications
 Marvin and Company PC
 Envision Architects PC
 Fenimore Asset Management/FAM Funds
 Forth Sport Floors, Inc.
 Glenville Rotary
 Greene County Industrial Development Agency
 Michael Grosso Sr.
 Sherley and Roger Hannay
 Hill & Markes
 HMA Contracting Corp.
 HMS Agency
 JCPenney Associates
 Charles Knauss
 Lafarge
 M.M. Hayes and Company
 Massry Realty Partners
 Mastroianni Bros. Bakery
 Kelly and Megan Maxwell
 Frederick McDonald Trust
 Trudy and Dave Merchant
 New York State AFL CLO
 NYS Commission For The Blind
 Wildwaters Outdoor Center
 Pepsi-Co Healthy Living
 Quandt's Food Service
 R.E.A.D. Program
 Michael Rausch
 RedKap Sales Inc.
 Rose & Kiernan
 Russell Van Brocklen Photography
 Siena College
 Smith & Jones
 Thunderhart Golf, Inc.
 Tri-City Rentals
 YMCA of the USA
 Susan Zeigler

\$4,999 – \$2,500

Adventure Princesses of the YMCA
 Albany Running Exchange
 The Alchar Printing Group
 Brookside Nursery
 David Brown
 Chris and Kristen Cherry
 Clifton Park Rental
 Clinical Services
 Conifer Park
 Charles Conine
 Cocksackie Bike and Sport Shop
 CS Arch
 Francis A. and Marie A. De Francesco
 Domino's Pizza
 Empire Education Corporation
 Lou and Mary Falk
 Andrew Feinman
 Fish 307.Com
 Dave and Brendia Falk
 Frank & Sons Body Works
 Franklin Community Center/ Saratoga Springs Rotary
 NYS YMCA Funds Inc.
 Galesi Group
 Juan George
 Richard Gilder
 Goode Volleyball L.L.C.
 Michael Hamel
 Harold & Kerry Ann Williams
 Heatly School
 The Home Depot Supply
 Jack and Connie Hume
 Janitronics Inc.
 Kline Van & Specialty Rentals
 M&T Charitable Foundation
 The McCarthy Charities, Inc.
 Mildred Elley & Austin's Beauty School
 Momentive Performance Materials
 North Country Engineering
 Poppy Quattlebaum
 Rensselaer County I.D.A.
 Saratoga County Mental Health Center
 Schenectady City School District
 Randy Bowers Memorial Synchronized Swimming Fund
 Security Plumbing & Heating Supply
 Frank Slingerland
 Stuyvesant Plaza, Inc.
 Virginia Touhey
 Karen and Stephen Toy
 United Way of the Greater Capital Region
 Women's Council of Realtors

\$2,499 – \$1,000

ABS Solutions, LLC
Adirondack Beverages
Advantage Sport & Fitness
Albany Affiliate Black Child Development
Albany District Links
Robert Albern
Al and Rosemary Aldi
AllianceBernstein L.P.
Anchor Agency Inc.
Sandra Antrim
AXA Advisors/Joe Turo, CPA
AXA Foundation
Patrick Barrington
Elizabeth Bassett
Bechtel Marine Propulsion
Larry and Denise Becker
Jeremy Bogan
Alan and Samantha Boulant
Charlotte Buchanan
Bunk1.com
Bunzl
Leo Burke
CL King/Paradigm Investment
Capital Bank and Trust Co.
Jean Cardany
William & Jennifer Carraher
Thomas and Michelle Carroll
James Celestine
Charles C. Freihofer Advised Fund
Robert Chodkowski
Citizens Bank
City of Albany Summer Youth
Employment Program
Clardon Swim Service
WellCare
William & Judith Conine
CW Construction
Jerry Coury
Coxsackie-Athens Teachers Association
Douglas Davis
Garret and Jennifer DeRose
TJ Dwyer
Alexis Eakin
Christian Engle
Fort William Henry Resort &
Conference Center
Betty Foster
Architectural Glass & Mirror
Dale and Kirk Gleason
Wallace Graham
Greater Glenville Family YMCA
Board of Advisors
Paul Grondahl
Guilderland YMCA Board of Advisors
The Nan Guterman Foundation
Hacker & Murphy, LLP
In Memory of Helen M. Harder
Robert and Nancy Harding
Harris Bay Yacht Club
Harris Beach
Steve Hart
Heart Land Realty
Karen Hennes

