



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2018

The Y.™ For a better us.

2018 ANNUAL REPORT
YMCA OF METROPOLITAN WASHINGTON



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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A woman with dark curly hair, wearing a black headband, large hoop earrings, a black blazer, and a white apron, holds a small plant in a black glove. A man with a grey beard and glasses, wearing a blue and white striped shirt and a dark apron with a logo, holds a plant with yellow fruit. They are standing in front of a wooden fence with greenery. The text "DON'T JUDGE EACH DAY BY THE HARVEST YOU REAP BUT BY THE SEEDS THAT YOU PLANT." is overlaid on the left side of the image, flanked by two large, light-colored, stylized leaf shapes.

**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




BELIEVE

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.



**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.

**OVER 3,000 CHILDREN RECEIVED
FREE SERVICES IN COUNSELING,
MENTORING, AND EARLY
INTERVENTION.**

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.





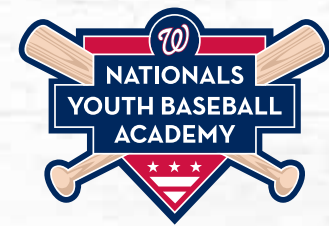
**RECOGNIZED BY THE CENTERS FOR DISEASE CONTROL,
THE YMCA DIABETES PREVENTION PROGRAM HELPED 50
INDIVIDUALS TO MOVE INTO A HEALTHIER LIFESTYLE BY
REDUCING THEIR BODY WEIGHT BY 7% AND INCREASING
THEIR PHYSICAL ACTIVITY TO 150 MINUTES PER WEEK.**



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 Ayr lawn 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



Curriculum-Based
Childcare Scholarships



Membership
Scholarships



Resident and Summer
Day Camp Scholarships



**450 +
CHILDREN
RECEIVED
BACKPACKS
AND SCHOOL
SUPPLIES**



The Y.™ For a better us: Means Fulfilling Our Commitment To Serve.

300+

food baskets were
provided to families and
seniors

400+

toys were donated by
members and partners
to under-supported
children

400+

coats, hats and gloves
were donated by members
and partners to under-
supported youth

250+

turkeys were supplied
to under-supported
families and seniors

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.**

TOGETHER
WE MAKE A
DIFFERENCE



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 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.**

