



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HERE TODAY. HERE TOMORROW. HERE TO SERVE.

2023 ANNUAL REPORT | YMCA OF GREATER MONTGOMERY



ymcamontgomery.org



Here today. Here tomorrow. Here to serve.
Building a brighter future, one community at a time.

The Y is committed to fostering a thriving Montgomery, where everyone has the opportunity to reach their full potential. As we look to the future, we're excited to share some of our ongoing initiatives that align with our core values of empowerment, inclusivity, and community engagement.

Expanding Opportunities:

The Y recognizes the importance of diverse experiences. We offer programs like TOPSoccer for inclusive soccer participation, LIVESTRONG at the Y for cancer survivor support, and "Swimming Around the Spectrum", promoting aquatic activities for all abilities. Additionally, we strive to be accessible by accepting third-party insurance options.

Investing in Youth Development:

Understanding the crucial role of youth development, we create life skills programs that extend beyond the realm of physical activity. We also collaborate with initiatives like Montgomery Reads to combat summer learning loss, ensuring a well-rounded educational experience for our youth.

Championing a Cause:

The Y is a cause-driven organization dedicated to advocating for a more just and equitable community. Through ongoing efforts, we strive to increase our visibility as a champion for positive change.

Empowering Our Team:

We value our dedicated staff and volunteers. To further empower them, we've implemented a structured development program, equipping them with the tools and resources necessary to make an even greater impact on our members and community.

The Y: Your Community Partner

Our commitment goes beyond physical fitness. We offer a variety of programs, advocate for positive change, and invest in our team to create a stronger River Region.

We look forward to continuing to serve the community and collaborating with you on building a brighter future.

Simuel Sippial, Jr.
Interim President & CEO

General Ed Crowell
Chair, Board of Directors



The Y sparks real change for youth and communities by providing social, emotional, academic, and physical opportunities for children of all backgrounds to become the change makers their communities need to build a better tomorrow.

From preschool and camp to STEM and sports, the Y steps up to impact children and teens in ways no other organization can.

The YMCA works side-by-side with families and neighbors to support and guide children on their journey to becoming competent, confident, connected, and compassionate adults.

YOUTH DEVELOPMENT



EARLY LEARNING & AFTERSCHOOL



Alabama's state-funded First Class Pre-K program has been awarded the highest quality rating by the National Institute for Early Education Research for the past 16 years. This program is now being offered through 10 classrooms at our YMCAs at the Goodtimes Center, Grandview YMCA, Cleveland Avenue YMCA, Kershaw YMCA, East YMCA, and Tulane Gardens.

For older children, the YMCA's Afterschool offerings continue to accelerate learning, building strong study habits, creativity, and critical thinking skills so students are inspired to take on new challenges and achieve their academic goals. Physically active games built into everyday ensure students get up and get moving while they have fun, build their confidence, and learn to be good leaders and teammates.

DID YOU KNOW?

4 \approx 10

ALABAMA CHILDREN STRUGGLE TO ACCESS CERTIFIED CHILDCARE.

IN 2023

1,628

children enjoyed the Y's curriculum-based childcare programs through First Class Pre-K and Afterschool

472

children received high-quality childcare that their families could not afford otherwise thanks to community support.

ALL CHILDREN DESERVE A WARM, WELCOMING, & INCLUSIVE LEARNING ENVIRONMENT

full of the engaging experiences and high expectations that empower them to strive and thrive in school, inspire them to make life-long friends, and ensure they feel connected to a community that cares.

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DAY CAMPS



By expanding learning experiences well beyond the school year, YMCA packs summers with fresh opportunities, allowing children to pursue their interests and build new skills, memories, and friendships that last a lifetime.

YMCA Day Camps turn the spotlight on learning opportunities that can get crowded out of busy school days. Our energetic and caring counselors welcome all campers as they expand their love of sports, science, art, and nature.

Y Day Camp encourages campers to try new adventures in a safe, supportive, fun, and friendly environment.

