

As one of the oldest continuous organizations in Ann Arbor, the YMCA was thrilled to celebrate our 150th anniversary in 2008. We commemorated 150 years of service to the community with an outdoor birthday party, our first-ever 5K Family Fun Run, and an historical exhibit at the Museum on Main Street.



From its start in 1858, the YMCA initially served as a place where male students could meet to socialize and hold bible studies in Ann Arbor. In the 1950's, the City YMCA of Ann Arbor merged with the Young Women's Christian Association (YWCA) to form an organization where men, women and children of all ages, races, incomes and religions enjoy a variety of recreational programs.

Although our members and programs have changed throughout our history, the focus of the YMCA remains the same. Our mission is "to put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all." In 2008, the YMCA supported the community through several new outreach programs, which were made possible through grants and generous donations from people like yourself. Our LiveStrong at the YMCA Cancer Survivorship Program and Ypsilanti summer day camp are a few examples of these programs.

We hope you will take the time to read and enjoy the Ann Arbor YMCA stories and accomplishments described in the enclosed annual report. We look forward to working with our donors, members and community partners to keep building a healthy, active and socially responsible community.

Sincerely,

Cathi Duchon
President and CEO

ANN ARBOR YMCA

Today

SUMMER 2009

ANNUAL REPORT EDITION

Celebrating teamwork:

Ann Arbor YMCA Gymnastics

By Sarah Kurtz

Throughout its long history, the Ann Arbor YMCA's gymnastics team has seen great success. Spectacular trophies cover the walls of the gym office. In May 2009, the team won the Michigan USA Gymnastics Prep Optional State Meet at the silver level.

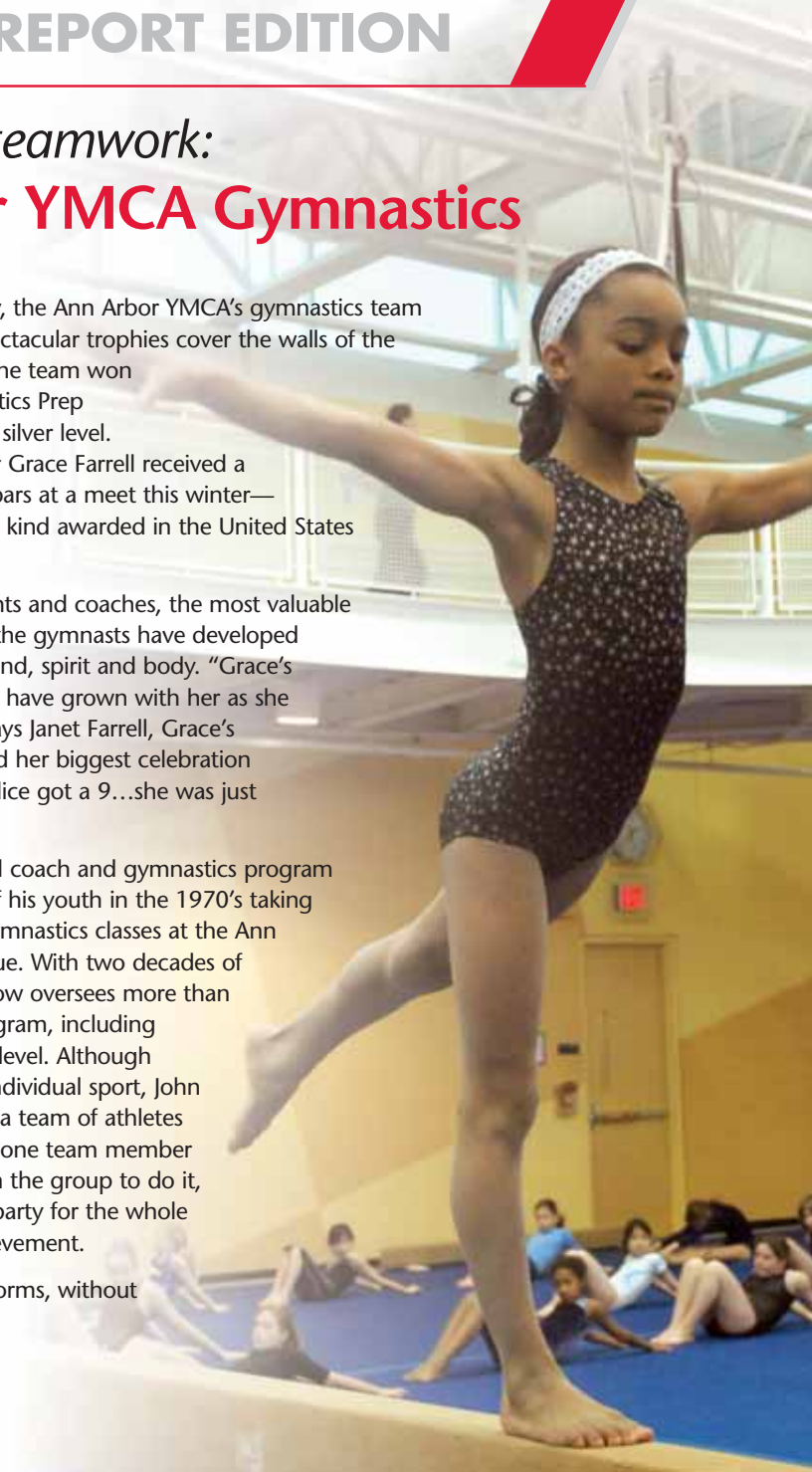
Ten-year-old team member Grace Farrell received a perfect 10 on the uneven bars at a meet this winter—the only perfect score of its kind awarded in the United States during the past two years.

