<table>
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RESILIENCE IS ALL ABOUT BEING ABLE TO OVERCOME THE UNEXPECTED. SUSTAINABILITY IS ABOUT SURVIVAL. THE GOAL OF RESILIENCE IS TO THRIVE.

– Jamais Cascio
Dear Friends,

In 2020, the COVID-19 pandemic led to a dramatic loss of human life. It presented, and continues to present, unprecedented challenges to our communities’ livelihood, our employment and the overall public and economic health of our nation, all while forcing us to navigate a roller coaster of emotions relating to social justice and equity.

Confronting the challenges of 2020 necessitated solidarity and support, especially for the most vulnerable in our communities. It was a time for the Y to pivot its strategy so that we could remain strong and resilient, even in an extraordinarily challenging climate. The Y demonstrated its agility while staying true to its mission.

The Y closed the doors to its facilities in March 2020, in response to the mandates of local legislators based upon guidelines of the Centers for Disease Control and Prevention. Without hesitation, volunteers, donors and staff joined and/or supported the Y during that initial change, enabling us to broaden our reach with targeted services to meet the critical and growing needs of the communities impacted by COVID-19. The Y was committed to pooling its expertise, resources and experience to respond to the crisis.

This 2020 Annual Report outlines our story of resilience, commitment, and the impact of our Y’s response. Our donors, volunteers, members and staff sacrificed their time and resources to help families survive and thrive during this time of unparalleled hardship.

We are grateful to everyone who participated in blood drives, distributed groceries and hot meals, supported emergency childcare services, distributed children’s activity kits, and provided virtual fitness classes during the COVID-19 pandemic. We are proud of our participation in town hall forums focused on racial equity, which fueled discussions that educated, created awareness and will help bring about systemic change.

We are grateful to Y members who pivoted and supported us through the #StayWithUS campaign. We lacked the funds to support the Y’s heightened level of need during that time, but Y members provided the resources to continue effectively and equitably providing crucial services for those in our communities who needed them most. Those who supported us then and support us now give us hope for the future: we are continuing to partner with donors, members and staff to build strong communities as the recovery from COVID-19 moves forward.

Thank you for continuing to be a part of this Y journey. Your support allows us to stay “in action” during times of need.

Angie Reese-Hawkins  
President & CEO

Kathryn Speakman  
Chair, Board of Directors
STANDING FOR
JUSTICE & EQUITY
As a 501(c)3 non-profit charity organization and movement, we believe in the Constitutional rights of equality and justice. We believe it is our duty to put into action programs that sustain and engage us all; programs that encourage us not only to do better but be better to each other. We believe in creating a culture that sees beyond race, creed, religion or sexual preferences. At the Y, we work to make sure that every human being has the right to a more fulfilling life.

As an inclusive organization, the YMCA of Metropolitan Washington makes a deliberate and conscientious effort to value differences, be supportive of others, and work actively to change structures that are oppressive to various groups. We understand that everyone brings valuable skills and abilities to the Y. Every day, we strive to embody the “for all” part of the Y’s mission statement in the actions we take.
Volunteers

Volunteerism is at the heart of every Y, and provides an opportunity to make a positive impact in the lives of others while giving back to the community in a variety of ways. The Y’s volunteers serve on local boards, help deliver select programs, and help raise funds to support scholarships and other crucial services. Volunteering provides a sense of accomplishment for those who take part in it, and embodies the Y tenets of concern for others and civic responsibility.

#StayWithUs Campaign

The Y’s branches respond to the specific needs of the communities they serve. The sudden school closures and economic uncertainty brought on by the COVID-19 pandemic dramatically increased the need for child care and food access. Youth of all ages began learning remotely for the first time, millions found themselves out of work and seniors faced social isolation. The YMCA of Metropolitan Washington, like many Y’s across the U.S., responded quickly to the unprecedented circumstances, continuing to fulfill the Y’s purpose and mission of strengthening communities.