DID YOU KNOW?

93%

OF CHILDREN SAY THEY MET OTHER KIDS AT CAMP WHO ARE DIFFERENT FROM THEM.



IN 2023

YMCA day camps provided

1,984

new summer camp experiences these children will remember for a lifetime

492

children received day camp scholarships thanks to community support.

YMCA DAY CAMPS BANISH SUMMER BOREDOM with exciting opportunities for children to pursue their passions, take on new challenges, make new friends, and discover their potential as they step up into bold, new roles.

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CAMP CHANDLER



This beautiful camp fills summer days with thrilling new challenges! Overnight and day campers can tap into their inner action hero with water sports, horseback riding, ziplining, and archery. Counselors ensure all campers feel welcomed and included in cabin activities and friendly competitions.

Camp Chandler goes beyond traditional summer fun! We offer outreach programs like Camp Wheezeaway for children with asthma and Camp Spark for under-resourced youth, providing a safe and structured environment for all. Camp becomes a home away from home where children thrive and push themselves to accomplish new goals, gain confidence, make new friends, and practice leadership and teamwork. At Camp Chandler, memories that last a lifetime are made, for every child.



DID YOU KNOW?

76%

OF CHILDREN LACK ACCESS TO SUMMER CAMP.

IN 2023

YMCA Camp Chandler created more than

2,552

exciting new sleep-away camp camp experiences and friendships

281

campers received life-changing scholarships to YMCA Camp Chandler thanks to community support.

FRIENDS, FUN, AND ADVENTURE AWAIT AT YMCA CAMP CHANDLER!

Tucked away in the woods on Lake Jordan, lies an exciting new world, packed with activities children dream of all year long.

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YOUTH IN GOVERNMENT



By challenging themselves to take on the roles of different government leaders, and addressing real problems in their communities, members of the YMCA's Youth in Government and Model General Assembly programs draft legislation and analyze real international events, and then work to build support around practical and sustainable solutions.

DID YOU KNOW?

ONLY

66%

OF AMERICANS CAN NAME THE BRANCHES OF GOVERNMENT

IN 2023

1,115

teenagers learned how to make positive change in their communities through civic engagement.



YOUNG PEOPLE LONG TO SAVE THE WORLD before they can hold public office or even vote. So to prepare them to implement systemic solutions and to inspire them to become change-makers and dedicated public servants, the YMCA's Youth in Government programs give students the opportunity to learn how governments and individuals can use public policy to make their dreams for a better world a reality.

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YOUTH Y SPORTS



Our core values of respect, responsibility, care, and honesty anchor every sport we offer. From soccer to swimming, tennis to karate, our volunteer coaches help players tap into the thrill of competition, pursue their goals, build grit, and develop resilience. With a diverse representation of schools, churches, races, and age groups we have impacted the lives of children in our community through our inclusive sports programs.



**DID
YOU
KNOW?**

MORE THAN 73% OF PARENTS REPORT THAT SPORTS PROGRAMS IMPROVED THEIR CHILDREN'S MENTAL & PHYSICAL HEALTH

IN 2023



6,811

YMCA youth sports players **learned good sportsmanship** and made new friends

692

YMCA youth sports players **received financial assistance** to play thanks to community support

Y SPORTS PROVIDE CHILDREN OF ALL ABILITIES WITH THE OPPORTUNITY to discover their best — their best performance, their best friends, and their best selves, all while being good sports.

**SCAN FOR
IMPACT VIDEO**





HEALTHY LIVING

Where there's a Y, there's a way to improve the health of every individual, no matter their background or goals.

With a mission centered on togetherness, the Y encourages good health for individuals and whole communities by fostering connections through fitness, fun, and shared interests. The Y provides youth, adults, seniors and families with the guidance and resources needed to achieve greater health and well-being for mind, body, and spirit.



