



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PUTTING MISSION IN MOTION

2017 Community Impact and Annual Report

ANN ARBOR YMCA
Serving Washtenaw County

2017



SERVICE AREA

BY THE NUMBERS:

- ▶ 34 PROGRAM SITES
- ▶ 3 BRANCHES

24,230 People served in 2017

20,912 People served who were members

1,601



CHILDREN
ENROLLED IN
DAY CAMPS

2,795
HOURS



DONATED
BY 130
VOLUNTEERS

ANNUAL CAMPAIGN

ANNUAL CAMPAIGN
RAISED
\$390,620

1,018
DONORS



183



CHILDREN
ENROLLED IN CHILD
CARE PROGRAMS

933



CHILDREN
PARTICIPATED IN THE
FREE SAFETY AROUND
WATER PROGRAM

773



CHILDREN
LEARNED
TO SWIM

252



ADULTS IN
HEALTH
MANAGEMENT
PROGRAMS

\$133,700



IN OUTSIDE GRANT
FUNDING TO SUPPORT
YMCA PROGRAMMING

1,485



YOUTH PARTICIPATED
IN YOUTH SPORTS
LEAGUES AND CLINICS
IN ANN ARBOR

805 

CHILDREN IN YPSILANTI
PARTICIPATED IN AFTER
SCHOOL PROGRAMS, SPORTS
LEAGUES & SUMMER CAMPS

8,705

HOURS DONATED
BY 337 TEENS SERVING OUR
COMMUNITY THROUGH YOUTH
VOLUNTEER CORPS

2,040

SCHOLARSHIPS
AWARDED

OUR COMMUNITY OUR CAUSE

The Ann Arbor YMCA is a 501(c)3 non-profit charitable organization serving 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 DIVERSITY AND INCLUSION STATEMENT:

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. The Ann Arbor YMCA has been named an LGBTQ Championing YMCA by the YMCA of the USA in recognition of its diversity and inclusion work in the LGBTQ community.

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 2017, Youth in Government was offered as an accredited Community Resource class (Advocacy and Legislation with Ann Arbor Y Youth in Government) in the Ann Arbor Public Schools for grades 9–12.

In 2017, 100 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 2017, Youth Volunteer Corps was offered as an accredited Community Resource class (Creating and Maintaining Socially Just Communities with the Youth Volunteer Corps of the Ann Arbor Y) in the Ann Arbor Public Schools for grades 9–12.

In 2017, 337 youth volunteers collaborated on 186 projects with 30 non-profit agencies to provide over 8,705 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 2017, 19 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 at the downtown Y facility and at apartment building complexes in Washtenaw County, as well as swim classes for both youth and adults, a competitive swim team and a synchronized swimming program.

In 2017, 933 children were provided with a week of free water safety lessons and 1,766 children participated in swim lessons.

PHYSICAL EDUCATION

In 2017 the Y provided trained physical education instructors to the Michigan Islamic Academy and Ann Arbor Adventist Elementary School.

As a result of this collaboration, 233 children were able to access organized physical activity classes.

YOUTH SPORTS LEAGUES

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

In 2017, The Ann Arbor YMCA, in collaboration with the Washtenaw County Sheriff's Office, Ypsilanti Community Schools and Washtenaw County Parks and Recreation Department, inaugurated the East Washtenaw Basketball League program, which provided ten weeks of basketball league for Ypsilanti students in grades 6-12 at the Ypsilanti Community Middle School. The program's mission is to provide enriching programs that connect youth in Eastern Washtenaw County with opportunities to engage with caring adults outside of school and home life.

In 2017, 130 Ypsilanti students participated in the inaugural year of this highly subsidized program.

CHILD CARE

The Ann Arbor YMCA's full day, half-day and after school care programs focus on providing a safe, nurturing environment where all children can thrive.

The Early Child Care full and half-day programs are nationally-accredited by the National Association for the Education of the Young Child (NAEYC) and guide children through an age-appropriate curriculum that develops self-help skills and instills the Y values of caring, honesty, respect and responsibility. The YMCA's School Age Child Care Program and Teen After School Program provide a safe, comfortable environment for children that includes healthy snacks and help with homework, plus physical and outdoor activities with our caring staff.

Transportation from area public schools is offered to make the transition to the afternoon activity seamless for parents. In 2017 the Y expanded its commitment to quality child care



programs in Ypsilanti by launching a before and after school child care site in collaboration with Ypsilanti Community Schools at Ypsilanti International Elementary School. **The program served 51 children in 2017.**

CAMPS

The Y offers day camp programs for youth ages 5-16 at three Ypsilanti sites, downtown Ann Arbor, Silver Lake in Pinckney (Camp Birkett) as well as a residential camp in northern Michigan on Burt Lake (Camp Al-Gon-Quian). Summer programs are rooted in the YMCA core values of caring, honesty, respect and responsibility while being intentional about fostering friendships, a sense of accomplishment, and belonging for all.