Our #StayWithUs Campaign was the Y’s call to ask over 60,000 Washington area members to stay with the Y, either as an inactive member or volunteer, so that we could continue to serve the 250,000 people that the Y has served over the years.
In March 2020, the Y’s buildings were temporarily closed due to COVID-19 mandates across the Washington area. Many of the Y’s programs, services and signature events were pivoted to being held outdoors, online, or through other virtual platforms.

The combined resources of partners, sponsors, donors, members, volunteers and staff are the reason that the Y has been able to deliver programs and services throughout the pandemic. Their commitment to serving, uplifting, and positively impacting the lives of others in their communities was evident by their responses to our requests for help.

2,915 CHILDREN were enrolled in our childcare and emergency childcare programs, which helped safely care for children whose parents were essential personnel during COVID-19. To assist in this effort, Virtual Learning Labs were implemented across 10 locations.
1,517 EXPERIENCES were created for our children to explore new interests and discover new passions in summer day camp.

123 TEENAGERS learned how to make positive change in their community through civic engagement, and became leaders in the YMCA DC Youth & Government program.

2,477 TEEN AND TWEEN experiences were created, which taught our youth members core values, educated them about healthy living and eating, taught them about civic engagement, and helped them acquire leadership skills in camp, as well as giving them opportunities to receive tutoring and mentoring.

2,367 INDIVIDUALS were taught skills and drills online through YMCA sports leagues, covering athletic disciplines such as gymnastics, youth tennis, and self-defense classes and more.

4,791 INDIVIDUALS participated in aquatics programs as the Y closed in March and gradually re-opened throughout 2020.

2,885 PEOPLE were engaged in the Y’s Youth and Family Services teletherapy appointments, to help youth navigate adverse childhood experiences caused by the pandemic.
54,917 meals were provided to those in need, and 153,128 pounds of produce, including fresh vegetables, were distributed to support seniors and families in need during the pandemic. This effort was in line with the Y’s mission to promote equity and access for all. Virtual cooking classes were also available online, so that families could share healthier meals together and learn more about nutrition.

The Y’s Community Health department piloted multiple health promotion programs throughout 2020, despite the ongoing COVID-19 pandemic. These programs included: Simple Cooking with Heart, the Diabetes Prevention Program, Blood Pressure Self-Monitoring, FLiPRx, and Nutrition Counseling; all were offered virtually. Given the strong correlation between diet-related diseases and food insecurity, the Y coupled these programs with home-delivered produce by partnering with 4P Foods, a local food hub that sources from regional farmers. All programs overseen by the Y’s Community Health department are advised by a Clinical-Community Advisory Board, composed of leaders from across the District.
SIMPLE COOKING WITH HEART

Simple Cooking with Heart is a culinary and nutrition education program created by the American Heart Association. The Y uses this program to increase cooking confidence and nutrition knowledge. The Y is a contractor of DC Health’s SNAP-Ed program, which ensures that DC residents who receive SNAP benefits have access to quality nutrition education.

The Y Food Education Team taught 1,048 kids, adults, and seniors across the association hands-on nutrition best practices and culinary skills, made possible in large part by a 5-year SNAP-Ed Grant from DC Health.

The Y educated 3,987 members of our community in healthy eating practices and healthy lifestyles. We also helped our members begin to overcome long-term challenges and better support their children, seniors and families. 2,731 participants accessed these great opportunities virtually, which gave the Y a broader reach than ever before at a vitally important moment.

THE DIABETES PREVENTION PROGRAM

The Diabetes Prevention program is a year-long program that aims to decrease the risk of diabetes. In 2020, we had 2 cohorts that completed the program at YMCA Silver Spring and the Freedom Aquatics Center, with a total of 35 participants, which is an incredible turnout during this challenging year.