FITNESS & WELLNESS

At the Y, members can find activities and expert staff that keep them motivated, moving, and coming back for more. In 2023, we were proud to provide more personal training options at different facilities that made our members happy.

We're committed to making fitness accessible for everyone. We now accept insurance payment options, which can help with membership assistance programs. This makes it easier than ever to join the Y community and start your wellness journey.

Whether our members take a diabetes prevention or nutrition class, train with friends and family, take Group X classes, learn how to monitor their high blood pressure, or work out in our wellness centers, members can have fun while increasing strength, and endurance and gaining confidence. And for an even more personalized fitness experience, several of our branches are now integrated with InBody scanners.

The Y Strong Mobile Unit, launched in November 2023, brings fitness to you! Offering HIIT, strength, cardio, yoga, and even classes for active older adults, this mobile gym is packed with equipment for a complete workout, anytime, anywhere.



IN 2023



NO TWO PEOPLE ARE ALIKE, SO NO TWO WELLNESS JOURNEYS ARE ALIKE.

At the Y, our members can create wellness and fitness routines that fit – fit their time, their preferences, and their goals.

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BROWN BAG BUS



The Brown Bag Bus is a one-of-a-kind initiative to combat the effects of childhood hunger in Montgomery. Outfitted with healthy meals, it travels to different areas in the Montgomery community to serve lunch to those in need.

The great thing about having this traveling feeding program is it reaches different sites in our community that are considered to be in "high-need".

We rely on volunteers to help pack meals and deliver them to these underserved communities. For more information on how to volunteer, please email info@ymcamontgomery.org.

DID YOU KNOW?

64%

OF KIDS IN MONTGOMERY QUALIFY FOR FREE & REDUCED LUNCH

IN 2023

The Brown Bag Bus served **96,347** healthy meals to families in need. In addition, the YMCA served **100** Thanksgiving meals to Evergreen Estates and **23,400** meals and social time to **90** seniors every day in Millbrook.

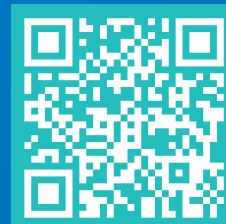
In total, the YMCA of Greater Montgomery served

416,839
meals to our community.

AT THE Y,
MEMBERSHIP MEANS
MORE THAN A
WORKOUT.

The YMCA is dedicated to improving the health of its members and our communities long-term wellness goals.

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IMPACT VIDEO





AQUATICS



Swimming is a fantastic way to stay safe near water, compete on a team, have fun with friends, and get a low-impact workout. However, access to pools and aquatics programs is historically divided along clear racial, economic, and geographic lines. This disparity puts people of color at risk of drowning, denies those from low-income backgrounds life-long health opportunities, and excludes those in urban settings from a joyful pastime.

Y's offer swim lessons (for all ages), family swim, competitive swim teams, and more so we can all safely enjoy the pleasures of an aquatic environment.

DID YOU KNOW?

3 \approx 10

U.S. PARENTS STATE THAT WATER SAFETY ISN'T A PRIORITY DUE TO AFFORDABILITY CONCERN

IN 2023

9,213 individuals gained life-saving water skills at their YMCA.



BEYOND LAPS & GAMES OF MARCO POLO, YMCA aquatics facilities and programs save thousands of lives every year by teaching children and adults of all backgrounds how to swim and providing accessible pools to the communities we serve.

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The Y exists to bring real change to issues affecting our neighbors. It is our mission to help everyone build the skills they need to transform their lives and communities for the better.

We strive to serve all segments of society, build bridges between communities, and advance social inclusion and equity for all. We know that positive change only comes about when we invest in our kids, our health, and our neighbors.

SOCIAL RESPONSIBILITY



DIVERSITY, EQUITY, & INCLUSION



The Y champions diversity, equity, and inclusion. We foster a welcoming environment where children of all backgrounds can thrive. People facing food insecurity can find healthy options and seniors, families at risk, and people of color can connect with life-changing programs. From childcare to Rock Steady Boxing for Parkinson's, the Y empowers individuals to build stronger bodies, minds, and communities.

