

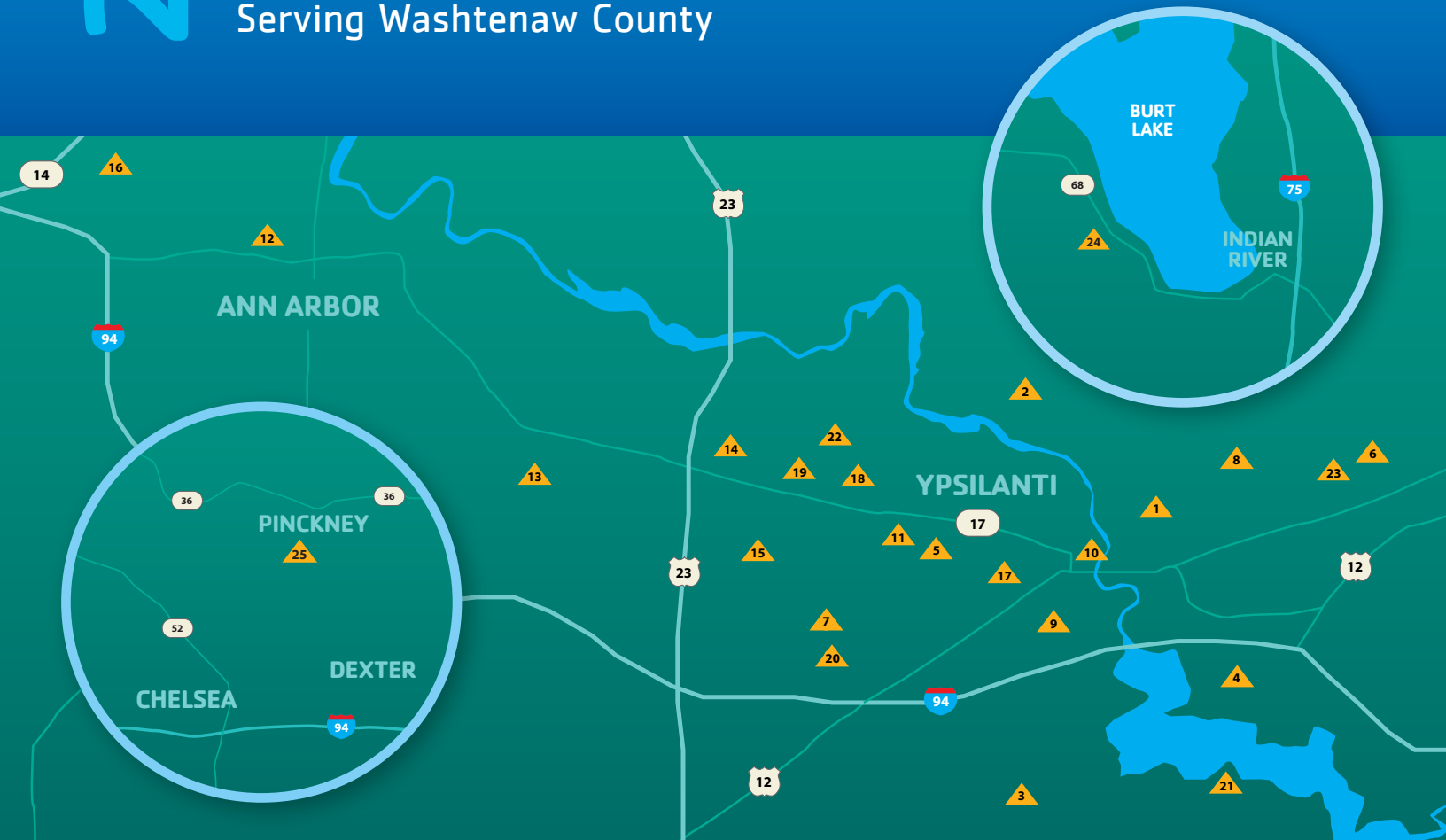
2015

# ANNUAL REPORT & COMMUNITY IMPACT



## ANN ARBOR YMCA

Serving Washtenaw County



- 1 ADAMS STEM ACADEMY:** 503 Oak Street, Ypsilanti, MI 48198, before & after school youth and adult physical activity programs, basketball league
- 2 BEATTY EARLY LEARNING CENTER:** 1661 Leforge Road, Ypsilanti, 48198, physical activity classes
- 3 EAST ARBOR ACADEMY:** 6885 Merritt Road, Ypsilanti, 48197, after school classes
- 4 ERICKSON ELEMENTARY:** 1427 Levona Street, Ypsilanti, 48198, basketball
- 5 ESTABROOK ELEMENTARY:** 1555 West Cross Street, Ypsilanti, 48197, day camp, after school classes
- 6 FORD EARLY LEARNING CENTER:** 2440 East Clark Road, Ypsilanti, 48198, physical activity classes
- 7 FORTIS ACADEMY:** 3875 Golfside Road, Ypsilanti, 48197, after school classes
- 8 HOLMES ELEMENTARY:** 1255 Holmes Road, Ypsilanti, 48198, after school classes
- 9 PERRY CHILD DEVELOPMENT CENTER:** 550 Perry Street, Ypsilanti, 48197, physical activity classes
- 10 RIVERSIDE ARTS CENTER:** 76 North Huron Street, Ypsilanti, 48197, senior physical activity classes
- 11 YPSILANTI COMMUNITY HS:** 2095 Packard Road, Ypsilanti, 48197, swim lessons
- 12 ANN ARBOR YMCA:** 400 West Washington Street, Ann Arbor, 48103
- 13 ALLEN ELEMENTARY:** 2560 Towner Boulevard, Ann Arbor, 48104, physical activity classes
- 14 GLENCOE HILLS APTS:** 2201 Glencoe Hills Drive, Ann Arbor, 48108, swim lessons
- 15 EVERGREEN APTS:** 3089 Woodland Hills Drive, Ann Arbor, 48108, swim lessons
- 16 SEQUOIA PLACE:** 1131 North Maple Road, Ann Arbor, 48103, senior physical activity classes
- 17 YPSILANTI SENIOR CENTER:** 1015 North Congress Street, Ypsilanti, 48197
- 18 ASPEN CHASE APTS:** 2960 International Drive Ypsilanti, 48197
- 19 GOLFSIDE LAKE APTS:** 2345 Woodridge Way, Ypsilanti, 48197
- 20 ROUNDTREE APTS:** 2835 Roundtree Boulevard, Ypsilanti, 48197
- 21 SCHOONER COVE APTS:** 5050 Schooner Cove Boulevard, Ypsilanti, 48197
