



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A BETTER US

2016 ANNUAL REPORT

YMCA OF METROPOLITAN WASHINGTON





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A LETTER FROM THE CHAIRMAN & CEO



DEAR FRIENDS,

It gives us great pleasure to present the 2016 YMCA of Metropolitan Washington Annual Report, **The Y. For a Better Us.**

In 2016, the Y continued to provide programs and services designed to further our mission of community service. This report will reflect upon and celebrate our achievements in the areas of Youth Development, Healthy Living and Social Responsibility. We have made great strides in broadening our reach and impact in the communities we serve, but that work cannot be done alone. Only with the support of Y staff, volunteers, donors, and community leaders, working together like a perfect mix of ingredients, is it possible for us to carry out our mission every day. And, through that mission, we are able to transform the lives of the children and families we support.

We are proud of our work to improve the lives of both children and adults who look to us for help, and our initiatives to create better individuals, better families, and through them, a stronger community. **The Y. For a Better Us** campaign touched more than 250,000 lives with programs that prevent hunger, teach about healthy nutrition, diabetes prevention, and wellness.

The campaign would not have been so effective without being bolstered by generous donations from organizations and individuals alike. Last year, the majority of the financial assistance was awarded to single parent households, and to those who could not afford childcare or summer camp. With the strength of our volunteers and donors, **16,915 children and adults** were also able to participate in life-enriching programs and services, while **nearly 4,000 families learned about healthy cooking and nutrition education.**

The summer is a time when the Y makes a tremendous positive impact, reaching more than 22,000 children with day and overnight camp. Donor support helped to make camp a dream come true for children who would have otherwise been unable to participate.

In addition, the Y's summer camp helps to close the academic achievement gap by keeping its participants' minds active, giving them the recipe for success in the coming school year.

We also **provided over 41,000 group exercise experiences**, which supported healthy living, building strong communities, and creating lifelong friendships.

We saw many lives changed for the better. As we work to combat chronic disease, strengthen cancer survivors and engage older adults, we are building strength in spirit, mind, and body within all facets of the diverse communities we serve.

Capturing the full scope of the work, energy, and excitement of the Y is no easy task. However, this annual report will chronicle some of the accomplishments of the past year, and spotlight a few of the people whose lives were changed for the better by their relationship with the Y.

We constantly strive to expand our horizons and discover new and better ways to meet the changing and growing needs of our community.

As we look to the future, we will continue our commitment to develop innovative new programs, improve and refine those we already offer, and collaborate with others to do it all more efficiently. Thank you for your continued support of the Y, and for making great things possible as we continue to strengthen the foundations of community, one person at a time.



Angie Reese-Hawkins
President & CEO



Keith Smith
Chair, Board of Directors

A person with long hair, seen from behind, is walking away on a dirt path. They are wearing a dark t-shirt with the words 'ROLE MODEL' printed on the back and a graphic of two hands. The background is a blurred natural setting with trees. The entire image has a blue color overlay.

**IT ISN'T WHAT
WE SAY OR THINK
THAT DEFINES US,
BUT WHAT WE DO.**

-JANE AUSTEN



YOUTH DEVELOPMENT

The Y's Youth Development programs foster a sense of belonging, inclusiveness and connection from birth through teenage years. The Y delivers an experience that shapes young minds to be independent thinkers, creative, and independently and civically responsible adults. It also shows them, in a reflection of the Y's core principle of community, to appreciate people different from themselves. Throughout its history, the Y has been a safe haven for countless numbers of children, giving them a safe environment to grow up in.

EVERY CHILD DESERVES TO REACH THEIR FULLEST POTENTIAL



22,229

children explored new interests, discovered new passions and learned core values in our day camps.



1,671

children created priceless summer memories at day and resident camp.

3,555

children, ranging from 6 weeks to 15 years old, were enrolled in our evidence-based child enrichment programs.

4,205

children explored the fields of science and technology and learned the importance of protecting the environment at our YMCA Thingamajig Invention Convention.

There were 441 inventions.