In 2023, the YMCA of Greater Montgomery proudly launched our Livestrong® and TOPSoccer programs! Livestrong® offers a supportive fitness program for cancer survivors, while TOPSoccer provides inclusive soccer opportunities for children with diversabilities. These additions further our commitment to ensuring the Y is a place where everyone feels welcomed and can reach their full potential.



IN 2023 30

Rock Steady participants utilized the mechanics of boxing to address physical disability symptoms associated with Parkinson's disease.

22

Livestrong graduates. This class is a 12-week program for cancer survivors at no cost, that focuses on strength, balance, flexibility, endurance, and coordination.

60+

participants were served in the Able Bodies Special Needs Outreach Program.



Whether they're inside branches or out in the neighborhoods, YMCA staff and programs move every community we serve toward greater **SOCIAL JUSTICE, DIVERSITY, EQUITY, AND INCLUSION.**

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POWER SCHOLARS



Every child can thrive in their school, career, and life. But not every child has access to the engaging and rewarding learning opportunities that accelerate life-changing skills and confidence.

To improve educational equity in the communities we serve and to stop summer learning loss, the YMCA's Power Scholars program combines academics, enrichment, social-emotional learning, and wellness activities for students and engages their families to help ensure children excel all year long. Power Scholars is part of a national initiative by Y-USA, and is based on BellXcel's evidence-based summer learning model.

DID YOU KNOW?

STUDENTS MAY LOSE UP TO **34% OF THEIR PREVIOUS YEAR'S** LEARNING GAINS OVER THE SUMMER.

IN 2023

225

children received face-to-face learning in Power Scholars at 8 sites, including Boys & Girls Club.

This provided **2.5** months gains in Reading and **3** months gains in Mathematics to combat summer learning loss.

38,850 hours of summer academic instruction.

THE POWER SCHOLARS ACADEMY PROVIDES CHILDREN AT RISK with an opportunity, at no cost to their families, to engage in rigorous academic instruction and camp-like enrichment activities and field trips.

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TEEN OUTREACH



The Y Achievers program of the YMCA of Greater Montgomery is an academic achievement/career development initiative purposed to help middle and high school students set and pursue high educational and career goals, resulting in graduation and acceptance to an institution of higher learning. Since its inception, 80% of Y Achiever participants have been accepted to a college or the military.

Boys and Young Men of Color are less likely to go to college, especially if raised in poverty; more likely to be unemployed by age 30; and 10 times more likely to be incarcerated by age 27. We provide seminars facilitated by adult mentors that help students develop a positive sense of self, raise their academic expectations, and build character to help students make positive life choices. **In 2023, 27 youth were served in this program.**

The GEAR UP Program is a learning experience that engages students in standards-based curriculum and fun enrichment opportunities that will bridge the achievement gap. In its 7th year, this partnership with Alabama State University and MPS implements a supportive environment that provides daily motivational affirmations, book study, college preparation, academic support, swimming, and visual arts for middle school students.



DID YOU KNOW?

100% OF Y ACHIEVERS PARTICIPANTS **HAVE GRADUATED FROM HIGH SCHOOL** SINCE ITS INCEPTION, 60 THIS YEAR.



IN 2023

2,493+

teens were engaged in positive, safe, and character-building opportunities.

340

middle schoolers were served through the ASU GEAR UP Program or Power Teens.

THE POWER SCHOLARS ACADEMY PROVIDES CHILDREN AT RISK with an opportunity, at no cost to their families, to engage in rigorous academic instruction and camp-like enrichment activities and field trips.

