For a better us.

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. We believe that a strong community can only be built when we invest in our kids, our health and our neighbors. The Y believes that to achieve this mission, we must work together, partner together and support each other. Through collaboration we are better together and when we work together, we make a better US.
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DON’T JUDGE EACH DAY BY THE HARVEST YOU REAP BUT BY THE SEEDS THAT YOU PLANT.

— Robert Louis Stevenson
A LETTER FROM THE CHAIRMAN & CEO

Dear Friends,

There is a saying that having faith like a grain of mustard seed can yield much. Although mustard seeds are small, their roots are strong and they grow into mighty trees. At the Y, we plant seeds daily that empower young people to participate in community life as invested stakeholders. We plant seeds to improve the quality of life for those of all ages. We enable others to volunteer, advocate, and support programs that strengthen their community.

When we refer to “The Y”, we are referring to “Us.” Us is the foundation. Us is the future. Us is the strength of community. Us is a bond we are seeking to build. The Y.” For a better us. As a 501(c)(3) nonprofit charity organization, the Y develops programs that connect Us all in spirit, mind and body.

The Y ensures that children have a greater understanding of the role they play in helping the environment, through both recycling, and the positive impact that they can have by educating themselves through STEM. Annually, the Y’s Thingamajig Invention Convention displays inventions made from recyclable materials, created by children that may someday change the world. We educate families about good nutrition, and help convert communities from food deserts into places where food resources are made abundantly available. Families learn to farm and grow their own healthy foods at the Y, so that they can prevent diseases such as hypertension and diabetes in their homes and neighborhoods.

In 2018, the Y revitalized aging facilities so that more children could have a place to go before and after school — in a bright, welcoming and inclusive environment — and so that more children could participate in early learning programs. The Y is steadfast in supporting future generations, with facilities that are relevant today, and will be relevant in the future to support ever-changing communities.

Volunteers, donors and partners at the Y make a difference in the way that we address the needs of our local communities. Whether it is in implementing new literacy programs, STEM learning, mentoring, suicide prevention, or child abuse prevention, the Y impacts community health in a positive way. The Y supports children with free backpacks for school, holiday meals, food baskets, coat drives, and more. We plant the seed, so that others will follow.

Every day and in every way, we seek to provide transformational experiences at the Y by planting seeds that will grow and sustain communities — now, and for years to come.

We Belong Together! The Y.” For a better us.

Angie Reese-Hawkins  
President & CEO

Fitzroy Smith  
Chair, Board of Directors
WE BELIEVE

The YMCA of Metropolitan Washington believes that every child, teen, adult and senior deserves the opportunity to stay healthy in mind, body and spirit. We believe our diversity and inclusiveness make us strong and unite us all. When individuals and communities are faced with health and social crises, the Y is there with programming and services that can make a difference.

OUR WORK

In 2018, over 700,000 men, women, and children across the Washington metropolitan area participated in meaningful programs at the Y; these programs focused on our principles of youth development, healthy living and social responsibility.
The Y.™ For a better us: Enriches the lives of our youth.

The Y is one of the Washington, D.C. area’s largest youth program, summer camp and childcare providers.

20,097 children participated in summer camp programs that reinforced our core values of respect, honesty, caring and responsibility. Meanwhile, 2,081 children created priceless summer memories at YMCA Camp Letts, our 219-acre resident camp on the banks of the Rhode River.

2,309 CHILDREN from 6 weeks to 5 years old were enrolled in our curriculum-based childcare programs.

37,025 CHILDREN participated in our PHD (Physical, Healthy, and Driven) Program, which combats childhood obesity.

5,012 TEEN & TWEEN Y members learned about healthy living and eating, civic engagement, acquired leadership, received tutoring and mentoring.

426 TEENAGERS learned about civic engagement and became leaders in the YMCA DC Youth & Government program and YMCA Model General Assembly.
OVER 3,000 CHILDREN RECEIVED FREE SERVICES IN COUNSELING, MENTORING, AND EARLY INTERVENTION.

4,406 CHILDREN had hands-on learning experiences, exploring STEM and the power of recycling to save the environment, at the Y’s YMCA Thingamajig Invention Convention.
The Y.™ For a better us: Embodies the “for all” in the YMCA Mission.

272,629 people participated in group exercise experiences, including the most popular aerobic classes, cycling, and others.

18,234 people participated in programs and classes at the Y, including 4,804 individuals taking part in sports leagues and self-defense classes.

13,260 individuals participated in aquatic classes for fitness and water safety, such as Learn-to-Swim, Aquatic Camp and Aqua-aerobics.