Mary Lee Herbster
Melinda Hicks
Kevin Hill
Sheila and Jim Hillcoss
Don and Sharon Hillman
Averell Hilton
Hilton Garden Inn
Hudson Falls Rotary Club
Hudson Valley Community College
Valerie Hughes
Robert Hurley
In Memory of Ellen B. Robison
Richard Inzerillo
Jaeger & Flynn Assoc., Inc.
Jeff PMR Therapy Products
Jersen Industries, Inc.
Mattraw - Johnston Family
Jennifer Jones
Just Picture It
James Kavanaugh
Kimberly Clark Corp.
Kinney Management Services
KLC Property Enhancement, LLC
Knowledge Builders Inc.
Michael Korzyk
KPMG LLP
Lake George Rotary Club
Lakeside Cider Mill Farm
Hon. and Mrs. Daniel K. Lalor
Jeffrey Levy
Mackey Electric Inc.
Majestic Pools & Spas
Majorie Kenny Fund
Manhattan Bagel
Suzanne and Gary March
Sue & Mike Marshall
Maynard, O'Connor, Smith & Catalinotto
Angelo Mazzone
William McCarthy
Jackie McDonough
Merrill Lynch
Dr. Thomas Miller
Catherine & Michael Mogul
Mr. and Mrs. Donald Moon
Margaret Moree
James Murray
Next Generation Vending & Food Services
Betty and John Nickles
Nigro Companies
NYBDC Charitable Foundation
Tim & Kathleen Owens
Pactiv
Phoenix Life Insurance Co
Peter Pink
Pitney Bowes
J.T. Pollard
Pompa Bros. Inc.
Donna Pravel
Prudential Manor Homes
Margaret Quigley
Ron and Jen Rausch
Jennifer Ricketts
James Riley
George and Mary Roff
Paige and Melissa Ronin

Rosemont Financial Group/Derek Martin
& Chris Gilbert
Rotary Club of Burnt Hills-Ballston Lake
Moyhalia and Otto Grossi and Irene
and Joseph Rotello
Rueckert Advertising
S&S Worldwide
S.C.O.P.E
The Sage Colleges
The College of Saint Rose
Chris & Beryl Schmid
Alice Schrade
Ellen Schuler
Sculpins Synchronized Swim Team
Second Reformed Church
SEFCU
Laura and John Shauger
Carl Shilling
Bill Sidford
James Sidford
Donald Slingerland
Robert Sloan
Donald and Linda Smith
Robert Sneeringer
Southern Saratoga YMCA Board of Advisors
State Employee Federated Appeal
Nick Sturgis
Mary Sweeney
Mark Shipley & Sara Tack
Thorn, Gershon, Tymann and Bonanni, LLP
Tobin and Dempf, LLP
TRANE
Troy Sand & Gravel Co.
Sabina & Eliot Tyler
University at Albany Athletic
Department
Joe and Cindy Vitale
Walmart Stores, Inc.
Wells Fargo Advisors, LLC
Wilson Elser/BST
WVCR-FM 88.3
Patricia and John Wynne
Yankee Boating Center
Yorkshire Management
Joe & Nancy Ziegler

\$999 – \$500

A E Rosen Electrical Co.
Orville Abrahams
Albany College of Pharmacy and
Health Sciences
Heather and James Alandre
Aramark Uniform Services
Douglas Baldrey
HSBC Bank
Richard Barlow
Lexi Becker
Benetech, Inc.
Berkshire Bank
Best Buy
Mary Bintz
Ahna and Peter Bogoy
Tammy and Michael Bolduc
Bombers Burrito Bar

Michael Bowker
David Brickner
Michael Brockbank
Robert Bronk
Brown Coach Inc.
Maria Brown
Jeff Buell
Tom Burke
Burns Management
Robert Francis Butler Jr.
Cannon, Heyman and Weiss, LLP
Capital District Pediatric Dentistry
Dierdre Carr
Peter Cartwright
Anita Cenci
Alison Chase
Christian Emphasis
Christopher Dailey Foundation
Patrick Ciraulo
CL King & Associates
Clipper Magazine
Sharon Cohen
Kenneth Colloton
Rob Coolidge
Leslie Copleston
County Waste and Recycling
Services, Inc.
Christopher Culnan
Rob Curley
Renee Dake Wilson
Gary & Karen Dake
John Dake
Laura Dake-Roche
Robert Davis
Anthony, Faith, Isabella and
Hunter DelVecchio
Dr. Hugo De Martino
Fred Deneferio
DiGesare Mechanical Inc.
Beth Doris
In Honor of Aaron Cantor
Warren Durling
A. Joshua Ehrlich
EmbroidME
Wyman Emery
Michael Esposito
Fagan Associates Inc.
Dennis Fagan
Robert Feldman
Finch Paper, LLC
Fiorello H. LaGuardia Community College
First Niagara Bank
Louise Flynn
The Foley Family
Dr. Jockular Ford
John and Wendy Fox
Anthony Frank
Yale and Mary Jane Frank
Fun 101
Dr. Michael Gardner
Bernard Geizer
Mary Gillies
Glenville Police
Allan Goldsmith
Goldstein Subaru