SCAN FOR IMPACT VIDEO





PHILANTHROPY & FINANCE

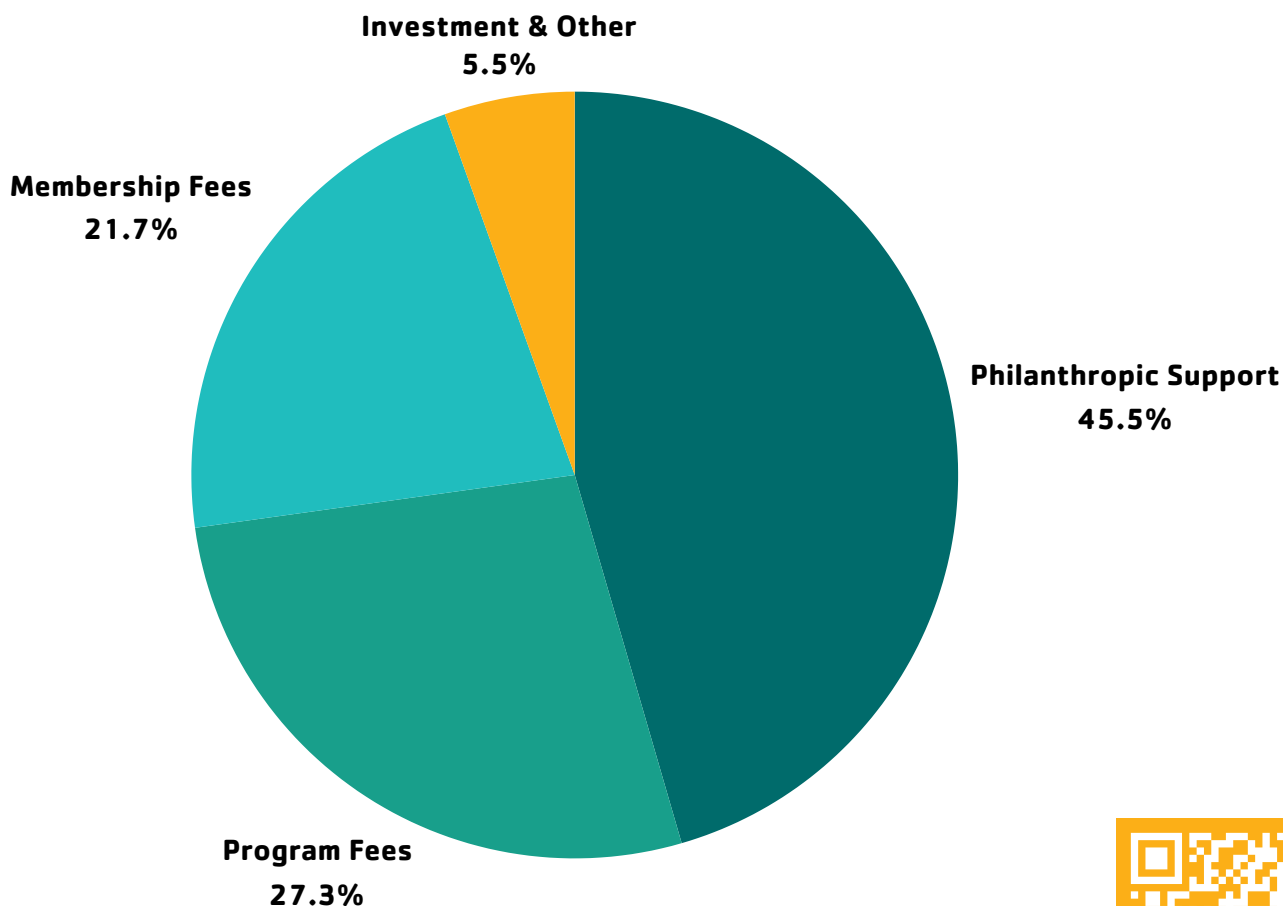


TOTAL EXPENSES

STATEMENT OF ACTIVITIES

TOTAL
\$24,905,216

| | | |
|-----------------------|--------------|-------|
| Membership Fees | \$5,407,184 | 21.7% |
| Philanthropic Support | \$11,327,424 | 45.5% |
| Program Fees | \$6,788,758 | 27.3% |
| Investment and Other | \$1,381,850 | 5.5% |