For the athletes, their parents and coaches, the most valuable aspect of the team is how the gymnasts have developed through the program in mind, spirit and body. "Grace's self-esteem and confidence have grown with her as she grew into the program," says Janet Farrell, Grace's mom. "She got that 10 and her biggest celebration was that (her teammate) Alice got a 9...she was just as happy for Alice."

John Beals, the team's head coach and gymnastics program coordinator, spent much of his youth in the 1970's taking fencing, trampoline and gymnastics classes at the Ann Arbor YMCA on Fifth Avenue. With two decades of coaching experience, he now oversees more than 300 gymnasts in the Y program, including 35 athletes at competition level. Although gymnastics seems like an individual sport, John and his staff work to foster a team of athletes who support each other. If one team member aces a skill and is the first in the group to do it, John and his staff throw a party for the whole team to celebrate the achievement.

The girls wear modest uniforms, without glitter or stage makeup.

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Learning to Serve:

Youth Volunteer Corps (YVC)

First launched in 1987, the Youth Volunteer Corps of America is a national service learning program for teens.

Public schools, the YMCA, United Way, and other community organizations organize programs and activities locally. YVC funding is provided by foundations, individuals, corporations, United Ways, and local and federal government.

All YVCs consists of a School Year Program and a Summer Program, which are tailored to meet unique community needs. During the school year, YVC program directors and staff work closely with teachers to design and implement age-appropriate service projects that tie school curricula to local community service. Young people from throughout the community work together on service projects after school, on weekends and during school breaks. During the summer, young people perform community service projects on teams supervised by trained team leaders, who are generally of college age. Volunteers work on their projects full time during the week and spend up to two weeks with YVC.

Based on this national model, the Ann Arbor YMCA started its own YVC program in 1995, with an initial three-year grant from the Ann Arbor Area Community Foundation.

Since 1998, the YVC program has obtained funding through other sources, including Washtenaw County, City of Ann Arbor Block Grant, Rosebud Foundation, and the YMCA's annual Strong Kids Campaign.

Throughout the year, YVC engages over 300 socio-economically diverse middle and high school youth in Washtenaw County. The program is open to all 11–17 year olds in the county, at no cost to participants. A typical service project might involve YVC teens and Neighborhood Senior Services working together to help senior citizens with fall yard work, such as raking leaves and cleaning gutters.