- 22 THE VILLAS APTS:** 2129 Bynan Drive, Ypsilanti, 48197
- 23 YPSILANTI COMMUNITY MIDDLE SCHOOL:** 235 Spencer Lane, Ypsilanti, 48198
- 24 CAMP AL-GON-QUIAN:** 9928 M-68, Burt Lake, MI 49717
- 25 CAMP BIRKETT:** 9141 Dexter Townhall Road, Pinckney, MI 48169

# 2015

## BY THE NUMBERS:



## SERVICE AREA

- ▶ 22 program sites
- ▶ 3 camps

27,137

People served  
in 2015

20,075

People served  
who were members

484



CHILDREN  
IN CHILD CARE  
& DAY CAMPS

826



VOLUNTEERS  
GAVE THEIR TIME

## BRIDGING THE GAP

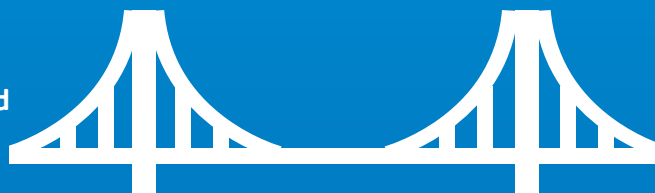
For every \$1 raised \$1.88 was subsidized so that 2,438 individuals, kids and families could learn grow and thrive.

ANNUAL CAMPAIGN RAISED

\$385,000

2,438

SCHOLARSHIPS AWARDED



442



CHILDREN  
PARTICIPATED IN THE  
FREE SAFETY AROUND  
WATER PROGRAM

## HEALTH MANAGEMENT PROGRAMS

60



DIABETES  
PREVENTION  
PROGRAM  
PARTICIPANTS

43



LIVESTRONG  
PARTICIPANTS

20



PEDALING FOR  
PARKINSON'S  
PARTICIPANTS

41



MOVING FOR  
BETTER  
BALANCE  
PARTICIPANTS

25

ARTHRITIS  
EXERCISE  
AND

66

WATER  
ARTHRITIS  
EXERCISE  
PARTICIPANTS

151



HEALTHY  
HEARTS  
PARTICIPANTS

816



CHILDREN IN YPSILANTI  
PARTICIPATED IN AFTER  
SCHOOL PROGRAMS

361



TEENS VOLUNTEERED  
THROUGH YOUTH  
VOLUNTEER CORPS

1,162

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 Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all.

## OUR VISION:

All people in Washtenaw County make healthy choices and are responsible, engaged citizens who experience a sense of belonging through involvement in programs and activities. Through youth development initiatives, children and teens are in contact with positive role models who make them feel valued and optimistic about their future.

## OUR VALUES:

Our core principles: caring, honesty, respect and responsibility are reflected in every interaction and decision.