290

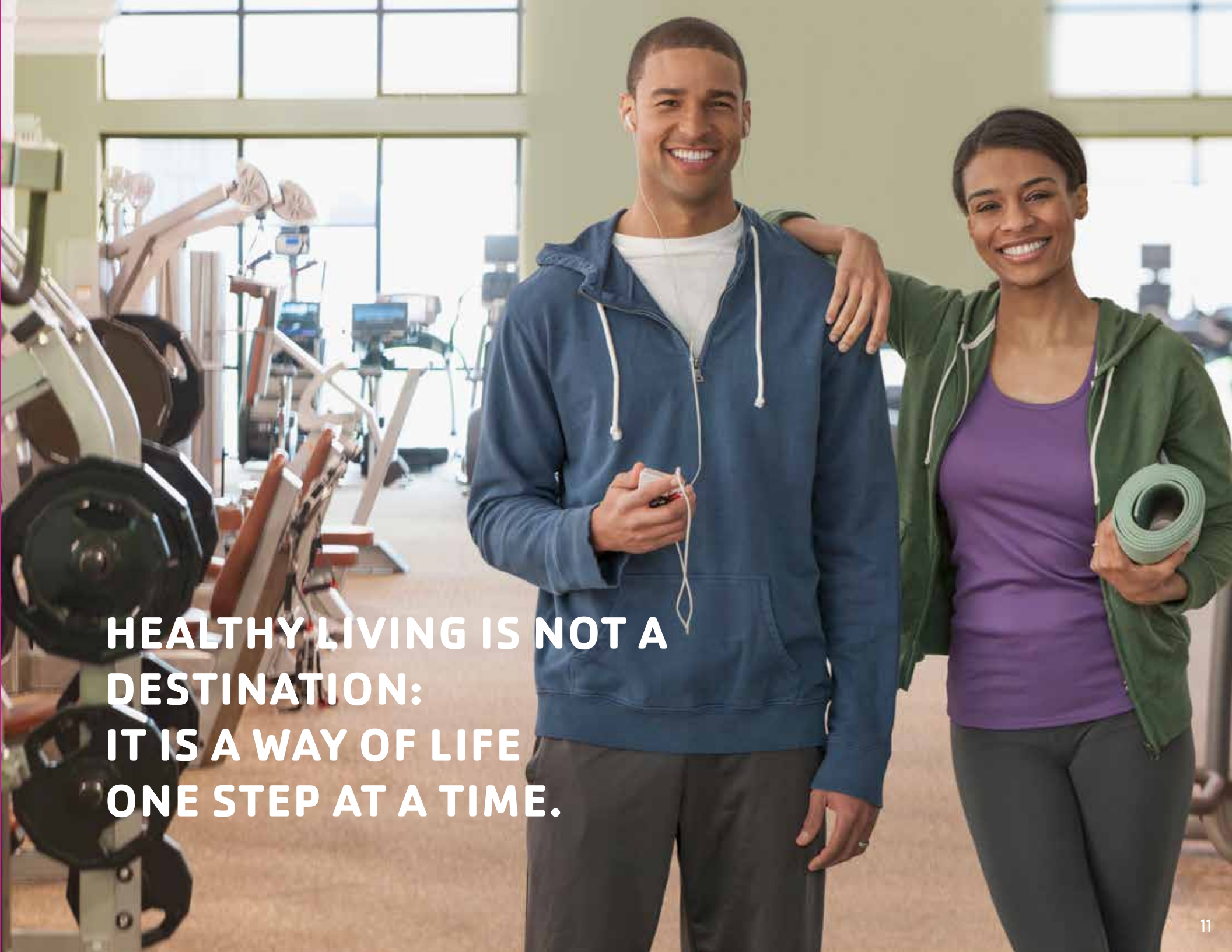
teenagers learned how to make positive change in their community through civic engagement and became leaders in the YMCA Washington, D.C. Youth & Government program.



HEALTHY LIVING

The Y creates opportunities for both young and older adults to create a healthier lifestyle. The Y's Healthy Living programs help transform lives by fighting hunger, diabetes and by fostering collaborations to help combat America's health crisis.

Healthy lifestyles are difficult to maintain without a supportive environment. Many schools have reduced the number of hours for physical education. Fast food restaurants often out number produce stands. Road construction does not support pedestrians and cyclists. The consequences of these changes are visible: more Americans are obese and at risk for chronic disease than ever before. The Y equips communities with the needed tools to start working towards reversing this trend.



**HEALTHY LIVING IS NOT A
DESTINATION:
IT IS A WAY OF LIFE
ONE STEP AT A TIME.**



250,000

men, women and children in the Washington metropolitan area participated in life-enriching programs and services in Youth Development, Healthy Living and Social Responsibility.

3,538

individuals got active through a YMCA sports league or program.

The Y provided over
300,000

meals for

5,126

children across the Washington metropolitan area

(while **3,159** learned how to prepare healthy meals on a budget.)