By working together, YVC participants and their partner agencies create positive connections with the Ann Arbor citizens they serve. At the same time, YVC teens develop an appreciation for local social issues and a lifetime ethic of volunteerism.





Youth Advisory Council (YAC)

By Nora Kassner

Created as part of the grant that founded YVC, the Youth Advisory Council is a group of teens with experience in YVC who have demonstrated an interest in leadership and want to help improve the program. The committee meets on a monthly basis to provide YVC program oversight and grow YVC by increasing its visibility in the community and engaging more area teens in community service.

In the fall of 2008, YAC conducted a Community Mapping exercise in downtown Ann Arbor. Committee members surveyed businesses and non-profits about what charitable work they engage in and what uses they could have for YVC. As a result of this project, YAC expanded YVC's local engagement to a number of non-profits who had previously never heard of or used the program. This summer

YVC hopes to use some of the contacts developed through YAC's efforts to provide new service opportunities for YVC program participants.

Grace Kanzawa, a sophomore at Huron, has served on YAC for three years and participated in the Community Mapping project. In her time on YAC, she says that she has enjoyed "meeting with a group of bright and ambitious teens who really want to make a difference." For Grace and others on the committee, YAC has provided opportunities to make this difference by motivating teens to view service as an integral part of their lives. Activities such as the Community Mapping Project, Grace says, help YVC "branch out a little more" and provide interesting, engaging projects to more youth.

For YAC's co-chair, Michael Hymes, one of the most important aspects of the committee is its work ensuring that YVC has the funding it needs to continue providing the outreach Grace and all YVC participants value.

This year, he helped spearhead the committee's involvement with the Strong Kids Campaign, a major source of support for YVC. All YAC members participated in a variety of creative projects, from bake sales to phone calls,

to raise funds for the Strong Kids Campaign. Although some YMCA members may have viewed the brownies and cupcakes in the lobby as counterproductive to their fitness routines, YAC not only supported YVC through its efforts, but also forged new relationships with YMCA members by telling YVC's story.



Celebrating teamwork: Ann Arbor YMCA Gymnastics

(CONTINUED FROM PAGE 1)

At the same time, they also get express their own personalities through the Prep Optional program. On the floor and beam, athletes design their own routines with music and choreography. "Our kids represent the Y mission when they go into public," Beals says. And when Grace is at meets, she is there to support her teammates—not compete against them. "We'll cheer for each other, hug, give high fives and tell each other to keep trying," she says.

As in so many programs throughout the Ann Arbor YMCA's 150-year history, young athletes in our gymnastics program learn and demonstrate Y core values of respect, responsibility, honesty and caring in their practice and competitions each day. The ultimate goal for these talented youth, according to Beals, is to one day compete as college gymnasts. Most importantly, YMCA gymnasts learn lessons about teamwork, dedication and healthy living that will last for a lifetime.



Gymnastics at Fifth Avenue Y ca. 1976

2008 REVIEW

In 2008, the Ann Arbor YMCA served our community, members and program participants in the following ways:

Health and Fitness

- Celebrated Healthy Kids Day at East Middle School in Ypsilanti. Local kids and their families enjoyed games, a fun run and free bike helmets and safety checkups.
- 49 members participated in our first annual Y Tri, an indoor mini triathlon.
- Over 50 adults, teens and kids ran in our first-ever 5k Birthday Bolt and Family Fun Run at County Farm Park.
- Through a grant from the Lance Armstrong Foundation, launched LiveStrong™ at the YMCA, a fitness and support program for cancer survivors. 16 cancer survivors participated in the first session, which ran from August-October 2008. Every participant made significant, measured improvements in physical strength, stamina and vitality.

We are very thankful to the YMCA for offering us a family scholarship. It has been such a world opening experience to have this resource for our daughters. The Y is awesome! Some day when I have money I will definitely be donating to the Y.