By moving to virtual sessions, the YMCA of Metropolitan Washington’s Diabetes Prevention Program was able to maintain our fully recognized status with the Centers for Disease Control. This was accomplished by having participants successfully complete the program and achieve the program’s goals of reducing their body weight by at least 7% and increasing their physical activity to 150 minutes per week.

BLOOD PRESSURE SELF-MONITORING

Blood Pressure Self-Monitoring (BPSM) is a 4-month program that aims to decrease high blood pressure. BPSM was piloted in September 2020, and a total of three participants completed the program, all of whom reduced their blood pressure as a result.

NUTRITION COUNSELING

The Y understands the need for a holistic approach to health. In 2020, we hired the YMCA’s Community Dietitian to integrate our focus on nutrition into the Y’s core services. Our Community Dietitian worked with 32 individuals to meet their health needs during the pandemic.

FLIPRX

In partnership with Children’s Hospital, the Y piloted FLiPRx, a produce prescription program for families who face food insecurity. In 2020, the Y established the protocol and trained physicians for the Spring 2021 rollout.
SIGNATURE PROGRAMS
FIT & WELL SENIORS
The Y ensured that seniors who participated in the Fit & Well Seniors program had access to virtual programs and some outdoor activities to maintain their health and wellness routines during the pandemic.

THINGAMAJIG INVENTION CONVENTION
Thingamajig Invention Convention allows kids to use their imaginations to explore, by creating inventions using recyclable materials. In 2020, Thingamajig was offered as a virtual program, to give kids constrained by the pandemic the same excitement and engagement that only Thingamajig can provide. Singer-songwriter Eric Roberson was the host.

BLOOD DONOR DRIVES
In 2020 the Y successfully translated the 38th Annual Turkey Chase Charity Run into a virtual format, and raised over $178,000 for the Association.

TURKEY CHASE
In 2020 the Y successfully translated the 38th Annual Turkey Chase Charity Run into a virtual format, and raised over $178,000 for the Association. Turkey Chase is a part of the Y’s Annual Campaign.
THE Y’S COMMUNITY HEALTH DEPARTMENT STRIVES TO MAKE ALL HEALTH PROGRAMS ACCESSIBLE FOR ALL INDIVIDUALS. ALL PROGRAMS ARE SUBSIDIZED THROUGH THE SUPPORT OF THE FOLLOWING FUNDERS:

- DC Health Community Heart Department
- DC Health SNAP-Education
- YUSA
- Share our Strength
- Community Foundation of NOVA
- Arlington Community Foundation
- ACT of Alexandria
- Safeway
- Montgomery County Food Policy Council
- MAFRAC
- The American Heart Association
- Virginia Diabetes Alliance
- Episcopal Diocese of Metropolitan Washington

OTHER SIGNATURE PROGRAMS THAT RECEIVE GRANT FUNDING AND MAJOR SUPPORT ARE:

- Youth & Government
- Power Scholars Academy
- LEARN 24/Summer Learning Loss
- Community Health/Diabetics Prevention
- Community Health/Summer Meals Program

SUBSIDIES AND FINANCIAL ASSISTANCE

2,332 children and adults were able to participate in life-enriching programs and services they otherwise could not afford in early 2020 because of our scholarship program, which gave recipients access to summer programs, emergency childcare and virtual learning lab experiences.

$346,340.47 was provided in scholarships to local families to help cover the cost of curriculum-based preschool and emergency school-age childcare.

578 individuals and families received $284,826.48 in membership scholarships, affording them the opportunity to achieve a healthy lifestyle.

294 children received $14,441.40 in scholarships, allowing them to have priceless summer fun, experience growth and make memories at our day camps and childcare programs.

