



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GIVING
PARENTS
BALANCE



YMCA
Resident
Entrance



REBUILDING
LIVES



CREATING
CONFIDENT
SWIMMERS

DEVELOPING
BRIGHT
LEADERS



THIS IS WHY

2015 Annual Report
YMCA OF CENTRAL OHIO



PROVIDING
A SAFE PLACE
TO LEARN

IMPROVING
HEALTH AND
WELL-BEING



BUILDING
STRONGER
KIDS





**149,856
MEMBERS**

strengthened their
mind, body and spirit
at the YMCA.

**\$2.3
MILLION**

awarded in financial
assistance ensured
everyone had access
to YMCA programs
and services.

WHY WE ARE HERE

As the YMCA of Central Ohio, our mission calls us to provide housing for the homeless, feed the hungry and nurture the potential of every child. Strengthening the foundation of our community is our cause.

We welcome all people. We are nearly 150,000 strong and steadfast in our commitment to building our capacity for great impact as we enter into a period of growth and expansion.

In 2015 Stephen joined the team of cause-driven leaders here at the YMCA of Central Ohio after serving YMCA's in the North East for 28 years. "I am proud to be part of your YMCA with such a rich history of service and a strong reputation for your commitment to Youth Development, Healthy Living and Social Responsibility," he says.

As we celebrate the accomplishments of the past year, we hope you will join us to envision a future for the Central Ohio community, inspired by hope for what is possible.

In collaboration with the remarkable leaders in the non-profit and governmental sectors, we create opportunities for all people. We also create a community where children feel safe and hopeful for their future.

In partnership with our corporate leaders, we develop pathways out of poverty and reduce the burden of chronic disease. Our volunteer opportunities and community-based initiatives provide the ability for all to experience connections that exist between us.

Regardless of any attributes that sometimes divide us, we will create a future for our community that will make us all proud. This is the core of the YMCA mission.

Please enjoy this account of our work in 2015. We are confident this is the beginning of what will be a powerful and inspirational experience for all of us as we dedicate our human and financial resources to strengthening the foundations of our community.

Sincerely,



A handwritten signature in black ink.

Tom Katzenmeyer
Chair, Metropolitan General Board



A handwritten signature in black ink.

Stephen Ives
President and
Chief Executive Officer



\$96,000+
in **Child Care** financial
assistance ensured
children had the ability
to learn, grow
and thrive.

4,600+
YOUTH

received a safe space,
caring mentors and academic
support, making the YMCA
the largest provider
of **Child Care** in
Central Ohio.

Childhood Development & Educational Achievement

PROVIDING PEACE OF MIND

“The Y is a blessing in my life, because I have a safe place to bring Bradley.”

Recently gaining custody of her two grandkids, Mary Jean was desperate for a place for her four-year-old grandson, Bradley, to attend pre-school before entering kindergarten. Close to work and affordable, Mary Jean enrolled Bradley at the YMCA Early Learning Center.

“When I saw the center, I thought, ‘this is the place I need Bradley to go.’ I could not have let him go to anyone else. I have never been to such a wonderful place,” explained Mary Jean. “The staff has been great. They have made us feel welcome and comfortable since day one. They are here for the kids, and for them, it’s not just a job.”

After Bradley began attending the ELC, Mary Jean saw an almost-immediate change in him. “He learned to read in pre-school at the Y! He is not as shy. He is confident and outgoing and loves to learn. We read all the way to school, and all the way home. He pronounces words, asks questions and is constantly learning.”

As a part of the ELC program, Bradley has also had the opportunity to take swim lessons once a week at the YMCA. “He was terrified of the water and even tried to talk me out of him participating [in the program]. Now he loves the pool and looks forward to pool days!”

Now a regular at the ELC, Bradley excitedly skips into his classroom each day. “He gets upset if I pick him up too early!” Mary Jean laughed, “It has been amazing to watch his growth. It brings me such inner peace to know that Bradley loves it at the Y!”



Youth & Teen Development **SHAPING BRIGHT FUTURES**

“The Y provided me the safe space to learn and grow.”