6,815 seniors living in Washington, D.C. participated in physical fitness and rehabilitation programs.
RECOGNIZED BY THE CENTERS FOR DISEASE CONTROL, THE YMCA DIABETES PREVENTION PROGRAM HELPED 50 INDIVIDUALS TO MOVE INTO A HEALTHIER LIFESTYLE BY REDUCING THEIR BODY WEIGHT BY 7% AND INCREASING THEIR PHYSICAL ACTIVITY TO 150 MINUTES PER WEEK.
The Y.™ For a better us: Means Our Walls Do Not Define Us.

While the YMCA of Metropolitan Washington is comprised of over 59,000 members, our work reaches outside the walls of each of our buildings. Along with our partners, the Y launched the Community Food Project, a multilevel community-based obesity intervention program. The program provides food access in Washington, D.C.’s Ward 7, teaches healthy eating habits, and ensures consistent revenue for regional farmers. Special thanks to our partners: Nationals Youth Baseball Academy, 4P Foods, and the U.S. Department of Agriculture.

The Y provided 119,560 meals and 94,053 snacks for 8,267 children across the DMV to help support their growth and development. 2,000 pounds of healthy produce was distributed in Ward 7 and Ward 8 neighborhoods to promote healthy eating and support nutrition equity. 1,475 participants received hands-on training in nutrition and culinary education. And nearly 400 people benefit from that training, eating healthier through our hands-on nutrition education and monthly community dinners.
2,142 YOUTH, FAMILIES AND VOLUNTEERS

participated in our 2018 Healthy Kids Day, where each branch and program center held onsite community service activities. All projects were focused on uniting families in acts of kindness and civic responsibility, to care for their neighbors:

- **YMCA Bethesda/ Chevy Chase & YMCA Ayrlawn Program Center**
  Collected Summer Camp Supplies

- **YMCA Silver Spring**
  Hosted Garden Beautification

- **YMCA Calomiris Program Center**
  Collected Socks and Toiletries for a Senior Home

- **YMCA Capital View**
  Collected Baby Goods

- **YMCA Goodwill Excel Early Learning Center**
  Collected Baby Goods

- **YMCA Alexandria**
  Collected Food for a Local Food Bank

- **YMCA Fairfax County Reston**
  Made Poppy Flowers for a Wreath Donated to Virginia Hospital

- **YMCA Loudoun County**
  Hosted a Canned Food Drive
The Y.™ For a better Us:
Means We Understand The Power Of Giving.

19,731 children and adults were able to participate in life-enriching programs and services they otherwise could not afford, with help from our scholarship program. 1,235 individuals and families received membership scholarships, affording them the opportunity to achieve a healthy lifestyle. 5,921 children received summer day and resident camp scholarships.
450 + CHILDREN RECEIVED BACKPACKS AND SCHOOL SUPPLIES
Many thanks to Giant Food Inc. for the generous donation of $100,000. This gift will help us continue our work in the community for families across the area.

Aetna piloted a program with Nationwide Mutual Insurance Company to in order to provide wellness opportunities to their clients at no charge.

Many thanks also to KaBOOM and Delta Airlines, for replacing the aging playground at YMCA Silver Spring to better support the youth in our community. KaBOOM! and Delta Air Lines created an oasis where kids feel valued and loved; and, where their potential is supported, nurtured, and celebrated.
Our gratitude also goes out to Devotion to Children, a 501(c)(3) non-profit. DTC has transformed the lives of children and their families by uniting corporate leaders, donors, and volunteers to raise funds and awareness for those who need them. Through this, DTC works to offset the lack of affordable quality childcare in its community. DTC also recognized the increasing demand to provide technology to the Y’s children. In response to this demand, DTC funded the creation of a Youth Development Technology Learning Lab at YMCA Calomiris.

Working with the Alexandria Department of Community and Human Services, we provide early learning opportunities to qualifying families in need within the city of Alexandria.

The Junior Tennis Championship Club delivers tennis instruction — through our summer camps, clinics and competitive tournaments — to over 350 youth annually.

Sligo Creek Elementary School delivers the “Fun Friday” program, which provides structured, age appropriate physical activity during the school recess time.

Adventist Community Services helps us to distribute school supplies to families in need.

The Boy Scouts of America is generous in providing needed space and facilities for our annual badge testing.

We are grateful to Kohl’s and Discovery for hosting volunteers at community events and multi-day projects.

The Silver Spring Chamber of Commerce and Silver Spring Rotary Club help us to ensure that our programs and services are supported through Montgomery County.

Bethesda Chevy-Chase Rotary Club & Foundation collaborated with us to host over 8,000 participants, 350 volunteers, and over 1,000 spectators during our annual Turkey Chase. We couldn’t have done it without them!

We are grateful to the Kiwanis Club for co-hosting the Kiwanis-YMCA Golf Classic, an annual golf fundraiser where the net proceeds support the YMCA Caring for Community Annual Campaign, along with local non-profits.

