

2018 BY THE NUMBERS:



SERVICE AREA

- ► 32 PROGRAM SITES
- ▶ **4** BRANCHES

27,333

People served in 2018

20,023

People served who were members

1769



CHILDREN ENROLLED
IN DAY CAMPS IN
WASHTENAW COUNTY

1151



CAMPERS ATTENDED CAMP AL-GON-QUIAN

DONATIONS

1125 DONORS



273



CHILDREN
ENROLLED IN CHILD
DEVELOPMENT
PROGRAMS

659



CHILDREN
PARTICIPATED IN THE
FREE SAFETY AROUND
WATER PROGRAM

2068



CHILDREN
PARTICIPATED IN
SWIM PROGRAMS

335



ADULTS IN
HEALTH
MANAGEMENT
PROGRAMS

\$287,250



IN OUTSIDE GRANT FUNDING TO SUPPORT YMCA PROGRAMMING 1983



YOUTH PARTICIPATED IN YOUTH SPORTS LEAGUES AND CLINICS IN WASHTENAW COUNTY

10,025

HOURS DONATED

BY 363 TEENS SERVING OUR COMMUNITY THROUGH YOUTH VOLUNTEER CORPS

20,020

HOURS DONATED BY

269

ADDITIONAL ADULT AND YOUTH VOLUNTEERS

2930

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 action 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 wellbeing, 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, gender identity, gender expression, 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 and is a leader in the Diversity, Inclusion and Global Initiatives network.

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 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. Youth in Government is 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 2018, 92 middle and high school students from Ann Arbor and Ypsilanti participated in the YIG program. Representatives from the Ys middle school delegation were elected as Lieutenant Governor and Speaker of the House by their peers at the state-wide conference.

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. YVC is 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 2018, 363 youth volunteers collaborated on 214 projects with 30 non-profit agencies to provide over 10,025 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 2018, 23 youth participated in Leaders Club programs.

AOUATICS 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 complexes in Washtenaw County, as well as swim classes for both youth and adults, a competitive swim team and a synchronized swimming program. Our Y was awarded a generous grant of \$20,000 annually for four years from The Women's Sports Foundation (WSF) and Ralph C. Wilson Jr. Foundation through

the new Regional Sports 4 Life program to fund the **Young Women Making Waves Program**, a swim program for underserved girls in eastern Washtenaw County.

In 2018, 659 children were provided with a week of free water safety lessons and 1769 children participated in swim programs.

PHYSICAL EDUCATION

In 2018 the Y provided trained physical education instructors to the Michigan Islamic Academy and Ann Arbor Adventist Elementary School.

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.

For a second year, the Ann Arbor YMCA, in collaboration with the Washtenaw County Sheriff's Office, Ypsilanti Community Schools and Washtenaw County Parks and Recreation Department, offered 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 2018, 40 Ypsilanti students participated in this highly subsidized East Washtenaw Basketball League program.

CHILD DEVELOPMENT

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 Childhood Development full and half-day programs located at 400 West Washington Street in Ann Arbor 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 indoor 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 2018, the Y expanded its commitment to quality child care in Ypsilanti by launching the Ypsilanti YMCA Child Development Center in collaboration with Eastern Michigan University (EMU), Ypsilanti Housing Commission (YHC) and Ypsilanti



Community Schools (YCS). The Center serves families from these collaborators with three bright classrooms and extended hours just one mile from the EMU campus. In 2018, this new center served 33 children. Once it has been in operation for over a year (a requirement) it is expected to also be NAEYC-accredited.

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. A new collaboration with the national organization Light Up enabled the Y to teach 20 differently-abled children to ride a bike in just five days. This skill will allow these children a measure of indepedence, confidence and the ability to interact with their family and peers in a very positive way.

586 campers received "camperships" in 2018 to attend Y summer programs.

HEALTHY LIVING

PROGRAMS

GROUP EXERCISE, PERSONAL TRAINING AND ADULT SPORTS LEAGUES

The Y offers over 101 group exercise classes each week, 25 of which are free to members. The Y also offers both recreational and competitive adult sports leagues (basketball, volleyball, futsal, pickleball and badminton).

In 2018, 1062 adults participated in adult sports leagues.

The Y provides Health Management programs, most free to members, to help them keep or get healthy. Across the board, these programs saw a 25% growth in participation during 2018.

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'sTM (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 2018, 27 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 LIVE**STRONG** 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 2018, 35 cancer survivors participated in the program with an additional 36 "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 2018, 144 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 2018, 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 2018, 69 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 2018, 632 volunteers contributed 30,045 hours of service in various capacities such as coaching youth sports teams, serving as policy volunteers, helping in after school programs, coordinating events, facilitating and participating in 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 under-served 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 2018, the Y provided before and after school care for 69 children at Ypsilanti International Elementary School.

DIVERSITY, INCLUSION AND GLOBAL INNOVATION NETWORK

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.