On any typical day, Seth would arrive home from school and immediately head to the North YMCA to do his homework, play basketball and more.

“I would come to the Y for everything!” exclaimed Seth. “I attended the Y’s Pancake Breakfasts. I joined in for Teen Nights. I even came to the Y for homework help after school — and, of course, the Y is where I learned to play basketball. The Y gave me [and my mom] a sense of family comfort.”

After Seth aged out of the Y basketball leagues, he and his mother began volunteering as Youth Sports coaches. “This is when I had my first chance to help others,” he explained. “As a coach, I got to see the game from the other side. It felt amazing to mentor and give back. I witnessed kids begin to become confident and make friends here. Basketball was only a small part of it.”

Seth credits the YMCA as the center of the community, where everyone is welcome. Seth accepted an offer to attend Harvard University, where he will play basketball starting in the fall of 2016.

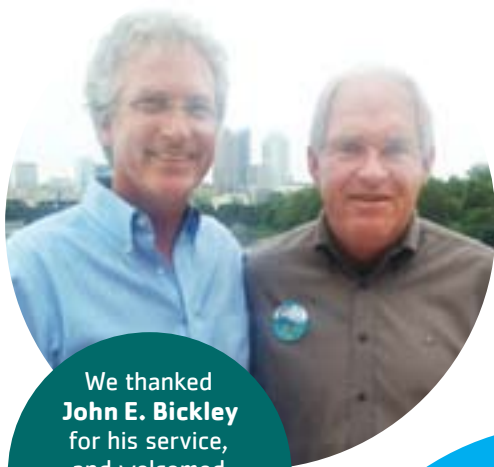
**1,308
KIDS**

learned fair play and good sportsmanship in **Youth Sports.**



**1,258
VOLUNTEERS**
supported the YMCA with
12,649 HOURS
of volunteer service.





We thanked **John E. Bickley** for his service, and welcomed **Stephen Ives**, our new President and CEO.



Grove City, Hilliard/Ray Patch Family and Liberty Twp./Powell YMCAs received updated lobbies and fitness centers with new equipment.



2015 HIGHLIGHTS

Celebrating the year's brightest spots.



YMCA Early Learning Center appreciated PNC Bank's volunteer service in the garden.

Skills and Drills Street Hockey launched in partnership with the Columbus Blue Jackets.



The YMCA Diabetes Prevention Program taught 814 participants how to reduce their risk for Type 2 Diabetes.



LIVESTRONG® at the YMCA supported **218 survivors** in their journey to improve their lives after a cancer diagnosis.



Enhance® Fitness, a senior fitness and arthritis management program, expanded and served **1,400+ individuals**.

YTRAAK
YTRAAK was highlighted in the Innovation and Virtual Membership' category at the **2015 YMCA National Membership Summit**.

Through **Ohio Alliance of YMCAs** and **Population Health Task Force**, more collaboration was made possible with **Dayton, Cleveland and Central Ohio YMCAs**.



Columbus Sole, a running group of **Downtown YMCA residents and volunteers**, completed multiple 5K races.



71 families gained knowledge about nutrition and physical activity in our pilot of **Healthy Weight and Your Child**.



1,000+ Day Campers celebrated Spirit Day supporters at **Hoover YMCA Park** (l-r):
Stephen S. Brooks, First Financial Bank
Barry Schumann, American Electric Power
Dianne Radigan, Cardinal Health
Justin McKinniss, The Columbus Zoo and Aquarium
Mike Gonsiorowski and Mary E. Auch, PNC Bank
Stephen Ives, YMCA of Central Ohio
Pamela Biesecker, Nationwide Insurance
Kathryn Dobbs, Columbus Blue Jackets Foundation
Columbus Blue Jackets' Stinger

Youth & Teen Development

BUILDING CONFIDENCE AT THE POOL

“He has developed into a strong, confident, happy, motivated young man. Swimming has empowered him!”

Andrew was a shy and anxious four-year-old boy when his mother, Deborah, enrolled him in the YMCA’s Skill Builders. The program included weekly swim lessons.

