

Faces of the YMCA

“My closest and longest friends are all from the YMCA.”

Jim Dundas

Jim Dundas has been a member of the YMCA for over 45 years. He and a few of his friends joined the YMCA to work out. Jim would say that he has met a lot of really nice people at the Y and that is why he keeps coming back.

45 years later Jim is still a very active member at the YMCA. Jim works out at the YMCA six days a week. He enjoys doing weights and cardio workouts and then has coffee with his long-time friends. Jim enjoys socializing with people and exercising, “It’s just a great place as far as I am concerned. I just like coming here.”

Jim is not only a member of the YMCA, he is also a volunteer and a donor. After Jim retired, his volunteer work began when he was asked to join the philanthropy working group over 15 years ago. Jim was involved with the capital campaign and the Strong Kids annual support campaign, raising money to give kids the opportunity to participate in membership programs, leadership programs and camp. Jim was recognized for his work at the YMCA and was awarded the William Galloway Spirit of Giving Award, of which he is very proud.

Jim’s wife Jane started coming to the YMCA to work out after her retirement. They enjoy coming to the YMCA together; it’s a big part of their life.

Jim believes the YMCA is more than a gym. “The Y has so much to offer the community and I love to tell people about it.”