61,327

children, adults, and seniors pursued a healthy lifestyle in our eight local wellness centers.

22,623

children, teens, adults, and seniors participated in programs and classes at the Y that helped them build strong spirits, minds, and bodies.

16,270

adults and children participated in aquatics classes or camp at the Y.



The Y offered a new YMCA Diabetes Prevention program class at YMCA Silver Spring, and plans to launch additional programs in the District, Prince George's County, Takoma Park, and Prince William County by the end of 2017.

300 Y leaders took an association-wide pledge with the American Heart Association to ensure a healthier food environment across all branches and program centers.

41,200

group exercise experiences were provided, which supported healthy living, building strong internal communities, and creating lifelong friendships.

1,757 youth and their families participated in our 2016 Healthy Kids Day. We also added a new community service component at each Y that included food drives, donating prom dresses, and sending letters to service men and women.



The Y provided culinary education for more than **3,000** children, **800** adults, and **140** seniors.

37,985 children participated in our nationally renowned youth wellness program, PHD (Physical, Healthy, and Driven). PHD combats childhood obesity and inactivity using assessment, exercise, nutrition, education, and family involvement.

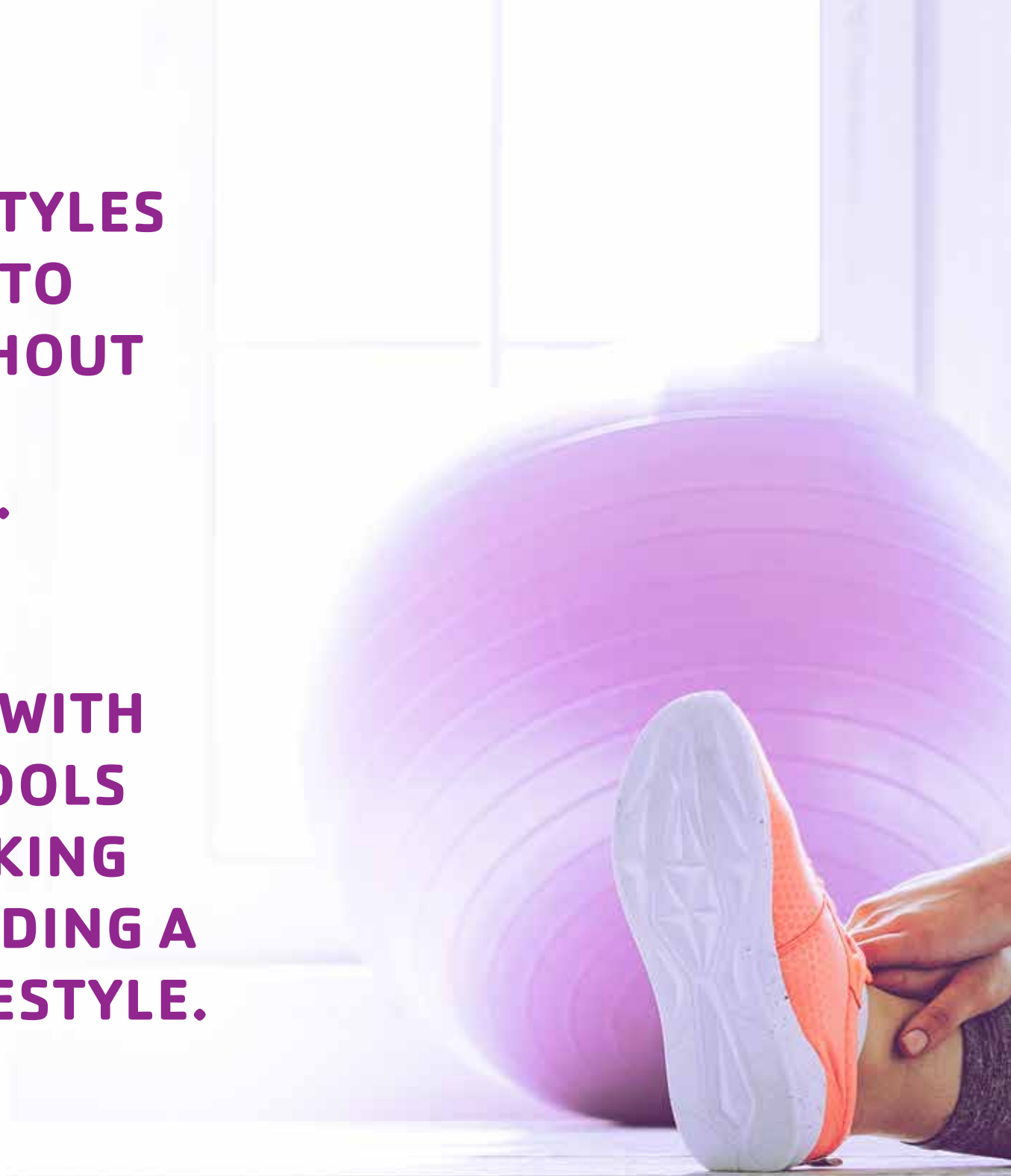


5,815

seniors participated in our Fit & Well Seniors program, which was created in 2010 to meet the unique needs of our senior population at no cost.