“At first, he wouldn’t get in the water without crying. He would only get in if he could hold the instructor’s hand,” explained Deborah. After a few more lessons, Andrew became more comfortable in the water. “He eventually let go and swam on his own for the first time ever. He was like a new kid!”

Later that year Andrew’s swim skills had developed so much that he joined the Jerry L. Garver YMCA Electric Eels Swim Team. His confidence immediately began to soar. “My life just took off!” exclaimed Andrew. “I’m more confident and healthier than before I joined the YMCA. I have higher self-esteem, and I’ve met so many new friends!”

Andrew, now age 9, is still an active Swim Team member and competes year-round. His coaches and teammates have become a second family to him. “To me, the Y means another great day, and that I’m gonna have a lot of fun!”

12,947
INDIVIDUALS
became safer around water in
116,523
SWIM LESSONS



886
SWIMMERS

gained new skills in
and out of the water
on a **Swim Team**
at the Y.





7,559
YTRAAKERS
 logged
139,492
ACTIVITIES

**Social Entrepreneurship
 & Innovation**

**CONNECTING TECH
 TO COMMITMENT**

“Now that I’m getting more fit, I’m doing things I would never do before!”

Amy had developed plantar fasciitis in her foot. After seeing her doctor and learning that losing weight may benefit the healing process for her foot, Amy decided it was time for her to make a commitment to herself. Her doctor specifically recommended water exercises, and that’s when Amy began her journey at the YMCA.

She signed up for water aerobics at the Pickaway County Family YMCA three times a week, and then added two more classes after that. “I was addicted, and was losing weight. Eventually I added a Zumba® class and started using the weight machines,” says Amy. “Now I take five water classes and two Zumba classes every week.”

Amy tracks her workouts on the YTRAAK website, a site that tracks personal progress. She participates in wellness challenges and receives support from the online community. Amy says this helps her stay motivated.

“I’m in second place out of over a hundred people on the site for points and number one in number of workouts; I’m pretty proud of that!”

“I am much healthier, and feel more confident and happy. I notice feeling less stressed and actually now look forward to working out.”

57%
of YTRAAKERS
 reached their
 challenge goal.





Healthy Communities FORMING STRONG FAMILIES

“If not for the YMCA, there would be less peace, less joy, less fitness, less well-being and less community in our lives.”

Siobhan was a newly-widowed single mother of two girls when she decided to enroll her daughters in swim lessons at the Gahanna/John E. Bickley YMCA. While the girls were busy learning how to swim, making new friends and discovering new talents, Siobhan began her own journey with the Y.

“What I never expected was the community and support that I would find at the Y,” she explained. Siobhan began taking group fitness classes at the YMCA and has since formed a small community with her yoga class.

“Personally, having this community has been instrumental in my growth as a single parent. Having the yoga community has been a grounding force, and it has influenced my life beyond the mat.” Siobhan’s fellow classmates even celebrated her 50th birthday with her!

Siobhan’s daughters, Adia, age 16, and Mickey, age 12, have also thrived at the YMCA. From learning how to swim, to participating in the after-school programs and being regular campers at YMCA Camp Willson, Siobhan credits the Y for her daughters’ growth in self-confidence and community pride.

“My daughters have both been supported and encouraged by the Y. Having the YMCA programs for my girls has been priceless. It gives them a community and gives me a break from time to time!”

882
CAMPERS
created life-long memories and made new friends at YMCA Camp Willson.

1,000+
GROUP FITNESS CLASSES
strengthened members on a weekly basis.





38 MONTHS

was the average stay for residents at the Downtown YMCA.

Housing to Eliminate Homelessness

DISCOVERING INDEPENDENCE

“The Y saved me. I am blessed to be here.”

Previously incarcerated and a recovering addict, Darrell enrolled in the Downtown YMCA’s Supportive Housing program two years ago through Return Home–Ohio, an initiative aimed at preventing homelessness among individuals returning to Ohio’s communities from state prisons.

