



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2020

The Y.™ In Action.

2020 ANNUAL REPORT
YMCA OF METROPOLITAN WASHINGTON


ADON





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A photograph of two women standing outdoors in front of a light-colored wall and green foliage. The woman on the left is wearing a light blue button-down shirt, black pants, black gloves, and a black face mask with a white logo. She is holding a red box of La Frutera produce, which contains bananas, apples, and green peppers. The woman on the right is wearing a dark purple button-down shirt, black pants, black gloves, and a black face mask with a white logo. She is holding a brown paper bag with a recycling symbol and the text "100% RECYCLABLE MADE FROM 45% RECYCLED MATERIAL". The background features a wooden bench and a large green tree on the left.

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

— Jamais Cascio

A LETTER FROM THE CHAIRMAN & CEO

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.





YEAR IN REVIEW

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.

294 TOTAL NUMBER OF
PROGRAM VOLUNTEERS

115 TOTAL NUMBER OF
BOARD VOLUNTEERS

#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.

COMMUNITY

COMMUNITY IMPACT

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.



WELLNESS

NUTRITION, HEALTH PROMOTION AND WELLNESS PROGRAMS



FOOD AND NUTRITION

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.

PROGRAMS THAT PROMOTE HEALTH

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

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, the 26th Annual Thingamajig® Invention Convention 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 partnership with the American Red Cross, the Y has been one of the leading nonprofits to promote giving blood to save lives. In 2020, the Y blood donation drives helped saved over 1,500 lives, thanks to 612 blood donors throughout the community.

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.



SUSTAINABILITY



SUSTAINABILITY

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:

- Community Health Administration of the District of Columbia Department of Health
- 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.





