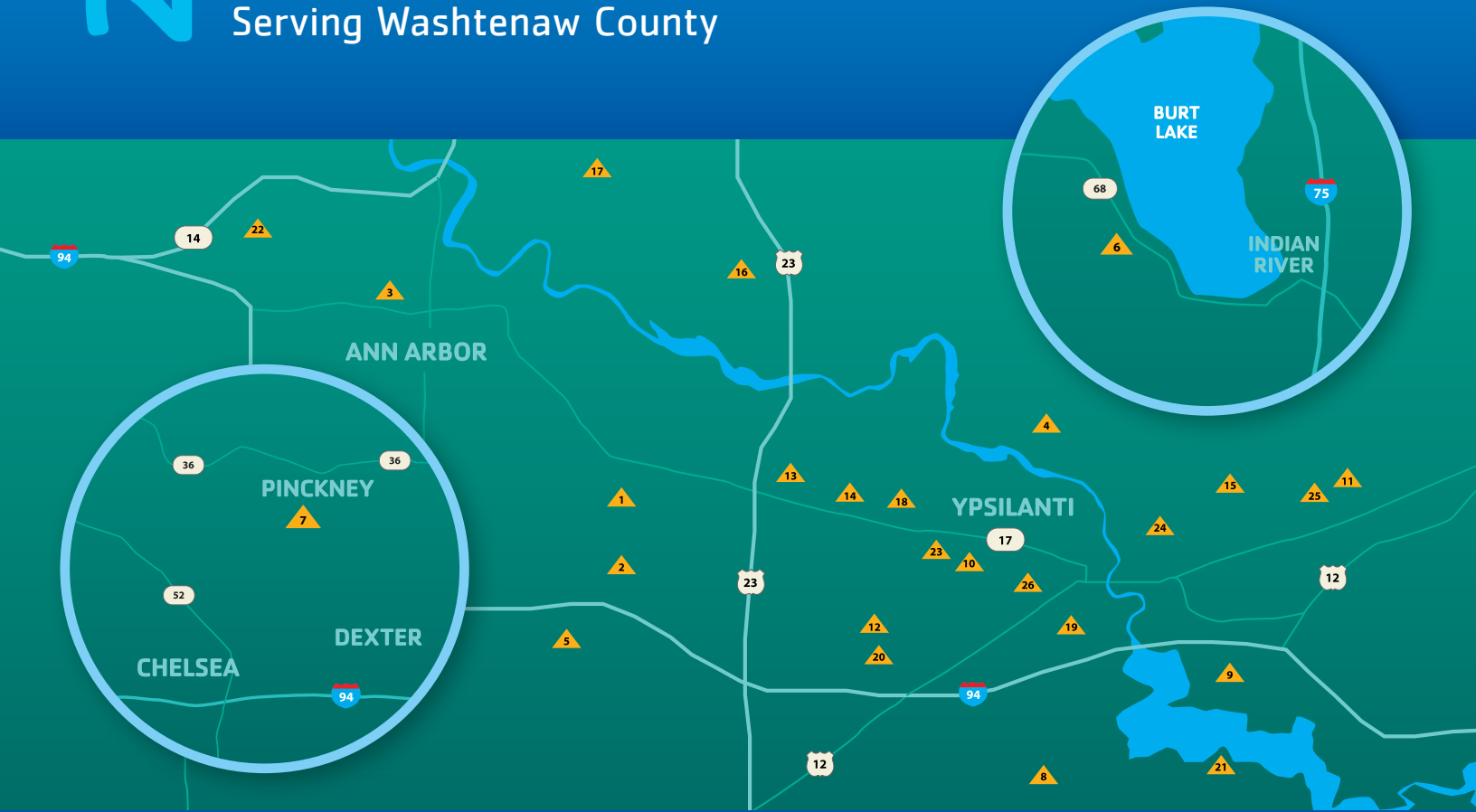


2016

ANNUAL REPORT & COMMUNITY IMPACT



ANN ARBOR YMCA Serving Washtenaw County



- 1 ALLEN ELEMENTARY:** 2560 Towner Boulevard, Ann Arbor, 48104, physical activity classes
- 2 ANN ARBOR ADVENTIST ELEMENTARY SCHOOL:** 2796 Packard Street, Ann Arbor, 48108, physical activity classes
- 3 ANN ARBOR YMCA:** 400 West Washington Street, Ann Arbor, 48103
- 4 BEATTY EARLY LEARNING CENTER:** 1661 Leforge Road, Ypsilanti, 48198, physical activity classes
- 5 BRYANT ELEMENTARY SCHOOL:** 2150 Santa Rosa Drive, Ann Arbor, 48108, Get Fit
- 6 CAMP AL-GON-QUIAN:** 9928 M-68, Burt Lake, MI 49717
- 7 CAMP BIRKETT:** 9141 Dexter Townhall Road, Pinckney, MI 48169
- 8 EAST ARBOR ACADEMY:** 6885 Merritt Road, Ypsilanti, 48197, after school classes
- 9 ERICKSON ELEMENTARY:** 1427 Levona Street, Ypsilanti, 48198, basketball
- 10 ESTABROOK ELEMENTARY:** 1555 West Cross Street, Ypsilanti, 48197, day camp, after school classes
- 11 FORD EARLY LEARNING CENTER:** 2440 East Clark Road, Ypsilanti, 48198, physical activity classes
- 12 FORTIS ACADEMY:** 3875 Golfside Road, Ypsilanti, 48197, after school classes
- 13 GLENCOE HILLS APTS:** 2201 Glencoe Hills Drive, Ann Arbor, 48108, swim lessons