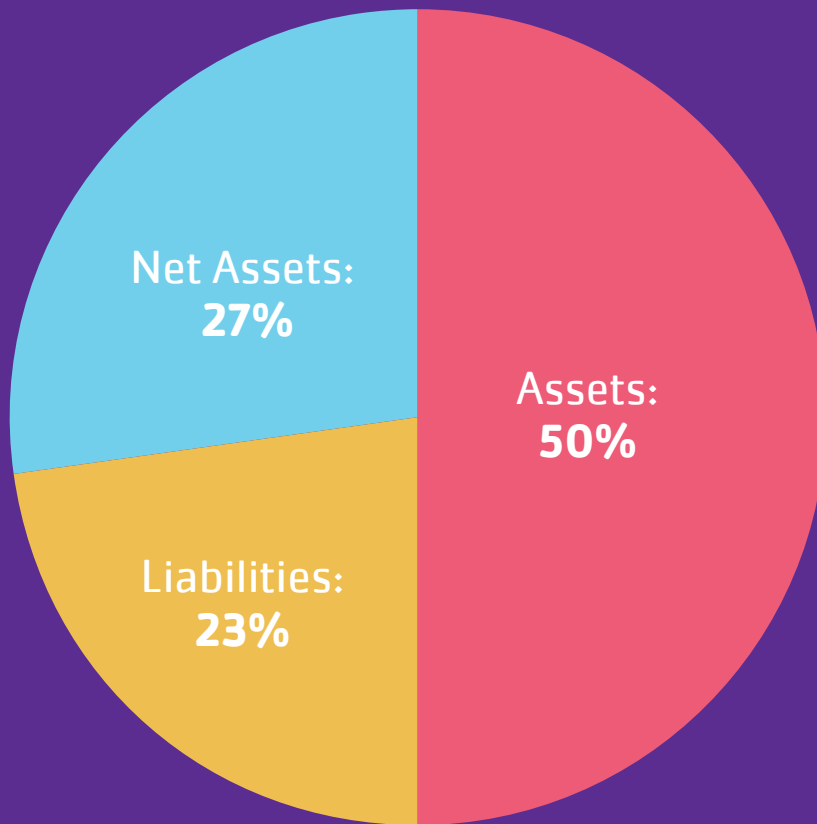








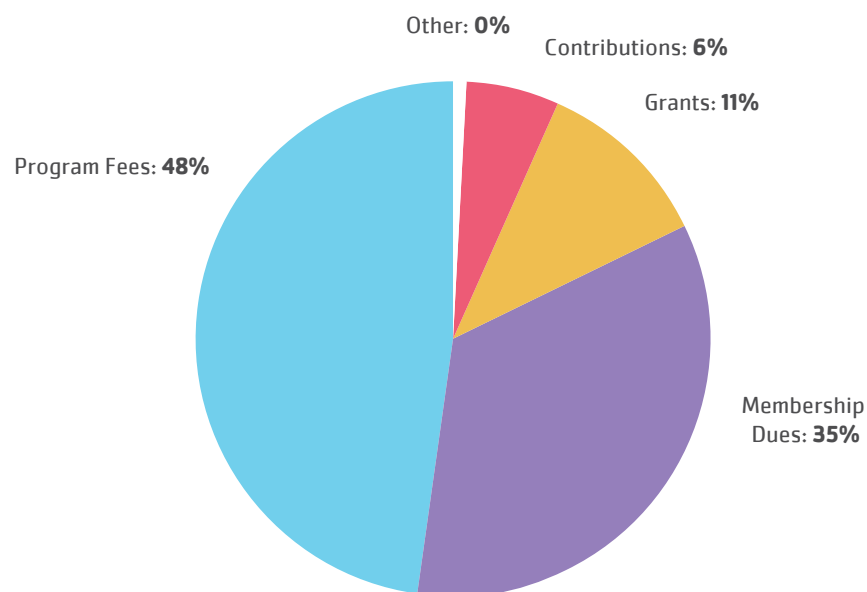
2018 THE Y. SUPPORTING OUR NEIGHBORS: BY THE NUMBERS



CONSOLIDATED STATEMENT OF FINANCIAL POSITION

Assets	\$85,416,000
Liabilities	\$39,430,000
Net Assets	\$45,986,000

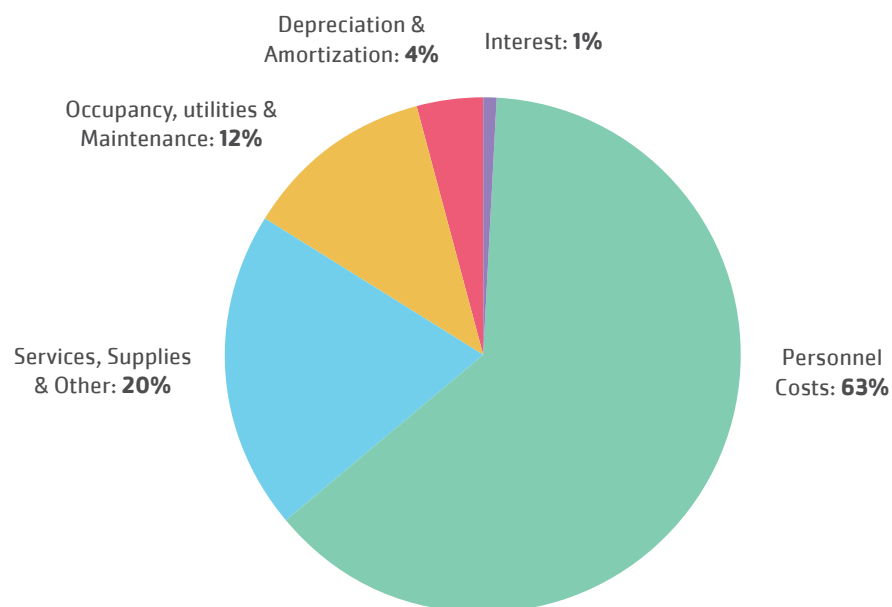
CONSOLIDATED STATEMENT OF ACTIVITIES



REVENUE

Contributions	\$3,122,000
Grants	\$6,396,000
Membership Dues	\$19,212,000
Program Fees	\$26,696,000
Other	\$212,000

Total Revenue **\$55,638,000**



EXPENSES

Personnel Costs	\$35,813,000
Services, Supplies & Other	\$11,032,000
Occupancy, Utilities & Maintenance	\$6,841,000
Depreciation & Amortization	\$2,181,000
Interest	\$660,000

Total Expenses **\$56,527,000**

OUR DONORS

HELPING US TO BE BETTER TOGETHER

CORPORATION & FOUNDATION DONORS LIST

\$250,000–\$500,000

MyOffice Products

\$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

RaceWire dba Blue Star Sports

Sysco Eastern Maryland

TNS Charitable Fund

WalMart Foundation

\$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

Omni Hotels & Resorts

Pepco Holdings, Inc.

Safeway Foundation

St. Mary's Episcopal Church

Washington Gas

\$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

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GRO Development, LLC
HTL Furniture, Inc.
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Margaret Paxton Memorial Trust
Moldenhauer Furniture Sales
NIH Federal Credit Union
Paypal Charitable Giving Fund
Perkins + Will
Pettit Family Charitable Foundation

Precision Environmental Services
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Rotary Foundation of Washington DC
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United Way of the National Capital Area
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Whole Foods Market
Woodmont Program Center
YHB Wealth Advisors

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OUR DONORS

HELPING US TO BE BETTER TOGETHER

INDIVIDUAL DONORS LIST

\$500-\$4,999

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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 Ayrilawn
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



The Y.™ For a better us.

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.

Proud participants of Combined Federal Campaign (CFC) 74703

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"YMCADMV"
243725

YMCA of METROPOLITAN WASHINGTON
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