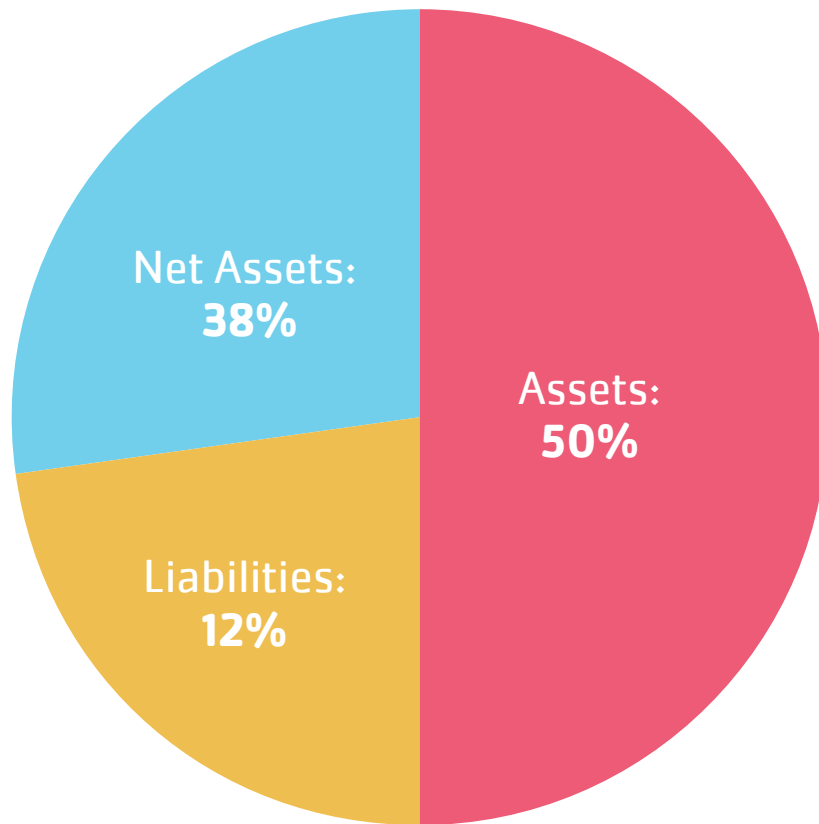








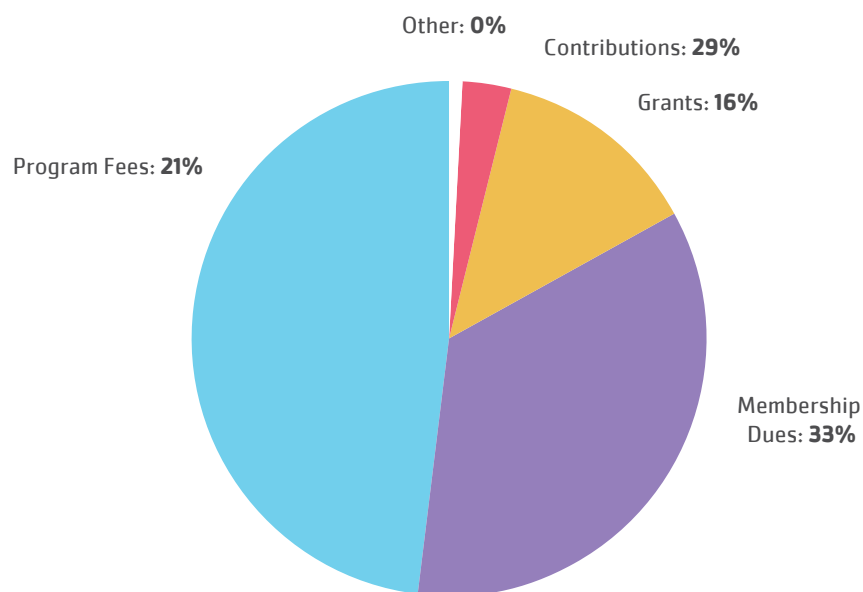
2021 THE Y. SUPPORTING OUR NEIGHBORS: BY THE NUMBERS



CONSOLIDATED STATEMENT OF FINANCIAL POSITION

Assets	\$ 66,177,650
Liabilities	\$ 15,858,170
Net Assets	\$ 50,319,480

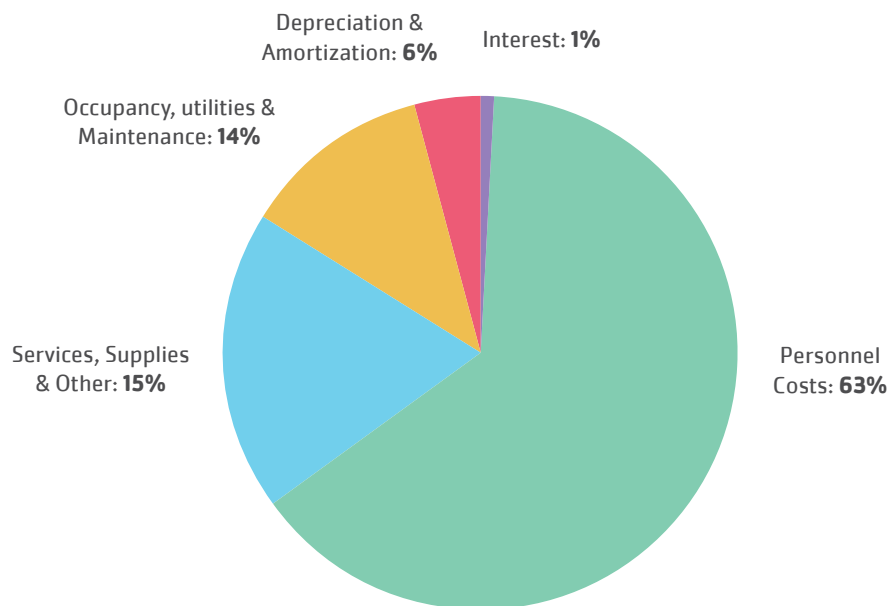
CONSOLIDATED STATEMENT OF ACTIVITIES



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 Foundaton

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

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

MAJOR DONORS

\$50,000

Anonymous

\$10,000–\$24,999

Fred Farshey

Hugh Taylor

J. Steven Justis

John Hanson

May Liang

Teresa Keller

\$5,000–\$9,999

Amy Caro

Angie Reese-Hawkins

Alexander Ryan

Blake Lund

Cynthia Hyland

Linnie Haynesworth

Michele Toth

Sally Cameron

\$500–\$4,999

Abby Raphael

Adina Adler

Alexis Casby

Alicia Mallaney

Alison Storsve

Allison Jones

Alyssa Boris

Amy Kreps

Andrew Mason

Angela Butler

Anne Hochstrasser

Anne Magruder

Artis Hampshire-Cowan

Barbara Ott

Barbara Moore

Benjamin Runyon

Bridget Hartman

Bruce Strand

Bruno Petinaux

Carl Muhlbauer Tod

Carmen Raventos-Suarez

Carol Zierhoffer

Caroline Schneider

Carolyn Samuel-King

Carson Henry

Casey Holm

Charles Todd

Charles Warden

Charles Walton

Charlotte Colvin

Christina Hildebidle

Christopher Dunn

Christopher Ratto

Clara Paynter

Colleen Paletta

Cynthia Price

Dahlia Neiss

Daniel Shannon

Daniel Tobin

Daniel Margol

Darryl Washington

David Repass

David Rodriguez

David DiLuigi

David Lynch

David Tipler

Dennis Carroll

Derick Sohn

Donnie Bryant

Douglas Grayson

Edith Bartley

Edward Stark

Eileen Shannon

Elizabeth Herington

Ellen Jennings

Ellen Mitchell

Emily Sama-Miller

Emma Lipscomb

Eric Fulton

Erin Andrew

Erin Pittman

Ester Howard

Eugene Booker

Fitzroy Smith

Frank Justice

Gabriela Mandolesi

Genette Comfort

Geraldine Feaster

Greg Hamilton

Gregory Daniel

Harold Appelman

Heidi Henning

Henry Bowis

J McCray

Jacquelyn Jenks

James Politis

James Cleveland

James Treworgy

Jamie Jennings

Janice Williams

Jeffrey Varos

Jennifer Lawson

Jerry Caruso