**HEALTHY LIFESTYLES
ARE DIFFICULT TO
MAINTAIN WITHOUT
A SUPPORTIVE
ENVIRONMENT.**

**THE Y EQUIPS
COMMUNITIES WITH
THE NEEDED TOOLS
TO START WORKING
TOWARDS BUILDING A
HEALTHIER LIFESTYLE.**







SOCIAL RESPONSIBILITY

We know that when we work together, we move individuals, families and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in, and work for, positive social change.

TOGETHER WE MAKE A DIFFERENCE

\$2,337,550.92

\$2,337,550.92 was provided in scholarships and subsidies to local children and families who turned to the Y for help.

16,915

16,915 children and adults were able to participate in life-enriching programs and services they otherwise could not afford. This participation was made possible because of our scholarship program.

\$889,410.95

\$899,410.95 was provided in scholarships to local families, to help cover the cost of curriculum-based childcare at the Y.

3,200

3,200 adults and children were served by the YMCA's social services branch, YMCA Youth and Family Services (YFS). YFS services include counseling, mentoring, and early intervention for some of our regions neediest families. All services are offered free of charge.

\$690,277.81

1,525 individuals and families received \$690,277.81 in membership scholarships, affording them the opportunity to achieve a healthy lifestyle.

\$743,335.28

5,151 children received \$743,335.28 in scholarships, allowing them to have priceless summer fun, experience personal growth and create lasting memories at our resident camp and day camps.

43.75%

43.75% of the resident campers at YMCA Camp Letts received scholarships to help cover the cost of camp.



COMMUNITY IMPACT

OUR MISSION IN ACTION

With 60,034 members, 2,836 volunteers and numerous partners throughout the community, we are able to make great things happen at the YMCA of Metropolitan Washington.

Youth Development, Healthy Living, and Social Responsibility.



**WHEN WE WORK
TOGETHER TO INVEST
IN OUR KIDS, HEALTH
AND NEIGHBORS,
WONDERFUL
THINGS HAPPEN IN
AND AROUND OUR
COMMUNITY.**



2016 BUILDING A BETTER US

BY THE
NUMBERS

REVENUE

Revenue and Support	\$49,259,695 Total
Membership Dues	\$18,714,304
Program Fees	\$23,546,134
Grants	\$4,185,796
Contributions	\$2,145,062
Net Income Investment	\$653,538
Other	\$14,861
Gain on Sale of Property	\$22,996,608 Total

EXPENSES

Program Services	\$44,100,379 Total
Wellness Services	\$19,363,301
Youth Development	\$15,735,325
Community & Social Services	\$3,629,904
Day Camp Programs	\$2,984,393
Resident Camp Programs	\$2,223,345
Group Social Rehabilitation	\$164,111
Supporting Services	\$7,095,679 Total
Management & General	\$6,311,838
Fundraising	\$783,841

2016 CONSOLIDATED STATEMENT OF ACTIVITIES

Assets	\$85,756,140
Liabilities	\$39,335,694
Net Assets	\$46,420,446

OUR DONORS

HELPING TO BUILD A BETTER US

MAJOR DONORS / INDIVIDUALS

\$10,000-\$50,000

Allison Erdle

David Gang

J. Steven Justis

Michelle Eichhorn

Todd Yeatts

Y FRIENDS / INDIVIDUALS

\$500-\$9,999

Abby J. Raphael

Alex Inglese

Alexis Casby

Allison Jones

Amber Wilhelm

Andrew & Colleen Fisher

Andrew M. Gomer

Angie Reese-Hawkins

Anonymous (6)

Artis G. Hampshire-Cowan

Barbara Ott

Benjamin Stone

Benjamin Toler

Bernard A. Howard

Bill Roske

Bill Wakefield

Brian Nason

Brian J. Stephenson

Bruce D. Aft

Carol A. Hopper

Carol Rubino

Carolyn A. Samuel-King

Carson Henry

Charles Chester

Chris Owens

Christopher Doss

Connie Heller

Cotten Timberlake

Craig Kullmann

Cynthia E. Price

Dan R. Dixon

Daniel H. Newlon

Darrell L. Wilkins, Jr.