## 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 2015, 36 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 2015, 361 youth volunteers collaborated with 30 non-profit agencies to provide over 9,600 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 2015, 20 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 in 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 2015, 442 children were provided with a week of free water safety lessons and 3,167 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 2015, 630 youth participated in Youth Sports League programs.**

## 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.

**549 campers received “camperships” in 2015 to attend Y summer programs and 15 youth received scholarships for the Child Care program.**



# HEALTHY LIVING PROGRAMS

## GROUP EXERCISE AND PERSONAL TRAINING

The Y offers over 140 group exercise classes each week, 35 of which are free to members.

## 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 2015, 43 cancer survivors participated in the program with an additional 30 “graduates” attending the LIVESTRONG graduate program. A Benefit Day was held in November 2015 which raised \$16,500 with 160 participants.**

## 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 2015, 20 people participated in the PFP 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 2015, 91 people participated in arthritis exercise classes offered free to members.**

## MOVING FOR BETTER BALANCE

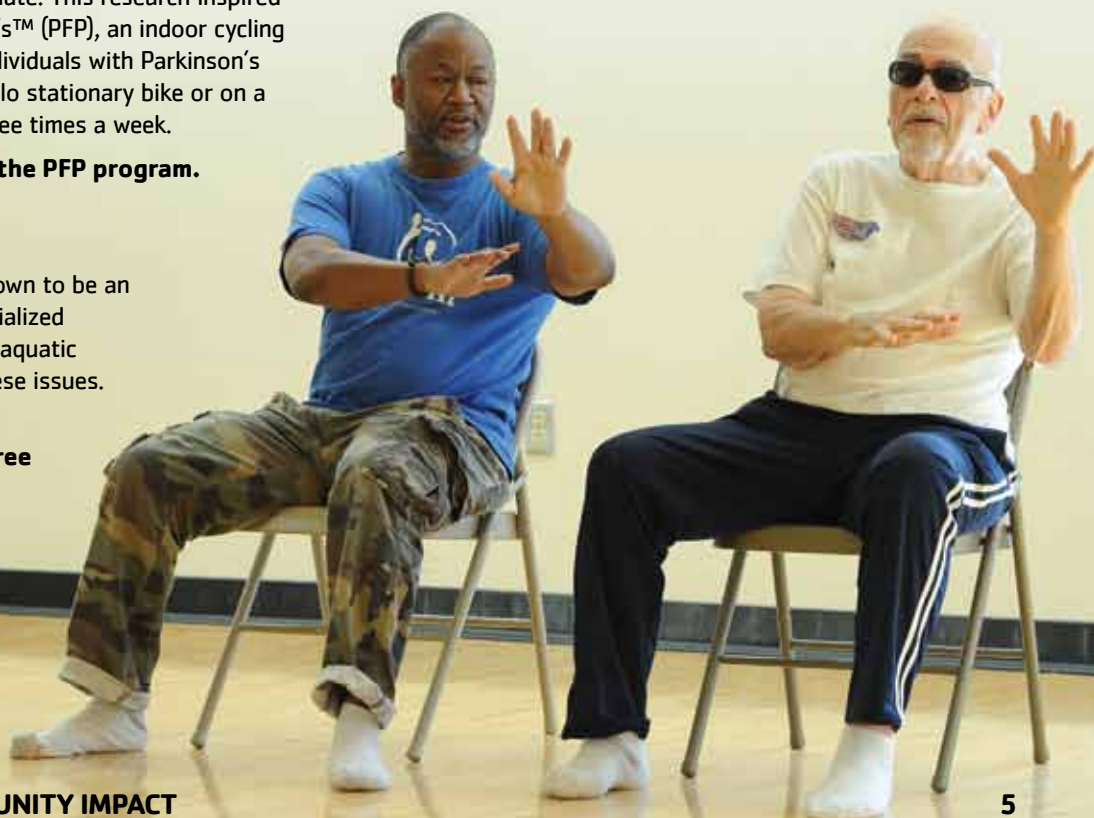
Moving For Better Balance is a falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance and increase their confidence in doing everyday activities.

**In 2015, 41 people participated in the program, which is provided free to Y members.**

## BLOOD PRESSURE MANAGEMENT

This four month long-program provides blood pressure monitors to participants and asks them to measure their blood pressure at least two times per month, engage in 180 minutes of physical activity each week, attend two consultations per month and two nutrition education seminars over four months. Specific group exercise classes are offered free of charge to participants enrolled in the program.

**In 2015, 151 people participated in the program.**





# SOCIAL RESPONSIBILITY PROGRAMS

## ADULT VOLUNTEER CORPS

The Ann Arbor YMCA facilitates volunteer opportunities in the surrounding Ann Arbor community through our Adult Volunteer Corps or within Y programs as coaches, program volunteers or crafters.