Camp curriculum cultivates campers' curiosity and encourages them to get outside of their comfort zone while creating a space for youth to discover their passions and explore their potential. In 2017 the Y invested and expanded its commitment to Camp Birkett by rebuilding both the Director's Cabin and Waterfront Shed and developing family programming during the Spring and Fall seasons to better serve the western part of Washtenaw County.

374 campers received "camperships" in 2017 to attend Y summer programs.

HEALTHY LIVING PROGRAMS

GROUP EXERCISE, PERSONAL TRAINING AND ADULT SPORTS LEAGUES

The Y offers over 110 group exercise classes each week, 36 of which are free to members. The Y also offers both recreational and competitive adult sports leagues (basketball, volleyball, futsal, pickleball and badminton).

In 2017, 352 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. A participant-led fundraiser raised over \$1,720 for the program.

In 2017, 20 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 2017, 30 cancer survivors participated in the program with an additional 35 "graduates" attending the LIVESTRONG graduate program.

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 2017, 97 people participated in the DPP program.

ARTHRITIS EXERCISE

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

In 2017, 25 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 2017, 45 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 2017 volunteers contributed 11,500 hours of service in various capacities such as coaching youth sports teams, serving as policy volunteers, helping in after school programs, coordinating events, facilitating youth leadership programs, serving as guest speakers 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 underserved youth at six 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. **In 2017, 75 kids participated in the Get Fit Program and 545 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.

In 2017, the Ann Arbor YMCA was one of 9 in the nation to achieve Championing Status for welcoming LGBTQ members into our Y community.

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.

In 2017, \$5745 was raised on Giving Tuesday (November 28) for the Haiti YMCA with 70 donors, an increase of 13% over 2017 in terms of dollars and 15% in terms of number of donors.

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 scholarship support for membership and program participation.

In 2017, 2,040 scholarships were awarded so that recipients could access Y facilities and programs.

WELCOMING WEEK 2017

The Ann Arbor YMCA joined Ys across the country in celebrating Welcoming Week, a national celebration of the growing movement of communities that fully embrace newcomers and their contributions to the social fabric of our country.

Welcoming Week brings together immigrants and US-born residents to promote cross-cultural understanding and raise awareness of the benefits of welcoming everyone! The Y presented four events: a community-resource fair, a "Many Faiths, One Voice: Prayers for Unity" event, a Family Festival and International Potluck and an International Dance Festival. This will become an annual event, deepening our collaborations with other Washtenaw County non-profit organizations while widening our reach to the newcomer community.



INVESTING IN OUR STAFF AND FACILITY

EMPLOYEE DEVELOPMENT AND TRAINING OPPORTUNITIES

During 2017, 54 staff were given the opportunity to deepen their commitment to the Y Movement by attending Y-USA conferences, workshops and classes. Among full-time staff, 2 achieved Team Leader status, 2 achieved Multi-Team Leader status, 3 became nationally-certified trainers and 8 achieved Global Leadership Certification.

EMPLOYEE RESOURCE GROUPS

During 2017 two employee resource groups the Multicultural Employee Resource Group and the Emerging Leaders Resource Network were launched to provide staff with opportunities for networking and professional development.

DIVERSE-ABILITY HIRING PROCESSES

The Y endeavors to hire individuals upon whom we can have a positive impact beyond a paycheck. Community partnerships with the Delonis Center, Avalon Housing, Rainbow Rehabilitation, Veterans Affairs and Jewish Family Services provide a hiring pipeline for Facility and Wellness floor positions where diverse-ability candidates can be successful and part of the YMCA community.

UPGRADES TO FACILITIES

400 West Washington Street: \$385,000 was invested into our membership branch for maintenance, upgrades to the Teen Center and other areas of the building as well as environmentally responsible initiatives.

Camp Al-Gon-Quian: Completion of Rowe Hall and on-going construction of the Girls' bathhouse and the Girls' cabins as part of the Capital Campaign improvements.

Camp Birkett: Completion of new Director's Cabin and new Waterfront Shed.

PILOT PROGRAMS AT THE ANN ARBOR YMCA

The Ann Arbor Y was selected to pilot the following programs for Y-USA, demonstrating our leadership across the Movement: Member Engagement, Cygnus Applied Research for Fundraising, Multicultural Mentoring Program and Character Development Learning Initiative.