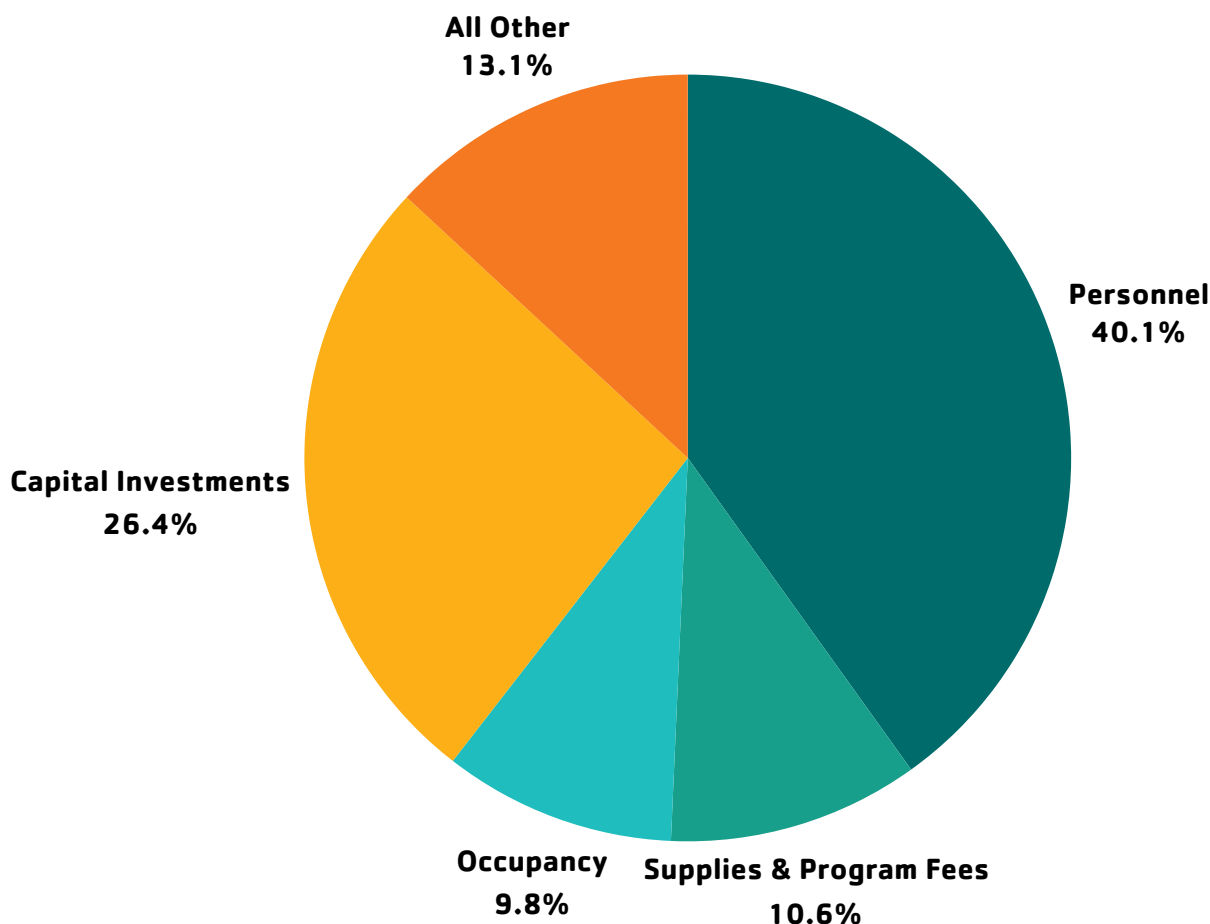


SUPPORT & REVENUE

STATEMENT OF ACTIVITIES

TOTAL
\$24,905,216

| | | |
|-------------------------|-------------|-------|
| Personnel | \$9,976,498 | 40.1% |
| Supplies & Program Fees | \$2,639,134 | 10.6% |
| Occupancy | \$2,452,449 | 9.8% |
| Capital Investment | \$6,575,184 | 26.4% |
| All Other | \$3,261,951 | 13.1% |