Member response, online survey

- Added offsite youth fitness program at Bryant Community Center, in addition to existing programs at Hikone and Green-Baxter housing communities. 15–20 children participated at each site. As a result of these programs, participants increased their ability to exercise effectively and developed positive bonds with YMCA staff and each other.

Teen Development

- Grew middle school Youth in Government program to 65 teen participants from three AAPS middle schools and one middle school in Ypsilanti. Obtained Rotary Club grant, which provided scholarships to send teens to the fall YIG Conference in Lansing, where they debated and lobbied for passage of their legislative bills.
- Through the Chain of Plenty program, 20 special needs teens served on average 110 meals/day, or over 15,000 meals annually to homeless citizens of Ann Arbor at the Delonis Center.
- Sent six teens to the YMCA International Youth Leadership Conference in Prague, Czechoslovakia. During this week-long cultural exchange program, Ann Arbor YMCA participants met teens from YMCAs around the world and gained valuable skills and ideas for use in our community. Following the conference, these teens went on to form the Ann Arbor YMCA Leader's Club.

Philanthropy

- Volunteers in our 2008 Strong Kids Campaign raised \$226,000 to provide scholarships and programs for youth and teens. Over 400 Ann Arbor YMCA members donated to the Strong Kids Campaign in 2008.



My children and I have always found such safety here. We love hearing all the different languages and being part of the rainbow of faces around us. All the parents help each other out, especially if someone (me) is awkwardly juggling three little girls and one fat baby. We run into all the children's friends, and we make new friends whenever a new session starts.

Excerpt from Frances Kai-Hwa Wang's winning entry in the 2008 "Share Your Ann Arbor Y Story contest"

Summer Camps

- Launched a summer sports camp at Ypsilanti's Recreation Park, where 48 children played outdoor games and sports and enjoyed a camp-wide Olympics day with face painting, team competitions and awards!

One of the camper's parents wrote to tell us: "I was very pleased that the YMCA chose to come to our community to provide a positive experience for children that otherwise would not have this chance. I liked the counselors and the choice of activities. My son said the counselors listened to the kids ideas, which helps them feel more invested in the camp."

- Added three new summer day camps, Flag Football, Horseback Riding and Mountain Biking. In total, 3047 children participated in our summer day camps. In total, 119 received camp scholarships.
- Grew Camp Al-Gon-Quian enrollment to 1010 campers. In total, 99 received camp scholarships.

ChildCare

- The YMCA's Early Childhood Program for children ages 2½–5 voluntarily underwent a comprehensive process of internal self-study and improvement, with the goal of meeting all 10 NAEYC (National

Association for the Education of Young Children) Early Childhood Standards. The YMCA's program achieved NAEYC accreditation in August 2008. NAEYC accreditation demonstrates the YMCA's commitment to providing the highest quality early childhood education to our 36 program participants and their families.

Aquatics

- Taught over 100 children how to swim in our annual SPLASH! Free Learn to Swim program

Facilities and Finance

- Broke ground at Camp Birkett on Silver Lake in Dexter for construction of new arts and crafts center and new changing and restroom facilities.



Membership Development

- Celebrated the Ann Arbor YMCA's 150th anniversary, with an exhibit at the Museum on Main Street and a birthday celebration for our members and donors.
- Launched brand-new website, with improved navigation and program information for our members and program participants.



Celebrating 150 Years of the Ann Arbor YMCA

The Y.W.C.A. is not a building nor an organization, nor a board of directors, nor a committee, but a spiritual something ...that demands a knowledge of and participation in the great state, national and world issues; something that will not be satisfied until it has included women of every race and color in love and sympathy.

Florence Stone, October 1930 issue of Woman's Press

The membership privileges of the Ann Arbor Young Men's Christian Association are open to any young men of good moral character, without regard to color, religious denomination, or creed. The expense is very small, when compared with the advantages offered.