The YMCA is working hard to contribute to the economic viability of Ward 1, in part by working to ensure that residents are represented in our new hires. Currently, 60% percent of our neighbors in Ward 1 work at YMCA Anthony Bowen.

The CitiOpen, sponsored by Citi Bank, enables Y kids and military families to participate in clinics led by tour players. Additionally, the partnership has allowed Y kids to be ball girls and boys at the tournament, as well as giving hundreds of children and their families the opportunity to experience the week-long major sporting event each year.

Working with the YMCA Arlington’s Advisory board, YMCA Arlington is a host for after school enrichment programs. Free of charge, these programs address community needs for students at Arlington Title I schools. Title I schools are those that address the needs of at-risk youth.

Cornerstones allows community members experiencing homelessness an opportunity to work out and/or shower for free.

The Reston Association hosted the 7th annual Reston Kids Triathlon, providing over 100 kids with the opportunity to participate in their first professional triathlon experience.

Fairfax County Public Schools provides job shadowing to individuals with disabilities.

The YMCA partners with local corporations, including the Corporate Executive Board, PNC, and local high schools, to host volunteer day-long projects.
The Y.™ For a better us: Means Our Neighborhoods Are Engaged, Connected And Welcoming.
Tastes of Diplomacy
The Y hosts “Tastes of Diplomacy”, a program which invites chefs from Embassies to share cuisines from their home countries around the world with community members. Participating Embassies include Estonia, Philippines, Dominican Republic and more.

Community Access Days
The Y also hosts community access days, collaborating with the community on Emancipation Day, and Martin Luther King Day. Together, we celebrate of the legacy of Anthony Bowen and the Civil Rights movement.

Global Empowerment Events
We support global empowerment events, organized by ESPN and the U.S. Department of State, that introduce women to sports, health and fitness.

Anthony Bowen Gallery
The new Anthony Bowen Gallery opened to provide an accessible community art exhibit space. The Bowen Artist in Residence program features local artists from the DMV, giving them a place to share their story, conduct art workshops, and participate in culture chats that are open to the entire community.

Jack O’ Lantern Jubilee
The first annual Jack O’ Lantern Jubilee was hosted by YMCA Anthony Bowen, providing a safe space for over 300 families to celebrate on Halloween Day.
WHEN WE WORK TOGETHER TO INVEST IN OUR KIDS, THE HEALTH OF OUR COMMUNITY AND OUR NEIGHBORS, WONDERFUL THINGS HAPPEN IN AND AROUND OUR COMMUNITY.
2018 THE Y. SUPPORTING OUR NEIGHBORS: BY THE NUMBERS

CONSOLIDATED STATEMENT OF FINANCIAL POSITION

Assets: $85,416,000
Liabilities: $39,430,000
Net Assets: $45,986,000
CONSOLIDATED STATEMENT OF ACTIVITIES

REVENUE

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<tr>
<th>Source</th>
<th>Amount</th>
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<tr>
<td>Contributions</td>
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<tr>
<td>Grants</td>
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<td>Membership Dues</td>
<td>$19,212,000</td>
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<td>Program Fees</td>
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<tr>
<td>Other</td>
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EXPENSES

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<td>Services, Supplies &amp; Other</td>
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<tr>
<td>Occupancy, Utilities &amp; Maintenance</td>
<td>$6,841,000</td>
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<td>Depreciation &amp; Amortization</td>
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<td>Interest</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$56,527,000</strong></td>
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OUR DONORS
HELPING US TO BE BETTER TOGETHER

CORPORATION & FOUNDATION DONORS LIST

$250,000-$500,000
MyOffice Products
H&R Block Foundation
Pepco Holdings, Inc.
Omni Hotels & Resorts

$100,000-$249,999
BCC Rotary Club Turkey Chase
Nauticon Imaging Systems
YMCA of the USA

$50,000-$99,999
Delta Airlines
Helping Children Grow
Kiwanis Foundation of Bethesda
Montgomery Printing Solutions, LLC
Perfect Sense

$10,000-$24,999
Active Network, LLC
Arlington Community Foundation
County of Fairfax
Eventbrite, Inc.
H&R Block Foundation
Herb Block Foundation
Lewis Family Charitable Foundation
Reston Community Center
SunTrust Foundation
Washington Forrest Foundation
Wells Fargo Foundation
YMCA Youth Fund Advisory Committee

$5,000-$9,999
Annapolis Cars
Belfort Furniture
Blue Cross Blue Shield
Fireline Corporation
Harris Teeter, Inc.
Howard Hughes Medical Institute
Ivakota Association – IMA
Market Force
Nancy Peery Marriott Foundation, Inc
National Home Library Foundation
Nora Roberts Foundation