Y PHILANTHROPY MATTERS



The YMCA of Greater Montgomery is enthusiastic about our vision for the future. All of our programs, services, and initiatives confirm our commitment to Youth Development, Healthy Living, and Social Responsibility. Our focus on childcare, family time, sports and recreation, well-being, volunteerism, and much more results in a healthier, more socially aware and educated community.

Your investment in our mission can make a significant difference in the lives of the more than **42,000 people we serve each year**, along with those we haven't yet reached! We are a values-driven, community-focused institution that relies heavily on our partners; corporate, foundation, government, and individual, to help us yield the greatest impact.

YOUTH DEVELOPMENT HIGHLIGHTS

- **1,628** children enjoyed the Y's curriculum-based child care programs through First Class Pre-K and Afterschool
- **6,811** YMCA players learned good sportsmanship and made new friends
- **1,984** summer day camp experiences children will remember for a lifetime
- **2,552** exciting new sleep-away camp experiences and friendships made at Camp Chandler
- **226** Power Scholars gained 5+ months of progress in both reading and math
- **991** youth attended the Conference on National Affairs and Blue Ridge Christian Values Conference
- **9,213** children were kept safer in the water due to swim lessons, including **450** in summer swim league and Barracudas

HEALTHY LIVING HIGHLIGHTS

- **10,680** hours of group exercise experiences were provided by area YMCAs
- The Y provided **96,347** healthy meals to families in need and 100 Thanksgiving meals to Evergreen Estates
- **23,400** meals and social time to **90** seniors every day in Millbrook
- **416,839** total meals served by the YMCA in our community in 2022
- **350** youth and families participated in our 2023 Healthy Kids Day
- **370,592** lives were touched when people in our community checked into our YMCAs

SOCIAL RESPONSIBILITY HIGHLIGHTS

- A total of **60** students were served in the Y Achievers program and **100%** graduated high school
- **80%** of Achiever graduates are first generation college students
- **100%** of Achiever students have graduated from high school and are accepted to a trade school, the military, or a college
- More than **500** volunteers donated their time
- **\$1,260,515** was raised by **1,648** donors for our Annual Campaign
- More than **\$2.8 million** was given in financial assistance from our Y
- **42,903** people in our community were served by the YMCA of Greater Montgomery



YMCA BOARD LEADERSHIP



EXECUTIVE COMMITTEE

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|------------------|----------------------|
| Charlie Anderson | Delbert Madison |
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| Liston Eddins | Leslie Sanders |
| Travis Hughes | Justice Will Sellers |
| Kevin Ketzler | Sim Sippial |
| Kyle Kyser | Alan Worrell |

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| Britt Barley | Nim Frazer | Steven Reed |
| Melvin Brown | Paul Hankins | Sheron Rose |
| Alex Bumpers | Travis Hughes | Leslie Sanders |
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| Chris Carver | Kevin Ketzler | Simuel Sippial |
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SVP/COO

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Runite Russell
Cynthia Smoke
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YMCA STAFF TEAM



EMORY FOLMAR YMCA SOCCER COMPLEX

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Vice President of
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Soccer
Development

Mateo Peral
Glenn Waters

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Director of Operations

Christian Brooks

WETUMPKA

Scot Patterson
Executive Director

Vivian Kidd
Wendy Powell

JAMES W. WILSON, JR.

Adam Schrott
District Executive



**Our Mission is to put Judeo-Christian principles
into practice through programs that build
a healthy spirit, mind, and body for all.**



**YMCA OF
GREATER
MONTGOMERY**



ymcamontgomery.org