- 14 GOLFSIDE LAKE APTS:** 2345 Woodridge Way, Ypsilanti, 48197, swim lessons

- 15 HOLMES ELEMENTARY:** 1255 Holmes Road, Ypsilanti, 48198, after school classes
- 16 KING ELEMENTARY SCHOOL:** 3800 Waldenwood Drive, Ann Arbor, 48105, Get Fit
- 17 MICHIGAN ISLAMIC ACADEMY:** 2301 Plymouth Road, Ann Arbor, MI 48105, physical activity classes
- 18 MITCHELL ELEMENTARY SCHOOL:** 3550 Pittsview Drive, Ann Arbor. 48108, Get Fit
- 19 PERRY CHILD DEVELOPMENT CENTER:** 550 Perry Street, Ypsilanti, 48197, physical activity classes
- 20 ROUNDTREE APTS:** 2835 Roundtree Boulevard, Ypsilanti, 48197, swim lessons
- 21 SCHOONER COVE APTS:** 5050 Schooner Cove Boulevard, Ypsilanti, 48197, swim lessons
- 22 SEQUOIA PLACE:** 1131 North Maple Road, Ann Arbor, 48103, senior physical activity classes
- 23 YPSILANTI COMMUNITY HIGH SCHOOL:** 2095 Packard Road, Ypsilanti, 48197, swim lessons
- 24 YPSILANTI INTERNATIONAL ELEMENTARY SCHOOL:** 503 Oak Street, Ypsilanti, 48198, before & after school youth and adult physical activity programs, basketball league
- 25 YPSILANTI COMMUNITY MIDDLE SCHOOL:** 235 Spencer Lane, Ypsilanti, 48198, youth sports leagues, Youth in Government
- 26 YPSILANTI SENIOR CENTER:** 1015 North Congress Street, Ypsilanti, 48197, senior physical activity classes

2016

BY THE NUMBERS:



SERVICE AREA

- ▶ 23 PROGRAM SITES
- ▶ 3 BRANCHES

27,238 People served in 2016

20,513 People served who were members

1,232



CHILDREN
ENROLLED IN
DAY CAMPS

25,230
HOURS



DONATED
BY 708
VOLUNTEERS

ANNUAL CAMPAIGN

ANNUAL CAMPAIGN
RAISED

\$395,000

2,857
SCHOLARSHIPS
AWARDED



172



CHILDREN
ENROLLED IN CHILD
CARE PROGRAMS

640



CHILDREN
PARTICIPATED IN THE
FREE SAFETY AROUND
WATER PROGRAM

HEALTH MANAGEMENT PROGRAMS

75



DIABETES
PREVENTION
PROGRAM
PARTICIPANTS

36



LIVESTRONG
PARTICIPANTS

22



PEDALING FOR
PARKINSON'S
PARTICIPANTS

78



MOVING FOR
BETTER
BALANCE
PARTICIPANTS

33

ARTHRITIS
EXERCISE
AND

62

WATER
ARTHRITIS
EXERCISE
PARTICIPANTS

735



CHILDREN IN YPSILANTI
PARTICIPATED IN AFTER
SCHOOL PROGRAMS

323



TEENS VOLUNTEERED
THROUGH YOUTH
VOLUNTEER CORPS

1,026

DONORS TO THE
ANNUAL CAMPAIGN



OUR COMMUNITY OUR CAUSE

The Ann Arbor YMCA is a 501(c)3 non-profit charitable organization serving all of Washtenaw County. Our cause is strengthening community through youth development, healthy living and social responsibility.

OUR MISSION:

To put our core values of caring, honesty, respect and responsibility into practice through facilities and programs that build a healthy spirit, mind and body for all.

OUR IMPACT:

The Ann Arbor YMCA empowers all people to learn, grow and thrive. With a focus on Youth Development, Healthy Living and Social Responsibility, the Y nurtures the potential for every youth and teen, improves our communities' health and well-being, and provides opportunities to give back to our neighbors.

OUR VALUES:

The Ann Arbor YMCA is made up of people from every walk of life, working side by side to strengthen communities. Together we strive to ensure that everyone, regardless of age, race, gender, income, faith, sexual orientation, or cultural background has the opportunity to live life to its fullest.

OUR AREAS OF FOCUS:

YOUTH DEVELOPMENT: All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

HEALTHY LIVING: Health and well-being are all about balance. That's why we help individuals and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping people of all ages and all backgrounds improve their health and well-being, we build a stronger community.

SOCIAL RESPONSIBILITY: With our doors open to all, we work every day to connect people from all backgrounds and support those who need us most. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers and staff demonstrate the power of what we can achieve by giving back together.

YOUTH DEVELOPMENT PROGRAMS

YOUTH IN GOVERNMENT

Michigan Youth in Government (YIG) is a comprehensive program that teaches state governmental process in a fun, interactive and exciting way. Participants learn about bill writing, parliamentary procedure, current issues facing the state of Michigan, and much more. The YIG program culminates in a two-day conference at the state capitol in Lansing, where participants take part in mock committees and legislative sessions in House and Senate chambers.

In 2016, 80 middle and high school students from Ann Arbor and Ypsilanti participated in the YIG program.

YOUTH VOLUNTEER CORPS

The Ann Arbor YMCA's Youth Volunteer Corps (YVC) is a youth-driven volunteer program for young people ages 11-17. YVC engages youth in service-learning projects that are challenging, rewarding and educational to serve the needs of the community and promote a lifetime ethic of service.

In 2016, 323 youth volunteers collaborated with 30 non-profit agencies to provide over 11,000 hours of service to the Washtenaw County community.

LEADERS CLUB

Leaders Club provides teens opportunities for personal growth and leadership development. Club meetings encourage character development through activities such as team-building, group work, volunteering for YMCA events, interning within a YMCA department, leadership training, and much more.

In 2016, 16 youth participated in Leaders Club programs.

AQUATICS PROGRAMS

Swimming is an essential life skill, particularly in a state where one is never more than six miles from a lake or stream. The Y offers a week of free SAFETY AROUND WATER classes both in-building and at apartment building complexes in Ypsilanti, as well as swim classes for both youth and adults, a competitive swim team and a synchronized swimming program.

In 2016, 640 children were provided with a week of free water safety lessons and 3,765 children participated in swim lessons.



YOUTH SPORTS LEAGUES

The Y offers cheer squad (Ypsilanti), baseball, T-ball, basketball, soccer and flag football leagues for youth ages 6-12 in Ann Arbor and Ypsilanti. Leagues are coached by volunteers, allow all players to participate and focus on teamwork, skill development and fun.

In 2016, 647 youth participated in youth sports leagues and clinics in Ann Arbor, with an additional 566 children participating in after school classes and sports leagues in Ypsilanti.

CHILD CARE AND CAMPS

The Y provides both day and residential American Camp Association (ACA) accredited camping programs and full-day and half-day, nationally-accredited National Association for the Education of Young Children (NAEYC) Early Childhood Programs. All focus on providing a safe, nurturing environment where children can thrive.