Greene County Girls Basketball
Susan Gruskin
Theron and Lisa Gunderman
Halfmoon Sandwich and Salad Shoppe
April Hall
Haney's Auto Shop
Richard Hartt
John Hawn
John Hayden
Leonard Herman
Chris Horne
Ryan and Lisa Hynes
Imprinted Products, Inc
J.E. Hoenig and Son LLC
Jake Towing
John J. Nigro
Suzanne Aiardo
Just 4 Fun
Jawanza Keita
Bonnie Keller
Edward & Beverly Kerr
Kristen Kerr
Shane and Christina King
Kiwanis Club of Sand Lake NY, Inc.
William & Nina Knaust
Kevin Kraus
Connor L. France Memorial Foundation
Carol LaFleur
Lake George RV Park
Lavelle & Finn, LLP
Leland Paper Co. Inc.
Ed Lewi
Carol Lewick
David Lewis
Gregory Liberatore
Arnold Lifset
Kara Knickerbocker
The Children of Little Wonders
Nursery School
Brenda Livingston
Peter Luke
Lou Magliocca
Ted Mallin
Mark Maraglo
Cory Jones
Derek Martin
Daniel Maynard - TW Telecom
Randall Beach
James Clyne
Dianne Meckler
Paul Mendoza
Gary and Carol Metz
John Mitchell
Mohawk Trading Co.
Mockack Building Materials
Jack Moran
Adam Jameson & Tracy Murphy
Colleen D. Murray
Mary Naftzger
National Business Equipment and Supply
National Kidney Foundation of NENY
Tipu Nazeer
Maria Neal
Northeast Funding Services Inc.
Jim Nudelman

Ostertag Land Surveying, P.C.
Mike O'Toole
Denise Padula
William Palmer
Pilot Knob Association
Matthew Pinckney
Laurie Poltynski
Powmat Ltd.
Raymond C. Case Construction
Recovery Sports Grill
Jackie Reinhardt
Paul Renaud
John Riegert
Rosetti Associates
Christopher Rosetti
RV Direct Group Inc.
Arvin and Nancy Schoep
Scholastic Book Fairs
Schuyler Companies
Scotia Glenville Lions Club, Inc.
Seasons East Lawn Care
Raymond Seefeld
Mark Seibert
John Haggerty
SI Group
Lynn Siebert
Jay Smith
Sneeringer Monahan Provost Redgrave
Sodexo Management Service
Solid Surface Craftsman
Lorraine Sosnowski
Jordan Sprechman
Deborah Spurgas
Duncan Stewart
Paula Stopera
Superior Business Products Inc.
Surpass Chemical
The Rourke Family Fund
Jeff Thomas
Adelaide Thompson
Michael Tighe
Robert Totaro
Tru Green Lawncare
Trustco Bank
Tecoa Turner
Robert Ungerer
United Way Northeastern NY
Upstate Equipment Company
Mary vanHolsteyn
Vinnick Construction Co. Inc.
Judy Vopelak
William Wallace
Stephanie Walsh
Jeff Wanek
Washington County Head Start
Shawn Williams
The Windsor Companies
Nadia Winslow
Wolberg Electrical
Daniel Woodside
Ellen Wright
Armed Services YMCA of USA
Mary Kate Young

TOGETHER

We all do More.



Our Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR LOCATIONS

ADMINISTRATIVE OFFICE

465 New Karner Road, Albany, NY 12205
518.869.3500

ALBANY

616 North Pearl Street, Albany, NY 12204
518.463.9622

BETHLEHEM

900 Delaware Avenue, Delmar, NY 12054
518.439.4394

CAMP CHINGACHGOOK

1872 Pilot Knob Road, Kattskill Bay, NY 12844
518.656.9462

EMPIRE STATE PLAZA

Rm 140, Concourse Level, Albany, NY 12240
518.465.7992

GLENVILLE

127 Droms Road, Glenville, NY 12302
518.399.8118

GREENBUSH

20 Community Way, East Greenbush, NY 12061
518.477.2570

GREENE COUNTY

370 Mansion Street, West Coxsackie, NY 12192
518.731.7529

GUILDERLAND

250 Winding Brook Drive, Guilderland, NY 12084
518.456.3634

MONT PLEASANT COMMONS

Senior Apartments
1502 Chrisler Avenue, Schenectady, NY 12303
518.382.1848

SCHENECTADY

433 State Street, Schenectady, NY 12305
518.881.0117

SCHENECTADY RESIDENCE

13 State Street, Schenectady, NY 12305
518.374.9136

SOUTHERN SARATOGA

1 Wall Street, Clifton Park, NY 12065
518.371.2139

TROY

2500 21st Street, Troy, NY 12180
518.272.5900

TURCHI FAMILY CENTER

500 Balltown Road, Niskayuna, NY 12309
518.395.9750

CDYMCA.ORG