David & Naomi Balto

David & Regina DiLuigi

David McMunn

David Meldrum

David Steiner

Deborah Scesa

Diana Hunter

Donnie L. Bryant

Elizabeth Nason

Erik McClain

Erin Allen

Ethel W. Williams

Fitzroy Smith

France Pruitt

Hanif Hill

Harvey & Lucille Kinston

Heather Harris

Heather Wilson

Heymann Realty

Jake Park

James Politis

James Sandiford

James Watson

Jane K. Murrell
Janet Chiu
Janice M. Williams
Jay Daugherty
Jeffrey Slavin
Jimmy Johnson
Jo Annn Smith
John & Linda Derrick
John DeGout
John E. Strongman
John Lynham
John Sissala
John W. Garland
John White
Jonathan Kimball
Joseph & Kathy Mattos
Joseph N. Onek
Joyce Palmer
Juan Williams
Jud C. Sommer
Julia P. Clark
Julio Orellana
Karen Grau
Karen V. Robinson
Katelyn A. Davison
Katherine Gurtner
Kathryn R. Speakman
Keith H. Smith

Kevin Correll
Kiara Holloman
Kierstan Turner
Kim Bailey Middleton
Kim Martin
Kiska Williams
Kwesi Gill
Lamar Braithwaite
Lawrence N. Rosenblum
Leah Wallace
Leigh Taylor-Kron
Lesley S. Zork
Lisa Beaudoin
Lisa C. Lewis
Lynda M. Horvath
Lynn M. Volz
M. L. Sue Bartley
Major F. Riddick, Jr.
Malla Wedberg
Marc Wallace
Mareen D. Hughes
Mary Alice Ingles
Mary Jane Bolle
Maryle G. Ashley
Mel Labat
Michael F. O'Connell
Michael Jackson
Michael Repass

Michelle Hallerdin
Michelle Lauzon
Mike Haji
Moustapha Kone
Nancy Augustine
Nancy Cavanaugh
Neal P. Gillen
Neilsa Brooks
Nikhil Bijlani
Noah Simon
Norma Hutcheson
Pamela A. Curran
Peter & Rose Edwards
Phil Balducci
Rama Kapur
Reynard Eaglin
Richard Shropshire
Robert Bolle
Robert C. Schwartz
Robert P. Linn
Roderic Woodson
Rodney King
Ronald Sagall
Russell A. Hitt
Ruth E. Katz
Sara Mariska
Share Our Strength
Sherrill M. Houghton

Stacey Leoniak
Steve Raymond
Susan Knappertz
Susan M. Swain
Tam Duong
Theresa Testoni
Thomas & Bridget Hartman
Thomas C. Kuchenberg
Thomas Raffa
Tiffany Russo
Timothy Schilling
Tola Sanusi
Tony Waller
Tracye Funn
Van Seagraves
Velma Tinner
Victor A. Morales
Vincent Cino
Walter Ennaco
Walter Somerville, Jr.
William Stratton
William Tiernay
Zachary Miller

OUR DONORS

HELPING TO BUILD A BETTER US

CORPORATIONS & FOUNDATIONS

\$10,000-\$200,000

Bank of America Foundation
CareFirst BlueCross BlueShield
Cybex
Darin Family Charitable Fund
DC Children & Youth Investment Trust
Kiwanis Foundation of Bethesda
Ivakota Association – IMA
Leonard Paper
Life Fitness
M & T Charitable Foundation
MyOfficeProducts, LLC
Nauticon
Norasack Design
Perfect Sense Digital
Rotary Foundation of Washington DC
Sysco Eastern Maryland
Wal-Mart Stores, Inc.
Wells Fargo
YMCA of the USA

CORPORATIONS & FOUNDATIONS

\$500-\$9,999

ABC Events
American Heart Association
American Legion Auxiliary-Southern MD
America's Charities
Antiok Holdings, Inc.
Arlington County Bar Association
Arlington Public Schools
Avalon Settlements
Big Learning Friends
Breakthru Beverage Maryland
Bullis School
Capital Tennis Association, Inc.
CFC of the National Capital Area
Church of the Holy City
Early, Cassidy & Schilling
Georgetown University
Go Team Brent
Greenbrier Media, LLC
Griffith Family Foundation
GRO Development, LLC