376 campers received "camperships" in 2016 to attend Y summer programs and 19 youth received scholarships for the Child Care program.

HEALTHY LIVING PROGRAMS

GROUP EXERCISE AND PERSONAL TRAINING

The Y offers over 130 group exercise classes each week, 35 of which are free to members. The Y also offers both recreational and competitive adult sports leagues (basketball, volleyball, futsal, pickleball and badminton).

In 2016, 438 adults participated in adult sports leagues.

PEDALING FOR PARKINSON'S

Research conducted at the Cleveland Clinic showed a 35% reduction in Parkinson's disease symptoms by the simple act of pedaling a bicycle at 80 revolutions/minute. This research inspired the launching of Pedaling for Parkinson's™ (PFP), an indoor cycling program geared specifically towards individuals with Parkinson's disease. Participants ride either on a solo stationary bike or on a tandem bike with a volunteer "pilot" three times a week.

In 2016, 22 people participated in the PFP program.

LIVESTRONG® at the YMCA

The Ann Arbor YMCA was one of the first Ys in the country to offer the LIVESTRONG at the YMCA program to help cancer survivors begin the journey toward recovery. The free, 12-week program meets twice a week for 75 minutes, using traditional exercise methods to ease cancer survivors back into fitness.

In 2016, 36 cancer survivors participated in the program with an additional 25 "graduates" attending the LIVESTRONG graduate program. A Benefit Day was held in November 2016 which raised \$8,440 with 104 participants.

DIABETES PREVENTION PROGRAM

The goal of the year-long YMCA's Diabetes Prevention Program is to reduce participants' body weight by 7% and to increase their physical activity to at least 150 minutes per week, and in so doing, reduce their risk of developing diabetes. Financial assistance is offered to participants, and the program is offered free of charge to Y members and is covered by some insurance plans. National Institutes of Health research has shown that programs like the YMCA's Diabetes Prevention Program reduce the number of new cases of Type 2 diabetes by 58% overall and by 71% in people over 60.

In 2016, 75 people participated in the DPP program.



ARTHRITIS EXERCISE

Moderate physical activity has been shown to be an arthritis pain reliever. The Y offers specialized EnhancedFitness® exercise classes and aquatic arthritis exercise classes to address these issues.

In 2016, 95 people participated in arthritis exercise classes offered free to members.

MOVING FOR BETTER BALANCE

Moving For Better Balance is a falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance and increase their confidence in doing everyday activities.

In 2016, 78 people participated in the program, which is provided free to Y members.

SOCIAL RESPONSIBILITY PROGRAMS

VOLUNTEERING AT THE Y

The Ann Arbor Y has a long history of meeting needs in the community working to provide meaningful volunteer experiences and to promote positive community change.

In 2016 volunteers contributed 25,230 hours of service in various capacities such as coaching youth sports teams, helping in after school programs, coordinating events, facilitating youth leadership programs, serving as a guest speaker and campaigning for the Y's Annual Campaign.

SUBSIDIZED BEFORE AND AFTER SCHOOL CHILD CARE, CLASSES AND SPORTS LEAGUES

The Y, in collaboration with Community Action Network, provides the after school physical activity program GET FIT for under-served youth at three sites in Ann Arbor. In addition, since 2008, the Ann Arbor YMCA has been the de facto Rec & Ed Department for the Ypsilanti Community Schools, offering after school physical activity classes and sports leagues at ten different sites in Ypsilanti. During the summer, the Y offers a ten-week day camp as well as Safety Around Water classes at Ypsilanti apartment complexes with unguarded pools. Commencing with the 2016-2017 academic year, the Y also launched a licensed before and after school care program for children in the Ypsilanti Community Schools District.

In 2016, 50 kids participated in the Get Fit Program and 735 were involved in Ypsilanti programs.

DIVERSITY, INCLUSION AND GLOBAL STRATEGY INITIATIVES

The Y is committed to creating a culture in which diversity and inclusion are integral to everyday operations. YMCAs empower communities through access to the support and connections all people need to learn, grow, and thrive. Through welcoming, inclusive practices and environments, Ys engage people from all segments of the community and help to effect lasting, meaningful change. Organizational policies that drive diversity and inclusion efforts are actively promoted to support access and engagement of all in the community regardless of race, ethnicity, age, income level, sexual orientation, immigration status, and other protected classes.