“Prior to this program, I stayed at the shelter, slept in abandonos, parks, an underpass and more,” Darrell explained. “When I was released from prison, the Y had a bed for me. It was one of the greatest things, because a lot of people don’t have anywhere to go.” In Darrell’s room, he received a microwave, refrigerator, Wal-mart gift card and a bus pass to help him on his path to independence.

He credits his relationship with his case coordinator, Cody, as one of the biggest positives about the program. “The support of the staff is great. When I leave his [Cody’s] office, I feel refreshed. He’s concerned about my well-being. When someone else cares, it gives you a boost.”

Darrell is now working with Cody to gain regular income through Social Security and apply for jobs through the YMCA’s residence computer lab. While he works to find employment, he knows he has a safe place to stay at the Y.

“To me, the Y means safety. It means a roof over my head. The Y is a great help!”

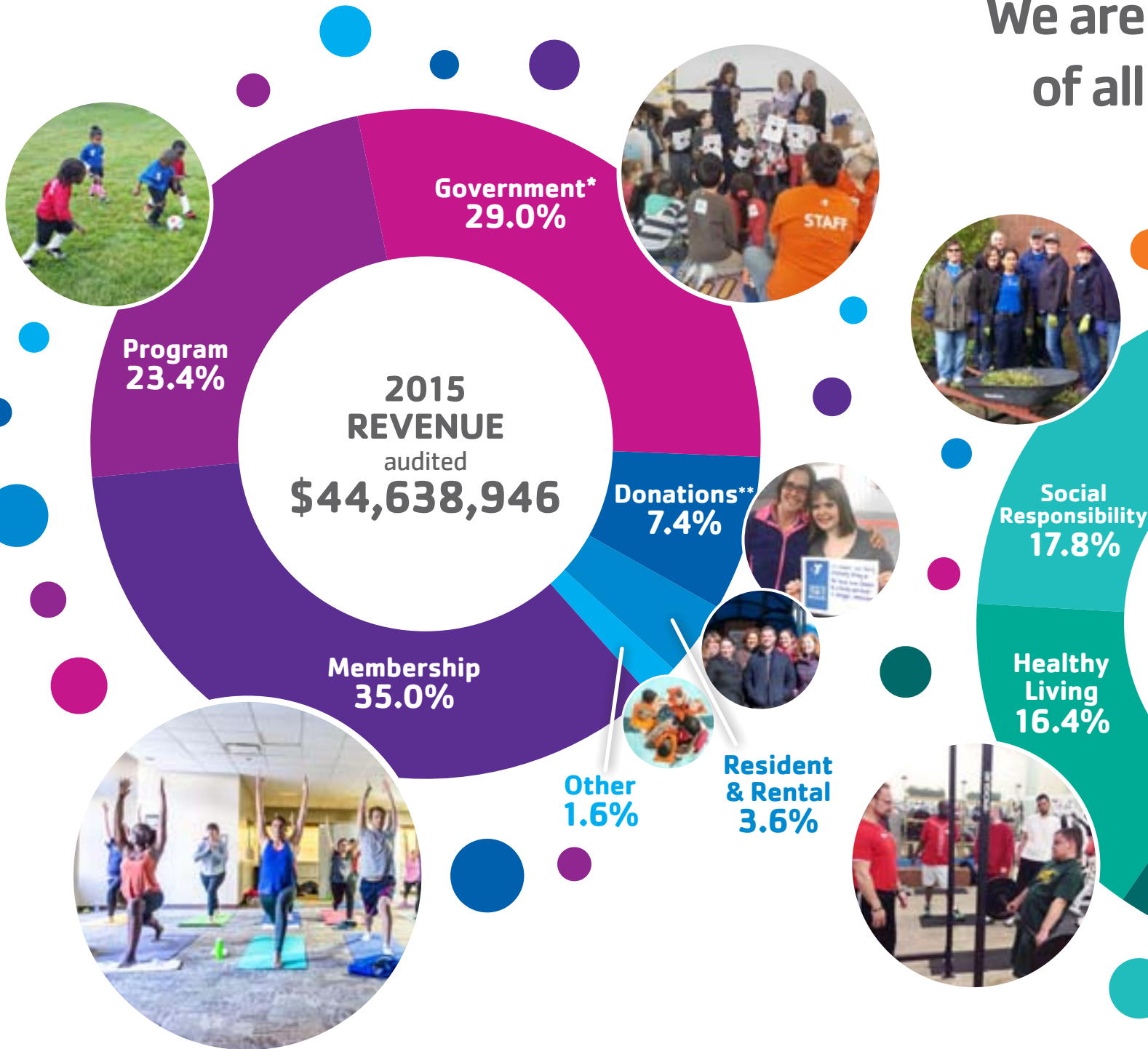
577 MEN

found supportive housing at the Downtown YMCA.



2015 OPERATING

We are
of all

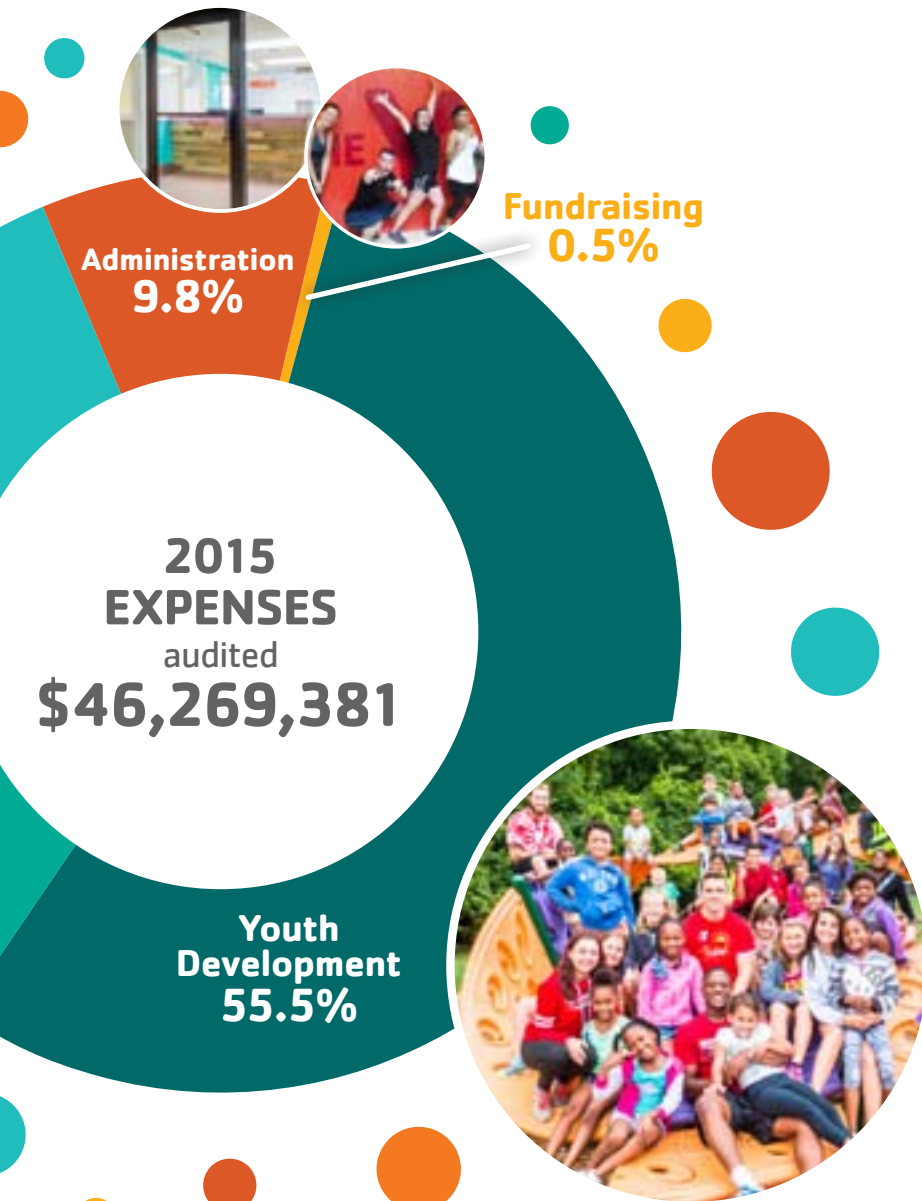


CHANGE IN NET OPERATING ASSETS	(\$1,630,435)
NON-CASH DEPRECIATION	\$3,097,074
2015 NET CASH FLOW FROM OPERATIONS	\$1,466,639