$1,000-$4,999
4Girlsgokalamzoo, LLC
ABC Events
Access National Bank
Advanced Technical Solutions
AHT Insurance
America’s Charities
AmeriHealth Caritas Services, LLC
Ashley Furniture
Aspenhome and Aspen Furniture
Backflow Technology, LLC
Bank of Clarke County
Barkthins
Bernhardt Furniture Company
Boston Properties
Bullis School
CA Technologies
CareFirst BlueCross BlueShield
Carefree Recreation Inc
Chipotle Mexican Grill
Columbus Club of Arlington
Comcast Financial Agency Corp.
Community First
Community Insurance Services
Cornerstones
Craftmaster Furniture Inc.
Custom Floor
Early, Cassidy, & Schilling
Eastern Outdoor Reps Association
Equinox
Federal Aviation Administration
Fidelity Charitable Gift Fund
First Virginia Community Bank
Forrester Construction
Furniture First
Greenbrier Media, LLC
Griffin Owens Insurance
GRO Development, LLC
HTL Furniture, Inc.
IMPAQ International
Ivy Vine Charities
Jackson Lewis, P.C.
Jeffery’s Catering
John and Linda Derrick Family Fund
John Marshall Bank
Kiwanis Foundation
La-Z-Boy Casegoods
Legacy Classic Furniture
Little & Associates Architects, Inc.
M&T Bank
Main Street Bank
Makpar Corporation
Margaret Paxton Memorial Trust
Moldenhauer Furniture Sales
NIH Federal Credit Union
Paypal Charitable Giving Fund
Perkins + Will
Pettit Family Charitable Foundation
Precision Environmental Services
Redan
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Revere Bank
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Silver Spring-Kensington Rotary Club
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United Way of the National Capital Area
Wallace Foundation
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Woodmont Program Center
YHB Wealth Advisors

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Mary Fowler
Pamela Curran
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Ryan Katz
Shelly Gehshan
OUR DONORS
HELPING US TO BE BETTER TOGETHER

INDIVIDUAL DONORS LIST

$500–$4,999
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David DiLuigi
David Repass
David Schwark
David Selden
David Stewart
David Tripp
David Warner
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Johnny Slagle
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Joseph Fay
Joseph Mattos
Joseph O’Gorman
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Joyce Ward Clarke
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Julia Clark
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Dwight Bridges

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Executive Vice President & Chief Operating Officer  
Senior Vice President, Program Development  
Senior Vice President, Human Resources  
Chief Financial Officer
## LOCATIONS

### WASHINGTON, D.C.
- YMCA of Metropolitan Washington Association Services Office
  1112 16th Street, NW
  Suite 240
  Washington, D.C. 20036
- Child Development Center at Goodwill
  1776 G Street, NW
  Washington, D.C. 20006
- YMCA Anthony Bowen
  1325 W Street, NW
  Washington, D.C. 20009
- YMCA Calomiris Program Center
  1906 Allison Street, NE
  Washington, D.C. 20018
- YMCA Capital View Program Center
  2118 Ridgecrest Court
  Washington, D.C. 20020
- The YMCA at The Children’s House
  U.S. Department of Housing and Urban Development
  451 7th Street, SW
  Washington, D.C. 20410

### VIRGINIA
- YMCA Alexandria
  420 East Monroe Avenue
  Alexandria, VA 22301
- YMCA Arlington
  3422 North 13th Street
  Arlington, VA 22201
- YMCA Arlington Tennis & Squash Center
  3400 North 13th Street
  Arlington, VA 22201
- YMCA Fairfax County Reston
  12196 Sunset Hills Road
  Reston, VA 20190
- YMCA Loudoun County Youth Development Center
  624 West Church Road
  Sterling, VA 20164
- YMCA Woodmont Gymnastics Center
  2422 Fillmore Street
  Arlington, VA 22207

### MARYLAND
- YMCA Ayrlawn Program Center
  5650 Oakmont Avenue
  Bethesda, MD 20817
- YMCA Bethesda-Chevy Chase
  9401 Old Georgetown Road
  Bethesda, MD 20814
- YMCA Prince George’s County
  At Trinity Lutheran Church
  6600 Laurel Bowie Road
  Bowie, MD 20715
- YMCA Camp Letts
  4009 Camp Letts Road
  Edgewater, MD 21037
- YMCA Silver Spring
  9800 Hastings Drive
  Silver Spring, MD 20901
- YMCA Youth & Family Services Administrative Office
  9601 Colesville Road
  Silver Spring, MD 20901
OUR MISSION
To foster the spiritual, mental and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

OUR CAUSE
We know that lasting personal and social change comes about when we all work together. That’s why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

OUR FOCUS
The YMCA of Metropolitan Washington is an inclusive organization. We define “inclusion” as the deliberate and conscientious effort to be knowledgeable about differences, supportive of others, and active in changing structures that are oppressive to various groups. We understand that everyone brings valuable skills and abilities to the YMCA. Every day, we strive to embody in action the “for all” part of our YMCA mission statement.