Harmony Lodge #22 F&M
Healthcare Initiative Foundation
IMPAQ International
Jackson Lewis, PC
Kohl's
Leesburg Daybreak Rotary Foundation
Lien Doan Potomac
Lifelong Learning
Lifetouch National School Studios
Magruder & Associates, P.C.
Malla Wedberg
MobileCause, Inc.
Montgomery Printing Solutions
Nancy Peery Marriott Foundation
Nauticon Imaging Systems
Nova 94 Feet, Inc.
Pepco Holding, Inc.
Precision Environmental Services
Raffa
Rotary Club - Downtown Silver Spring

S & S Worldwide
Saint Mark Presbyterian Church
Silver Spring-Kensington Rotary Club
St. Mary's Episcopal
TD Charitable Foundation
The Bean Foundation, Inc.
The Brick Companies
The Community Foundation
for Northern Virginia
The Community Foundation
for the National Capital Region
The Hottle Family Foundation
The Kiwanis Foundation
Trinity Presbyterian Church
USTA (VA)
Verizon Foundation
Washington Gas
Wellness Fundraiser
WFB Ohio Foundation
WTOP



LEADERSHIP

BOARD OF DIRECTORS

Keith Smith	Chair, Board of Directors
Fitzroy Smith	Vice Chair
Angie Reese-Hawkins	President & CEO
Robert Bolle	
David DiLuigi	
Michelle Hallerdin	
Roland Hawthorne	
Norma Hutcheson	
Michael A. Jackson	
Michael Repass	
Sandra Robinson	
Judah "Jud" C. Sommer	
Kathryn Speakman	
Roderic Woodson	
Lesley Zork	

EXECUTIVE OFFICERS

Angie Reese-Hawkins	President & CEO
Pamela Curran	Chief Operating Officer
Leigh Taylor-Kron	Chief Financial Officer
Janice Williams	Senior Vice President, Program Development
Stacey Leoniak	Senior Vice President, Human Resources

LOCATIONS

WASHINGTON, DC

Child Development
Center at Goodwill
1776 G Street, NW
Washington, DC 20006

YMCA of Metropolitan
Washington Association
Services Office
1112 16th Street, NW
Suite 720
Washington, DC 20036

YMCA Anthony Bowen
1325 W Street, NW
Washington, DC 20009

YMCA Calomiris
Program Center
1906 Allison Street, NE
Washington, DC 20018

YMCA Capital View
Program Center
2118 Ridgecrest Court
Washington, DC 20020

The YMCA at The
Children's House
U.S. Department of Housing
and Urban Development
451 7th Street, SW
Washington, DC 20410

VIRGINIA

YMCA Alexandria
420 East Monroe Avenue
Alexandria, VA 22301

YMCA Arlington
3422 North 13th Street
Arlington, VA 22201

YMCA Arlington Tennis
& Squash Center
3400 North 13th Street
Arlington, VA 22201

YMCA Fairfax
County Reston
12196 Sunset Hills Road
Reston, VA 20190

YMCA Loudoun County
Youth Development Center
624 West Church Road
Sterling, VA 20164

YMCA Woodmont
Gymnastics Center
2422 Fillmore Street
Arlington, VA 22207

MARYLAND

YMCA Ayr lawn
Program Center
5650 Oakmont Avenue
Bethesda, MD 20817

YMCA Bethesda-Chevy
Chase
9401 Old Georgetown Road
Bethesda, MD 20814

YMCA Bowie
Program Center
At Trinity Lutheran Church
6600 Laurel Bowie Road
Bowie, MD 20715

YMCA Camp Letts
4009 Camp Letts Road
Edgewater, MD 21037

YMCA Silver Spring
9800 Hastings Drive
Silver Spring, MD 20901

YMCA Youth &
Family Services
Administrative Office
9601 Colesville Road
Silver Spring, MD 20901



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR MISSION

To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

OUR CAUSE

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening 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.

OUR FOCUS

The YMCA of Metropolitan Washington is an inclusive organization. We define "inclusion" as the deliberate and conscientious effort to be knowledgeable about differences, supportive of others, and active in changing structures that are oppressive to various groups. We understand that everyone brings valuable skills and abilities to the YMCA. Every day, we strive to embody in action the "for all" part of our YMCA mission statement.

YMCA of METROPOLITAN WASHINGTON
1112 16th Street, N.W., Suite 720
Washington, D.C. 20036

www.ymcadc.org