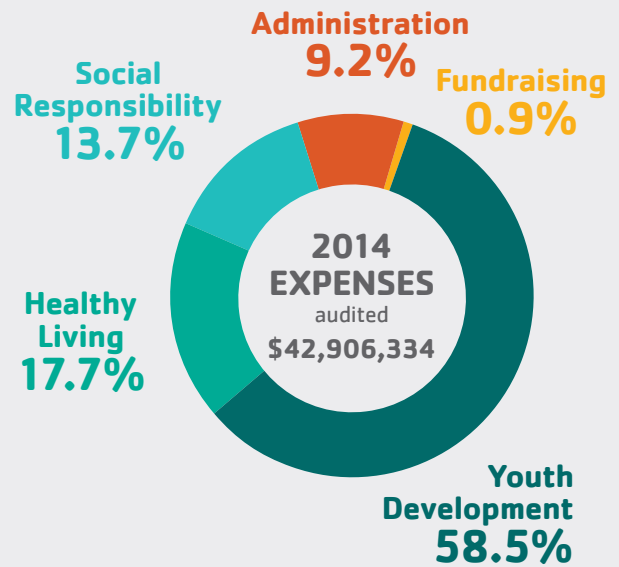
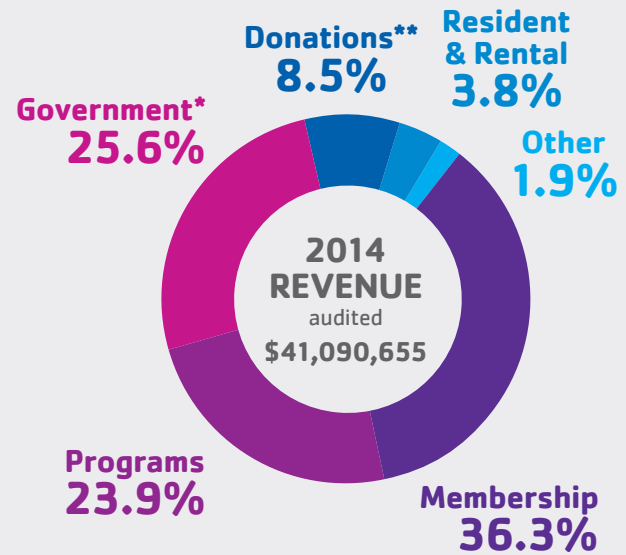
* Includes Federal, State and Local funding for Child Care, Housing, Early Childhood Resource Network+ and Diabetes Prevention. ** Donations include United Way

FINANCIALS

here to be good stewards
that is entrusted to us.



2014 OPERATING FINANCIALS



CHANGE IN NET OPERATING ASSETS	(\$1,815,679)
NON-CASH DEPRECIATION	\$2,907,325
2014 NET CASH FLOW FROM OPERATIONS	\$1,091,646

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and Chief Financial Officer

Rich Zingale
Vice President, Facilities



2,148
YMCA
LEADERS
made an impact on
Central Ohio.

33%
CAUSE-DRIVEN
LEADERS
were ages
15-24 years.



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Associate Executive Director
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Pam Slater
Executive Director



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PICKAWAY COUNTY

CANAL WINCHESTER



URBANCREST



NEAR EAST SIDE



POWELL



GROVE CITY



LOCKBOURNE

DELAWARE COUNTY

HILLTOP

HILLIARD



DOWNTOWN COLUMBUS

NORTHLAND

GAHANNA



COMMUNITIES WE SERVE

ymcacolumbus.org

OUR MISSION To serve the whole community through programs expressing Judeo-Christian principles that build a healthy spirit, mind and body.