23 children received $690.77 in scholarships, which allowed them participate in sports leagues and martial arts safety classes in early 2020.
The Y.™ In Action.
2021 THE Y. SUPPORTING OUR NEIGHBORS: BY THE NUMBERS

CONSOLIDATED STATEMENT OF FINANCIAL POSITION

<table>
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<th>Category</th>
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<tr>
<td>Net Assets</td>
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CONSOLIDATED STATEMENT OF ACTIVITIES

REVENUE

- Contributions: $12,039,450
- Grants: $6,620,530
- Membership Dues: $13,742,240
- Program Fees: $8,596,270
- Other: $80,430

Total Revenue: $41,078,920

EXPENSES

- Personnel Costs: $25,918,860
- Services, Supplies & Other: $6,307,890
- Occupancy, Utilities & Maintenance: $5,914,310
- Depreciation & Amortization: $2,465,010
- Interest: $371,490

Total Expenses: $40,977,560
## Our Donors

**Helping Us to Be Better Together**

### Corporation & Foundation Donors List

#### $250,000–$500,000
- DC Department of Health

#### $100,000–$249,999
- Montgomery County, MD
- Small Business Administration
- The GDBS Trust
- Virginia Early Childhood Foundation
- YMCA of the USA

#### $50,000–$99,999
- Act for Alexandria
- Bank of America Foundation
- Department of Human Services
- Greater Washington Community Foundation / Children’s Opportunity Fund RunSignUp

#### $25,000–$49,999
- Arlington Community Foundation
- BellXcel
- Clark-Winchcole Foundation
- District of Columbia Public School
- Eventbrite, Inc.
- Humanities Council of Washington DC
- Jack Kent Cooke Foundation
- Kiwanis Foundation of Bethesda
- No Kid Hungry / Share Our Strength
- Safeway Foundation / The Albertsons Companies Foundation

#### $10,000–$24,999
- Alexandria Economic Development Partnership
- Community Foundation of Northern VA
- Community Foundation of Anne Arundel County
- The Builders Foundation INC
- The M&T Charitable Foundation
- TNS Charitable Fund
- Van Metre Companies Foundation, Inc.
- Washington Area Community Investment Fund
- Washington Forrest Foundation
- Washington Nationals Philanthropies & Delta Airlines
- Weatherspoon Charitable Fund
- Wells Fargo
- Y Youth Foundation of the Central Atlantic Area

#### $5,000–$9,999
- 4P Foods
- American Heart Association
- American Tennis Association
- Backflow Technology, LLC
- Belfort Furniture
- Bethesda Chevy Chase Rotary Foundation
- Citi First Enterprises
- County of Loudoun Virginia
- DC Office of the Deputy Mayor for Planning & Economic Development
- Fireline Corporation
- Harris Teeter, Inc.
- Healthcare Initiative Foundation
- Lewis Family Charitable Foundation
- Mead Family Foundation
- Mid-Atlantic Food Resilience & Access Coalition
- Sanford and Doris Slavin Foundation
- Silver Spring Jewelers
The Sprouts Healthy Communities Foundation
Trustee for Fedex Corporation
Twin Cities Public Television
Vanguard Charitable
Washington Gas

$1,000–$4,999
4GirlsRule
America’s Charities
AmeriGroup
AmeriHealth Caritas Services LLC
Annapolis Rotary Foundation
Bainum Family Foundation
Booz, Allen & Hamilton
Bullis School
C2S Consulting Group
Carefree Boat Club
Chevy Chase Automotive, LLC
Community Wellness Alliance LLC
Core Foundation INC
Episcopal Diocese of Washington
Facebook, Inc.
Federal Aviation Administration
Fidelity Charitable Gift Fund
FVCBank
Howard Hughes Medical Institute
INOVA Health System
John Marshall Bank
Johns Hopkins A/P Service Center
Kiwanis Club of Arlington
Lockheed Martin
M&T Bank, NA
Margaret Paxton Memorial Trust
Marshfield Associates, Inc.
Nancy Peery Marriott Foundation, Inc
Oakmont Special Taxing District
Panda Stonewall
Patrona Corporation
Richey Property Management
Robert A. Pumphrey Funeral Home
Ruppert Family Foundation, Inc.
Sandy Spring Bank
T. Rowe Associates, Inc.
The Carl M Freeman Foundation, Inc
The Field School
The Redwoods Group, Inc.
Top Flight Corvette Club
Wells Fargo Foundation
YMCA Loudoun County