**In 2015, volunteers contributed 16,973 hours to programs and volunteer committees.**

## YPSILANTI BEFORE AND AFTER SCHOOL CLASSES AND SPORTS LEAGUES

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. During the summer, the Y offers a 10 week day camp. The Y now provides highly subsidized programming at 10 different sites in Ypsilanti.

**In 2015, 980 Ypsilanti children participated in Y programs.**

## YPSILANTI ADULT HEALTH MANAGEMENT PROGRAMS

The Y provides yoga, fitness and Moving for Better Balance programs in two different program sites in Ypsilanti.

**In 2015, 34 Ypsilanti adults participated in Y programs.**

## 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 2015, \$264,000 went to membership scholarships.**

## 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 providing staff and technological support.

# 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. Here at the Ann Arbor YMCA, we use our Annual Campaign funds to support programs that benefit youth.

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.



• **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.

## NUMBER OF CHILDREN DIRECTLY IMPACTED BY ANNUAL CAMPAIGN FUNDS IN 2015:

# 2,241

• Get Fit .....	48
• Child Care Scholarships .....	15
• Ypsilanti After School .....	816
• Ypsilanti Camp .....	114
• Ypsilanti Safety Around Water .....	50
• Camp Al-Gon-Quian .....	146
• Day Camp (Birkett/In-Building) .....	289
• Safety Around Water In-Building.....	392
• Teen After School Program .....	4
• Youth Volunteer Corps .....	361
• Youth in Government .....	6



## EXPENSES

### Programs:

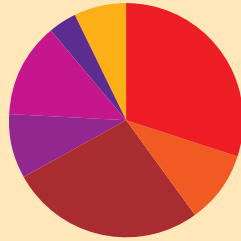
● Membership .....	1,877,538
● Child Care .....	605,965
● Camps .....	1,571,091
● Health & Wellness .....	520,680
● Youth .....	740,241
● Teen .....	217,100
● Community Outreach .....	451,579

**Total Programs .....** 5,984,194

### Support Services:

● Management & General .....	268,947
● Fundraising .....	122,511

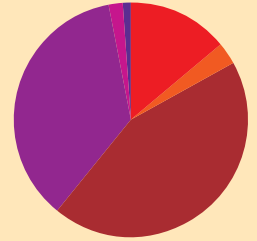
**TOTAL .....** 6,375,652



## NET ASSETS

● Unrestricted, Undesignated .....	416,999
● Property and Equipment, Net of Unrelated Debt .....	18,410,916
● Construction, Capital Repairs and Replacement .....	4,608,751
● East Washtenaw Recreation Center Project .....	50,000
● Community Outreach .....	165,363
● Temp. Restricted .....	195,237

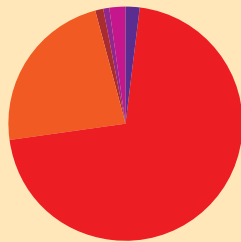
**TOTAL .....** 23,847,266



## REVENUE & PUBLIC SUPPORT

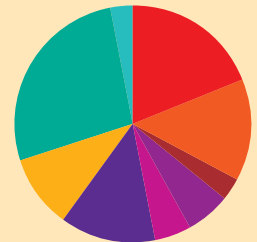
● Contributions .....	649,811
● Grants & Contracts .....	76,069
● Memberships .....	3,404,003
● Program Fees .....	2,753,107
● Merchandise/Parking .....	193,867
● Other Income .....	32,383

**TOTAL .....** 7,109,240



## YOUR MEMBERSHIP DUES AT WORK

● Management .....	19%
● Facility Repairs & Replacement Fund .....	14%
● Capital Improvements .....	3%
● Lifeguard / Pool Costs .....	6%
● Health & Wellness Staff .....	5%
● Facility Cleaning, Maintenance & Equipment .....	13%
● Utilities .....	10%
● Welcome Center / Member Services .....	27%
● Technology .....	3%



## BOARD OF DIRECTORS

### Linda Borgsdorf

Community Volunteer

### Stephen Borgsdorf

Bosch

### Ché Carter

Principal, Pattengill Elementary School

### Connie Cook

Retired ED, UM Center for Research on Learning & Teaching

### Suzanne Copsey

Michigan Creative

### Dan Gamble

Community Volunteer

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### Bill Holmes

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### Annie Rubin

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### Colette Rush

Fifth Third Bank

### Peter Schork

Ann Arbor State Bank

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UMHS/Ypsilanti Pediatrics

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### Debbie Tirico

Community Volunteer

### Debbie Vandermade

Arbor Research Collaborative for Health

### Susan Woolford, MD

UM Pediatric Comprehensive Weight Management Center

### Alford Young Jr.

Professor, UM Department of Sociology