Jessica Friedman

Jessica Clark	Keith Smith	Marie-Noelle Clampet	Renee McLacklan	Susan Kahn
Jessica Funk	Kelly Sexton	Mario Winterstein	Reynard Eaglin	Susan Thomas
Jessica Wieder	Kelly King	Mark Jendzejec	Robert Hogan	Terence McCormally
Jim Defay	Kent Carstater	Mark Hodge	Robert Garcia	Terry Thompson
Johanna Olexy	Kevin Driscoll	Mary Jo Deering	Robert Bolle	Thomas Radtke
John DeGout	Kevin Correll	Matthew D’Uva	Robert Lyford	Tiffany Russo
John M. Derrick, Jr.	Kim Bailey-Middleton	Melanie Tingstrom	Robin Gates	Timothy Schilling
Joseph Vardner	Kimberly Ramsey	Michael Reidy	Rose Edwards	Timothy Morris
Joseph Shlikas	Kyle Freeny	Michael Tierney	Russom Solomon	Valerie Romano
Joseph Ritchey	Lawrence Shorten	Michelle Hallerdin	Samuel Zweifach	Vernon Joyner
Joseph Sharbaugh	Lee Kimball	Millie Tomlinson	Sara Mariska	Veronica Rios
Juan Carlos Molina	Lesley Zork	Norma Hutcheson	Sarah Libeg	Veronique Verdeil
Julie Wallick	Leslie Dupree-Culman	O’Kelly McWilliams	Sharon Buccino	Virgil Griffin
Julie Drizin	Leyla Phelan	Pamela Curran	Sonia Castillo-Smith	Wendy Calhoun
Juliet Mondshine	Linna Barnes	Patrick Schmidt	Sophia Berry	William Roske
Karen Schneider	M. L. Sue Bartley	Patrick DeGravelles	Stacey Leoniak	William Crocker
Kathryn Speakman	Malik Rashid	Patrick Byrnett	Stephanie Nerantzis	William Robinette
Kathryn Hammitt	Malla Wedberg	Paul Hoftyzer	Stephen Movius	Yao-Yao Zhu
Kathy Koelle	Margaret Capko	Paul Perl	Sue Richey	Yolanda Perez
Kedar Kamalaprkur	Marianne Drowne	Peggie McWhorter	Supriya Madhavan	



**THANK
YOU**

**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.





PASSING THE GAVEL

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.

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

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 Ayr lawn
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



The Y.™ In Action.

THE Y'S SERVICES CAN ALSO BE FOUND AT THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, U.S. DEPARTMENT OF STATE, AND GOODWILL EXCEL CENTER.

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
1325 Anthony Bowen Way, N.W.
Washington, D.C. 20009

www.ymcadc.org