Excerpt from Ann Arbor YMCA printed pamphlet, Season of 1896-1897



...the 'Y' is more than the brick and mortar of a building. It is an adventure in cooperative effort. The fundamental idea of uniting one's efforts with those of other people with like minds and common interests, and of accepting responsibility for the accomplishments of common objectives, is the basis for membership in the Y.

The Membership Story, YM-YWCA of Ann Arbor, Michigan, ca. 1959

...the (YMCA) movement... is consistent with an open membership policy, involving people irrespective of faith as well as age, sex, race and social conditions.

YMCA Kampala Principles, adopted in 1973

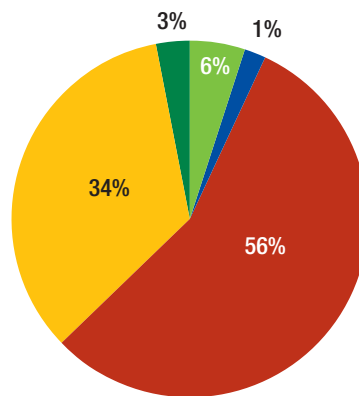


2008 Financial Summary

Statement of Activity

Revenue & Public Support

Contributions	\$372,520
Grants & Contracts	52,552
Wellness Memberships	3,763,602
Camp, Childcare & Class Fees	2,263,548
Merchandise Sales	209,348
Other Income	24,914
Total Revenue & Public Support	\$ 6,686,484



The Ann Arbor YMCA is a non-profit membership association of men, women and children of all ages, abilities, races, incomes and religions. We are dedicated to helping individuals and families build healthy spirits, minds and bodies. Our programs promote member engagement, healthy lifestyles and community involvement.

Ann Arbor YMCA 2008 Member Handbook

Expenses

Program Services:

Camp Programs	\$ 999,860
Childcare Programs	598,911
Health & Wellness Programs	1,990,610
Membership	1,833,703
Teen Programs	332,502

Support Services:

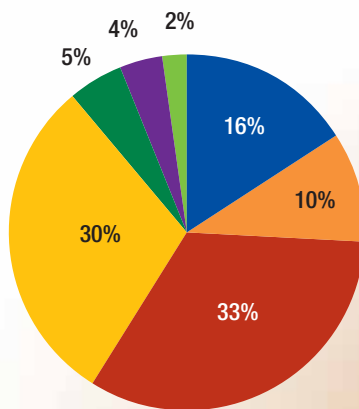
Management & General	262,699
Fundraising	104,220

Total Expenses 6,122,505

Increase in Net Assets 563,979

Net Assets (Beginning of Year) 17,701,290

Net Assets (End of Year) \$18,265,269



Assets

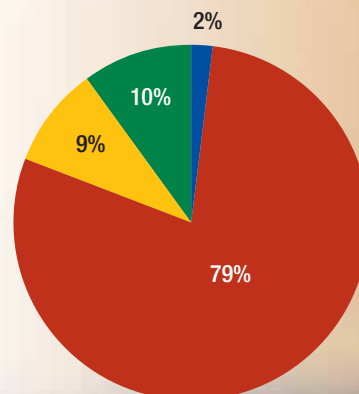
Cash and Cash Equivalents	\$1,189,762
Receivables - Net of Allowances	365,677
Investments	3,388,871
Prepaid Expenses	81,457
Property and Equipment	19,758,720
Total Assets	\$24,784,487

Liabilities & Net Assets

Accounts Payable	\$112,251
Accrued Liabilities	168,486
Deferred Revenue	413,911
Notes Payable	450,890
Bonds Payable	5,373,680
Total Liabilities	\$6,519,218
Net Assets (Detail Below)	\$18,265,269
Total Liabilities & Net Assets	\$24,784,487

Net Assets Invested in Mission

Unrestricted, Undesignated	\$390,157
Property & Equipment - Net of Related Debt	14,354,776
Debt Retirement	1,711,918
Capital Repairs & Replacement	1,753,231
Endowment	50,000
Temporarily Restricted	5,187
Total Net Assets	\$18,265,269





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