ANNUAL GIVING CAMPAIGN

Our Y is more than a building; it is our programs that happen all over Washtenaw County and at our residential camp in northern Michigan. Programs support our cause, which is strengthening the community in which we live. In 2017, Annual Campaign funds were used to support programs serving people of all ages across Washtenaw County.

In 2017 1018 donors raised \$390,620 for Y programs.

CAMP AL-GON-QUIAN CAPITAL CAMPAIGN

In 2017, Camp Al-Gon-Quian publicly launched a campaign to address capital projects. As of December 2017, the Campaign has raised \$1,602,906 towards a goal of \$3.2 million, allowing the Y to initiate, complete or pay for the following projects:

- Purchase a house for the Camp Director directly adjacent to Camp property: **Completed 2017**
- Rebuild and relocate a new Health Center which meets HIPAA regulations and will aid in caring for campers with special and unique needs. The building is conveniently located in the center of Camp for easy access: **Completed in 2016**
- Rebuild Rowe Hall, including its iconic porch and fireplace while enlarging the

usable space by ten percent, making the building more inclusive by becoming handicap-accessible and compliant with modern-day building codes as well as adding much-needed bathrooms: **Completed 2017**

- Rebuild the thirteen north-side cabins in the same style, while conforming to modern safety and fire regulations: **In Process**

Future projects include resurfacing the sports field, rebuilding the barn and renovating the North Lodge.

In addition, we plan to have three endowments: a CONSERVATION FUND dedicated to preserving, protecting and restoring the property and lakeshore of Camp, protecting it from sale or development in perpetuity;



a PRESERVATION FUND dedicated to providing a reserve and steady stream of income for the on-going maintenance of Camp facilities and a SCHOLARSHIP FUND dedicated to using interest income from endowment funds for "camperships."

BY THE NUMBERS

Revenue & Public Support

Contributions	\$911,251
Grants & Contracts	\$43,573
Memberships	\$3,630,010
Program Fees	\$2,967,629
Merchandise Sales/Parking	\$191,933
Other Income	\$407,610
Total	\$8,152,006

NET ASSETS:

Unrestricted, undesignated	\$668,295
Property & Equipment, Net of Related Debt	\$19,043,165
Unrestricted Capital Repairs and Replacement	\$7,265,805
Community Outreach	\$185,051
Temporarily Restricted	\$324,427
Permanently Restricted	\$11,305
Total	\$27,498,048

Expenses

PROGRAMS:

Membership	\$1,830,445
Childcare	\$720,736
Camps	\$1,868,815
Health & Wellness	\$555,797
Youth	\$807,782
Teen	\$242,947
Community Outreach	\$466,765
Total Programs	\$6,493,287

SUPPORT SERVICES:

Management & General	\$311,047
Fundraising	\$254,210
Total	\$7,058,544

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.

BOARD OF DIRECTORS

Jessica Alexander

Professor and Director, Academic Engagement Programs at EMU

Stephen Borgsdorf

Attorney, Bosch

Ché Carter

Principal, Clague Middle School

Connie Cook

Retired ED, UM Center for Research on Learning & Teaching

Suzanne Copsey

Copywriter, Michigan Creative

Greg Dill

Administrator, Washtenaw County

Nicole Frei, MD

Pediatrician, IHA Pediatric Health Care

Dan Gamble

Community Volunteer

Jennifer Hall

Personal Assistant, Zingerman's Delicatessen

Armen Hratchian

COO, Highscope

David Huntzicker

VP, Kapnick Insurance Group

Toni Kayumi (ex officio)

President / CEO Ann Arbor YMCA

Neal Kessler

Principal, SmithGroupJJR

David Lamb

President/CEO, Oxford Bank

Jeff Lassaline

Director of Sales, B T Western

Mark Melchi

VP, MAV Development Company

Arvon Mitcham

Principal Engineer, Toyota Technical Center

Courtney Piotrowski

Principal Architect, livingLAB

Manuela Rodriguez-Dantzier

Student, Huron High School

Colette Rush

VP, Fifth Third Bank

Peter Schork

President/CEO, Ann Arbor State Bank

Amy Shepherd

Community Volunteer

Patrick Tamblyn

SVP, Bank of Ann Arbor

Debbie Tirico

Community Volunteer

Debbie Vandermade

Operations Manager, Arbor Research Collaborative for Health

Luke Yates

Community Collaborations Graduate Assistant, EMU

Alford Young Jr.