GLOBAL CENTER OF EXCELLENCE INITIATIVES

The Ann Arbor YMCA has been a Global Center of Excellence since 2013. We have partnered with the YMCA d'Haiti since 2010. Y staff travel regularly to Haiti to provide staff and technological support.

OPEN ARMS PROGRAM

The YMCA believes that every person should have an opportunity to participate in Y programs and pursue their own personal goals regardless of skill or financial level. Because of our service and dedication to our community, we offer membership and program funding.

In 2016, \$262,205 went to membership scholarships.

ANNUAL GIVING CAMPAIGN

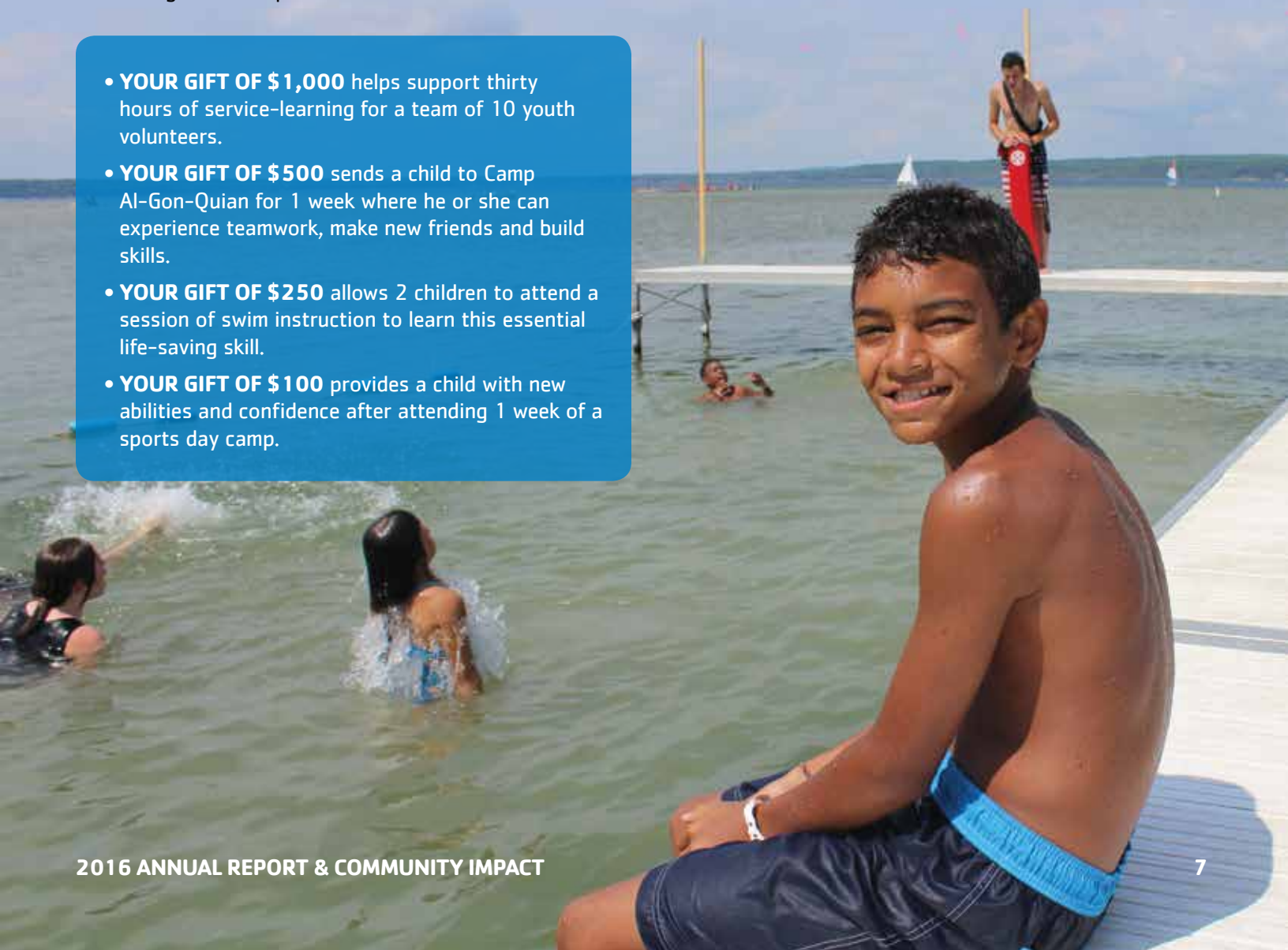
Our Y is more than a building; it is our programs that happen all over Washtenaw County and up north. Programs support our cause, which is strengthening the community in which we live. In 2016, Annual Campaign funds were used to support youth programming.