We have partnered with the YMCA d'Haiti since 2010 with Y staff traveling regularly to Haiti to provide staff and technological support. In 2018, \$4778 was raised on Giving Tuesday (November 27) for the Haiti YMCA, San Pablo YMCA

(Philippines) and Sioux YMCA (South Dakota) with 59 donors. In addition, this is the first year that staff from the Ann Arbor YMCA traveled to the San Pablo YMCA and has taken the leadership role in raising money for this Ys Capital Campaign.

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. In 2018, the Ann Arbor YMCA was awarded \$18,000 by the Biden Foundation to support our on-going efforts to support the LGBTQ community.

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 2018, 2930 scholarships were awarded so that recipients could access Y facilities and programs.

WELCOMING WEEK 2018

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 hosted two voter registration events, a "Lunch and Learn" to introduce the staff Diversity and Inclusion training concepts to our members and compiled a Community Cookbook to celebrate the diversity of our membership through their culinary heritages.



EMPLOYEE DEVELOPMENT AND TRAINING OPPORTUNITIES

During 2018, 98 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.

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.

In 2018, the Y partnered with the Washtenaw Intermediate School District (WISD) Young Adult Program to launch the TRACK program (Transition Readiness and Career Knowledge) providing young adults aged 18–26 with work experience and transitional skills for independent living. In 2018, 7 young adults participated in the program.

UPGRADES TO FACILITIES

400 West Washington Street: \$605,600 was invested into our membership branch to upgrade our HVAC and pool filtration systems.

Ypsilanti YMCA Child Development Center: \$50,000 was invested in furnishing and equipping this new initiative.

Camp Al-Gon-Quian: \$93,000 was invested in upgrades to equipment (including boats) and maintenance.

Camp Birkett: \$30,000 was invested in facilities maintenance and picnic tables.

FOUNDATION AND GRANT SUPPORT

The Ann Arbor YMCA is honored to have received support from the following sponsors:

- Ann Arbor Area Community Foundation
- Joe Biden LGBTQ Inclusive & Equity Initiative
- Helmut Stern Society for Community Legacy
- Kiwanis Club of Ann Arbor Foundation
- Michigan Department of Health & Human Services
- US Synchronized Swimming Foundation
- Washtenaw County Coordinated Funders
- Women's Sports Foundation/Regional Sports4Life
- Y-USA

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 2018, Annual Campaign funds were used to support programs and scholarships serving people of all ages across Washtenaw County.

In 2018 1125 donors raised \$439,000 for Y programs and scholarships.



CAMP AL-GON-QUIAN CAPITAL CAMPAIGN

As of December 2018, the Campaign has raised \$2,162,000 towards a goal of \$3.2 million. These funds allowed the Ann Arbor YMCA to complete the following Capital projects in 2018:

- Complete the rebuild of the the thirteen north side cabins in the same style, while conforming to modern safety and fire regulations.
- Complete the rebuild of the girls' bathhouse and septic system
- Renovation of the Horse Barn
- Remodel of the Director's Cabin basement (completion 2019)

Future projects include 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 and Grants \$1,311,660
Memberships \$3,612,166
Program Fees\$3,284,054
Merchandise Sales/Parking\$190,346
Other Income (\$167,569)
Total \$8,230,657
NET ASSETS:
Unrestricted, undesignated\$647,498
Property & Equipment \$19,359,314
Unrestricted Capital Repairs and Replacement \$7,152,814
Community Outreach \$177,447
Temporarily Restricted\$541,618
Permanently Restricted \$196,434

Total \$28,075,125

Expenses

PROGRAMS:

Membership	\$1,912,173
Childcare	\$971,418
Camps	\$1,850,174
Health & Wellness	\$569,281
Youth	\$841,133
Teen	\$244,210
Community Outreach	\$415,581
Total Programs	\$6,803,970
SUPPORT SERVICES:	
Management & General	\$621,528
Fundraising	\$228,082
Total	\$7,653,580

Note: AAYMCA 2018 Audited Results are reflected.

The Ann Arbor YMCA has a long history of hiring locally and of using Michigan vendors. We bring over \$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

Andrew Berriz

Director Treasury/Finance, McKinley, Inc.

Stephen Borgsdorf

Attorney, Bosch

Zoe Buhalis

Student, Community High School

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

Zachary Fosler

Executive Director/CEO Ypsilanti Housing Commission

Nicole Frei, MD

Pediatrician, IHA Pediatric Health Care

Dan Gamble

Community Volunteer

Armen Hratchian

Executive Director, Teach For America-Detroit

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

Mark Melchi

VP, MAV Development Company

Arvon Mitcham

Principal Engineer, Toyota Technical Center

Courtney Piotrowski

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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