Professor, UM Department of Sociology

Sandy Zalmout

Nutrition & Exercise Physiologist, UM



THE ANN ARBOR YMCA | SERVING WASHTENAW COUNTY

The Y provides programming at the following sites:



- 1 ALLEN ELEMENTARY:** 2560 Towner Boulevard, Ann Arbor, 48104, Get Fit program
- 2 ANN ARBOR ADVENTIST ELEMENTARY SCHOOL:** 2796 Packard Street, Ann Arbor, 48108, physical education
- 3 ANN ARBOR YMCA:** 400 West Washington Street, Ann Arbor, 48103
- 4 AVALON HOUSING AT CARROT WAY:** 31 Carrot Way, Ann Arbor, 48105, Get Fit program
- 5 AVALON HOUSING AT PAULINE BOULEVARD:** 1500 Pauline Boulevard, Ann Arbor, 48103, Get Fit
- 6 BEATTY EARLY LEARNING CENTER:** 1661 Leforge Road, Ypsilanti, 48198, family engagement events
- 7 BRYANT ELEMENTARY SCHOOL:** 2150 Santa Rosa Drive, Ann Arbor, 48108, Get Fit
- 8 CAMP AL-GON-QUIAN:** 9928 M-68, Burt Lake, 49717
- 9 CAMP BIRKETT:** 9141 Dexter Townhall Road, Pinckney, 48169
- 10 CRANBROOK TOWER APARTMENTS:** 2901 Northbrook Pl, Ann Arbor, MI 48103, Blood Pressure Management Program
- 11 CULTIVATEYPSI:** 307 North River Street, Ypsilanti, 48198, teen programming
- 12 EAST ARBOR ACADEMY:** 6885 Merritt Road, Ypsilanti, 48197, after school classes
- 13 EASTERN MICHIGAN UNIVERSITY:** 900 Oakwood St, Ypsilanti, 48197, day camp
- 14 ERICKSON ELEMENTARY:** 1427 Levona Street, Ypsilanti, 48198, after school clubs
- 15 ESTABROOK ELEMENTARY:** 1555 West Cross Street, Ypsilanti, 48197, after school clubs
- 16 FORD EARLY LEARNING CENTER:** 2440 East Clark Road, Ypsilanti, 48198, after school clubs
- 17 FORTIS ACADEMY:** 3875 Golfside Road, Ypsilanti, 48197, after school classes
- 18 GLENCOE HILLS APTS:** 2201 Glencoe Hills Drive, Ann Arbor, 48108, swim lessons
- 19 GOLFSIDE LAKE APTS:** 2345 Woodridge Way, Ypsilanti, 48197, swim lessons
- 20 HOLMES ELEMENTARY:** 1255 Holmes Road, Ypsilanti, 48198, after school clubs
- 21 KING ELEMENTARY SCHOOL:** 3800 Waldenwood Drive, Ann Arbor, 48105, Get Fit
- 22 MICHIGAN ISLAMIC ACADEMY:** 2301 Plymouth Road, Ann Arbor, 48105, physical education, after school sports
- 23 MITCHELL ELEMENTARY SCHOOL:** 3550 Pittsview Drive, Ann Arbor, 48108, Get Fit program
- 24 NORTHFIELD TOWNSHIP SENIOR CENTER:** 9101 Main Street, Whitmore Lake, 48189, Blood Pressure Management Program
- 25 PERRY CHILD DEVELOPMENT CENTER:** 550 Perry Street, Ypsilanti, 48197, physical activity classes
- 26 ROUNDTREE APTS:** 2835 Roundtree Boulevard, Ypsilanti, 48197, swim lessons
- 27 SANCTUARY AT ST. JOSEPH'S VILLAGE:** 5341 McAuley Dr, Ypsilanti, MI 48197, physical activity for seniors
- 28 SCHOONER COVE APTS:** 5050 Schooner Cove Boulevard, Ypsilanti, 48197, swim lessons, day camp
- 29 UNIVERSITY OF MICHIGAN - ROSS SCHOOL OF BUSINESS:** 701 Tappan Ave, Ann Arbor, 48109, Diabetes Prevention program
- 30 WEST WILLOW COMMUNITY CENTER:** 2057 Tyler Rd, Ypsilanti, 48198, Blood Pressure Management Program
- 31 YPSILANTI COMMUNITY HIGH SCHOOL:** 2095 Packard Road, Ypsilanti, 48197, swim lessons
- 32 YPSILANTI DISTRICT LIBRARY - SUPERIOR:** MacArthur Blvd. Ypsilanti Charter Township, 48198, Summer Games
- 33 YPSILANTI INTERNATIONAL ELEMENTARY SCHOOL:** 503 Oak Street, Ypsilanti, 48198, before & after school youth and adult physical activity programs, sports programs
- 34 YPSILANTI COMMUNITY MIDDLE SCHOOL:** 235 Spencer Lane, Ypsilanti, 48198, youth sports leagues, Youth in Government, East Washtenaw Basketball League