Whether it be through scholarships for camps, after school programs or programs that encourage social responsibility, we believe that all kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with young people as an opportunity for learning and development.

NUMBER OF CHILDREN DIRECTLY IMPACTED BY ANNUAL CAMPAIGN FUNDS IN 2016: **2,206**

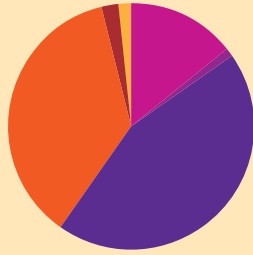
- Get Fit 50
- Child Care Scholarships 19
- Ypsilanti After School 566
- Ypsilanti Camp 149
- Ypsilanti Safety Around Water 250
- Camp Al-Gon-Quian 156
- Day Camp (Birkett/In-Building) 220
- Safety Around Water In-Building 390
- Teen After School Program 3
- Youth Volunteer Corps 323
- Youth in Government 80

- **YOUR GIFT OF \$1,000** helps support thirty hours of service-learning for a team of 10 youth volunteers.
- **YOUR GIFT OF \$500** sends a child to Camp Al-Gon-Quian for 1 week where he or she can experience teamwork, make new friends and build skills.
- **YOUR GIFT OF \$250** allows 2 children to attend a session of swim instruction to learn this essential life-saving skill.
- **YOUR GIFT OF \$100** provides a child with new abilities and confidence after attending 1 week of a sports day camp.



REVENUE & PUBLIC SUPPORT

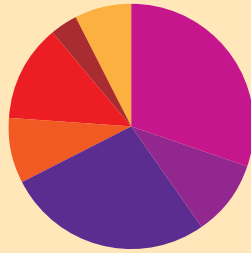
● Contributions	1,152,343
● Grants & Contracts	105,802
● Memberships	3,575,800
● Program Fees	2,943,911
● Merchandise/Parking	196,496
● Other Income	113,232
TOTAL	8,087,584



EXPENSES

Programs:

● Membership	1,811,763
● Child Care	683,009
● Camps	1,705,605
● Health & Wellness	541,303
● Youth	773,356
● Teen	196,095
● Community Outreach	467,282



Total Programs **6,178,413**

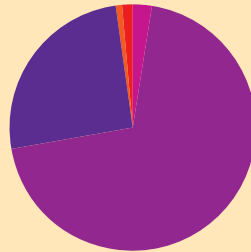
Support Services:

● Management & General	296,026
● Fundraising	248,314

TOTAL **6,722,753**

NET ASSETS

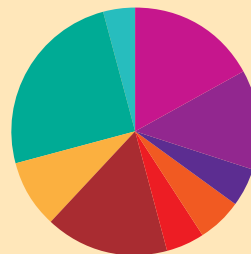
● Unrestricted, Undesignated	712,640
● Property and Equipment, Net of Unrelated Debt	18,423,629
● Construction, Capital Repairs and Replacement	6,733,145
● Community Outreach	185,051
● Temp. Restricted	350,119



TOTAL **26,404,584**

YOUR MEMBERSHIP DUES AT WORK

● Management	17%
● Facility Repairs and Replacement Fund	13%
● Capital Improvements	5%
● Lifeguard / Pool Costs	6%
● Health & Wellness Staff	5%
● Facility Cleaning, Maintenance and Equipment	16%
● Utilities	9%
● Welcome Center/ Member Services	25%
● Technology	4%



The Ann Arbor YMCA has a long history of hiring locally and of using Michigan vendors. We bring close to \$7 million of impact to the local business economy by creating locally-owned supply chains and investing in our employees and in the community of Washtenaw County.

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Bosch

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