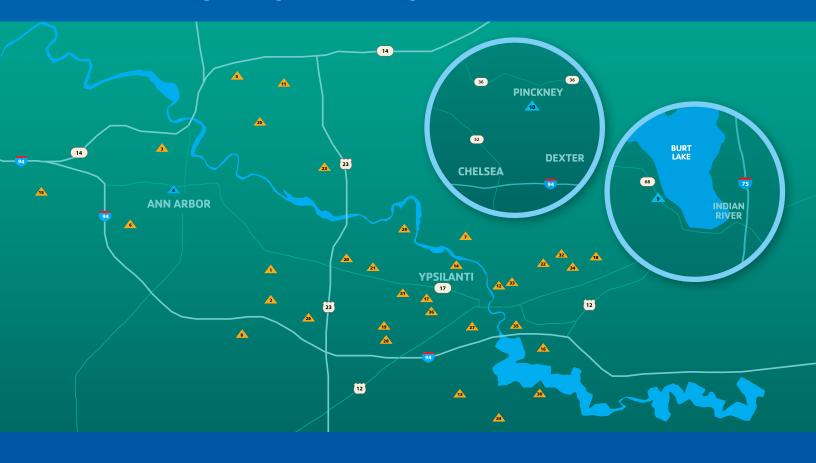
Sandy Zalmout

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
- 2 Ann Arbor Adventist Elementary School: 2796 Packard Street, Ann Arbor, 48108, physical education
- Ann Arbor Open School: 920 Miller Avenue, Ann Arbor, 48103, Youth in Government
- 4 Ann Arbor YMCA: 400 West Washington Street, Ann Arbor, 48103
- 5 Avalon Housing at Carrot Way: 31 Carrot Way, Ann Arbor, 48105, Get Fit
- 6 Avalon Housing at Pauline Blvd: 1500 Pauline Boulevard, Ann Arbor, 48103, Get Fit
- 7 Beatty Early Learning Center: 1661 Leforge Road, Ypsilanti, 48198, family engagement events
- 8 Bryant Elementary School: 2150 Santa Rosa Drive, Ann Arbor, 48108, Get Fit
- 9 Camp Al-Gon-Quian: 9928 M-68, Burt Lake, 49717
- 10 Camp Birkett: 9141 Dexter Townhall Road, Pinckney, MI 48169
- **11 Clague Middle School:** 2616 Nixon Road, Ann Arbor 48105, Youth in Government
- 12 Cultivate Coffee and Tap House: 307 North River Street, Ypsilanti, 48198, teen programming
- 13 East Arbor Academy: 6885 Merritt Road, Ypsilanti, 48197, after school classes, day camp

- 14 Eastern Michigan University: 900 Oakwood Street, Ypsilanti, 48197, day camp
- **15 Emerson School:** 5425 Scio Church Road, Ann Arbor 48105, Youth in Government
- 16 Erickson Elementary: 1427 Levona Street, Ypsilanti, 48198, after school clubs, camps
- 17 Estabrook Elementary: 1555 West Cross Street, Ypsilanti, 48197, after school clubs
- 18 Ford Early Learning Center: 2440 East Clark Road, Ypsilanti, 48198, after school clubs
- 19 Fortis Academy: 3875 Golfside Road, Ypsilanti, 48197, after school classes
- 20 Glencoe Hills Apts: 2201 Glencoe Hills Drive, Ann Arbor, 48108, swim lessons
- 21 Golfside Lake Apts: 2345 Woodridge Way, Ypsilanti, 48197, swim lessons
- **22 Holmes Elementary:** 1255 Holmes Road, Ypsilanti, 48<u>198</u>, after school clubs
- 23 King Elementary School: 3800 Waldenwood Drive, Ann Arbor, 48105, Get Fit
- 24 Lincoln Middle School: 8744 Whittaker Road, Ypsilanti 48197, Youth in Government
- 25 Michigan Islamic Academy: 2301 Plymouth Road, Ann Arbor, 48105, physical education, after school sports
- **26 Mitchell Elementary School:** 3550 Pittsview Drive, Ann Arbor, 48108, Get Fit
- 27 Perry Child Development Center: 550 Perry Street, Ypsilanti, 48197, physical activity classes

- 28 Roundtree Apts: 2835 Roundtree Boulevard, Ypsilanti, 48197, swim lessons
- 29 Sanctuary at St. Joseph's Village: 5341 McAuley Drive, Ypsilanti, MI 48197, physical activity for seniors
- 30 Schooner Cove Apts: 5050 Schooner Cove Boulevard, Ypsilanti, 48197, swim lessons, day camp
- 31 Ypsilanti Community High School: 2095 Packard Road, Ypsilanti, 48197, swim Jessons
- 32 Ypsilanti District Library Superior: MacArthur Boulevard, Ypsilanti Charter Township, 48198, physical activity programs
- 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 (1.18-6.18): 235 Spencer Lane, Ypsilanti, 48198, East Washtenaw Basketball League
- 35 Ypsilanti Community Middle School (7.18–12.18): 510 Emerick, Ypsilanti
- 36 Ypsilanti YMCA Child Development Center: 111 South Wallace Boulevard, Ypsilanti, 48197, child care

Locations highlighted in blue indicate a branch of the Ann Arbor YMCA.