$999–$400
Alexandria Old School Alumni Association
Ashburn Children’s Dentistry
Avalon Settlements
Community Foundation for Loudoun County
Crown Trophy
Dulles Foundation Club
Fidelity Brokerage Services LLC
Friends of Phyllis Randall
GateHouse Media
Gates Ventures
Gensler
Goose Creek Village Dental
Heymann Realty
IST
Jack and Jill of America
Little Diversified Architectural Consulting
Lombard Orthodontics, PLLC
Makpar Corporation
O’Donnell’s Market
Rehab 2 Perform LLC
Sun Dun Inc. of Washington
The Charles Delmar Foundation
The Wawa Foundation
United Way of Central Maryland
Virginia Village Holdings, LLC
## OUR DONORS
HELPING US TO BE BETTER TOGETHER

### INDIVIDUAL DONORS LIST

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<td>Harold Appelman</td>
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<td>Heidi Henning</td>
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The YMCA of Metropolitan Washington wishes to thank all of our donors and sponsors for your unwavering support last year during the pandemic. Due to your contributions, the Y was able to provide charitable services that helped support the children, adults, seniors and families that we serve daily.
LEADERSHIP

2020 BOARD OF DIRECTORS

**Kathryn Speakman**, Chair of the Board
The National Capital Bank of Washington

**Lesley Zork**, Vice Chair
Jack H. Olender & Associates, PC

**Fitzroy Smith**, Past Chair
George Washington University

**Angie Reese-Hawkins**, President and C.E.O.
YMCA of Metropolitan Washington

Robert Bolle
Interstate Commission on the Potomac River Basin

Dave DiLuigi
Wilmington Trust, N.A. | an M&T Bank company

Michelle Hallerdin
Principal at Elpis Consulting

Roland Hawthorne
NFP

Norma B. Hutcheson
D.C. Gov.’s Board of Ethics and Government Accountability

Maria Leon Acosta
School without Walls/George Washington University

Michael Repass
Internal Revenue Service

Sandra Robinson
The Cochran Firm

Keith Smith
Prime Policy Group

Roderic Woodson
Parker Poe

Adrienne Owens-Collie
Delta Air Lines

Erin Andrew
Live Oak Bank

Virgil Griffin
Pitney Bowes

2020 EXECUTIVE OFFICERS

**Angie Reese-Hawkins**, President and Chief Executive Officer

**Pamela Curran**, Executive Vice President and Chief Operating Officer

**Dwight Bridges**, Chief Financial Officer

**Janice Williams**, Senior Vice President, Program Development

**Stacey Leoniak**, Senior Vice President, Human Resources

---

***Kathryn Speakman***
Chair, Board of Directors

From 2018 to 2020, Kathryn Speakman served as the Chair of the YMCA of Metropolitan Washington’s Board of Directors. Kathryn led the organization through monumental changes, maintaining the historical relevance that the Y has been known for throughout the Washington metropolitan area. We appreciate the hard work and dedication that Kathryn has provided to the Y, while helping us to weather the storm of the pandemic. We look forward to Kathryn’s continued service as a Board volunteer.
### LOCATIONS

#### WASHINGTON, D.C.

- YMCA of Metropolitan Washington Association Services Office
  1325 Anthony Bowen Way, N.W.
  Suite A
  Washington, D.C. 20009

- 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 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
The YMCA of Metropolitan Washington is a 501(c)(3) non-profit charity organization. The Y’s mission is 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 come 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.


Proud participants of:
Combined Federal Campaign (CFC) 74703

YMCA of Metropolitan Washington
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Washington, D.C. 20009

www.ymcadc.org