



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS HERE FOR OUR COMMUNITY



Community Benefit
YMCA OF THE INLAND NORTHWEST

INVESTING IN OUR COMMUNITY

YMCA of the Inland Northwest

As a leading nonprofit partner throughout the country, the YMCA has the track record and on-the-ground presence to move communities forward, just as we do here in Spokane. As a charity, we work every day to address community needs and ensure all are welcome and no one is turned away for an inability to pay.

Y Facts

No other nonprofit does what the Y does. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change. Although we are but a small piece of an enormous puzzle, we affect people in the Spokane community every day.

Association Totals

- People Served **79,761 (youth make up 44%)**
- Financial Assistance and Subsidies **\$1,985,665 (12% of total expenses)**
- Contributed Income from the Community **\$614,683 (4% of total revenue)**
- Government Funding That Helps Us Provide Needed Services (includes grants, contracts and vouchers) **\$3,642,899**

Opportunity for all in Spokane County

Giving everyone the opportunity to learn, grow and thrive

Children and Teens (1 – 17)

Collectively in Spokane County, the Y serves over **35,000** kids and teens, providing a wide range of activities to nurture potential, including teen clubs, sports leagues, family nights and community service projects.

Low-Income Families

Our Y provides quality, affordable childcare and opens all our programs to working families regardless of their income level. Throughout 2011, we awarded **over 62,000** requests for financial assistance valued at nearly **\$2 million**.

Seniors (60+)

The **SilverSneakers Fitness** and the **Retired Senior Volunteer Program** ensures older adults have every opportunity to connect with one another and engage in meaningful activities in each of our Spokane facilities.

Everyone is Welcome

We provide activities open to everyone in our community including specialty programs offered at no cost. Some examples include:

Y Make a Better You is an afterschool program offered in a low-income neighborhood school to instill healthy habits in children at risk of obesity. The 2012 budget includes **\$12,000** to continue this program with the intention of expanding to other areas of the community.

Healthy Kids Day saw **422** motivated participants in 2011 along with another **285** in related events during the week. We're proud to bring children and families together for an April afternoon of healthy snacks and games with prizes everyone can enjoy. This tradition is our largest national event supporting our focus on healthy living, and best of all, anyone can attend!

Teen Programs serve diverse interests of Spokane youth. Our Teen Centers house programs and activities that appeal to a variety of interests; everything from Youth & Government to Film Club, budding recording stars to struggling students who need tutoring. They all find a place to be themselves and learn new skills in a safe and welcoming environment with caring adult mentors. Last year, **\$61,500** in grant awards supported the Y's Teen Programs, many of which are offered at no cost.

Outside the Box focuses on the on the critical transition into high school for 9th grade students; engaging underperforming students early to increase their likelihood of graduating on time. This free afterschool program supports academic achievement and building a social network for students struggling with increased expectations of high school. Students have dedicated time to complete homework and projects with helpful volunteers and program leaders available for one-on-one tutoring. Group activities promote team-building and develop leadership skills. Enrichment experiences include field trips, guest speakers and use of the Y facilities.

Other Nonprofit Organizations

Our Y facilities provided **\$5,000** worth of space at little to no charge for outside clubs, nonprofits and community service organizations to help them meet broader community needs. We were happy to provide space for Group Health and the Spokane Regional Health District, among others, to help them move forward with their goals.

VOLUNTEER ENGAGEMENT AND COLLABORATIONS

Mobilizing our community to effect lasting change

Volunteerism

Our YMCAs throughout the state are locally driven by an ongoing assessment of community needs and controlled by a local board of community volunteers.

Volunteer Totals

Hours	72,251
Volunteers	2,512
Total Value of Time	\$1,562,067

COLLABORATIONS

The Y recognizes the importance of working together to create lasting social and personal change. We have the community's trust to convene, partner and support community collaborations with schools, government agencies, faith-based organizations, businesses and others. Here are just a few examples:

- Spokane Regional Health District
- YWCA of Spokane
- Local Area School Districts
- Spokane County Juvenile Court
- Washington State Department of Social and Health Services

INVESTING IN OUR KIDS, OUR HEALTH AND OUR NEIGHBORS

At the Y, strengthening community is our cause. Strong communities don't just happen; they're the result of steady leadership and stewardship of strong values. That's the Y. We make a difference by focusing on three key areas: youth development, healthy living and social responsibility. By investing in our kids, our health and our neighbors, the YMCA of the Inland Northwest ensures that everyone, regardless of age, income or background, has the opportunity to thrive.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

At the Y, we develop programming to respond to emerging opportunities to better serve our children and youth. Using the framework of the Search Institute's model of *40 Developmental Assets*, the building blocks for raising healthy children and teens, Y programs offer support, empowerment, boundaries and expectations, and constructive use of time—to foster within each child a commitment to learning, positive values, social competencies and positive identity.

We cannot place a value on the mental and physical progress that results from our youth sports experiences. We also take pride in the technology our Teen Centers offer like: PCs, Macs, video/audio recording equipment and video game consoles. Also, this place simply acts as a relaxing, safe place to convene socially or receive help with school work.

Youth Sports

- Playing sports at the Y develops potential. When one considers leadership, teamwork, confidence and active play as key benefits, we know children are remaining fit, having fun and learning productive skills.

In 2011...

- Approximately **5,000** youth enjoyed a fulfilling sports experience.

Childcare

- Our childcare services offer a safe, nurturing environment where a balance of healthy activities and fun provide the recipe for reaching potential. Also, we proudly employ highly-trained staff in childhood education and development to work in our three state-of-the-art facilities.
- Tireless dedication over a three-year period has led to a key accolade for our facility. Our Central Y Early Childcare Center proudly gained accreditation from NAEYC, the National Association for the Education of Young Children, and while this was anything but easy, we feel this achievement demonstrates our commitment to quality childcare.

This year...

- **153** children became Kindergarten-ready in our Central Y Early Childcare Center.
- **362** children attended afterschool programs from **21** schools across **6** districts.
- As of 1/1/12, our enrollment increased to **95** children of a possible **112** (**85%** capacity).

Camp Reed

- When we think of a Y program that creates the biggest buzz for all our youngsters, we look no further than Camp Reed. Hundreds of kids each year get the chance to feel the enrichment of the outdoors; some for the first time. We introduce a bevy of engaging activities like canoeing, climbing the rock wall, hiking, making crafts, playing games and even horseback riding. All of this adds to the thrilling popularity surrounding camp's summer extravaganza.

In 2011...

- We furnished a unique camp experience for over **2,000** boys and girls.
- **325** campers (**16%**) attended on scholarships totaling over **\$92,000**.

HEALTHY LIVING

Improving the nation's health and well-being

A multitude of Y programs give guests the opportunity to stay fit and enjoy classes that benefit them physically, socially and mentally. While life's experiences affect people in different ways, the pursuit of health always helps our members move forward. With the Y, we strengthen individuals and families.

Health & Wellness

- We're proud to offer varied and versatile programs at the Y. With the **Health Seekers Sampler**, **Metabolic Makeover** and more, we provide quality training and counseling that often leads to more self-confidence, nutritional awareness and social interaction.

Currently...

- Metabolic Makeover and Metabolic Makeover II enjoy a total of **86** and **69** participants respectively.
- Group Exercise offers an average of **260** classes per week Association-wide through four quarterly schedules.
- Small Group Personal Training totals **165** participants.
- Over **300** toddlers are enrolled in our Baby, Tumble and Jitter Bugs tumbling classes.

Aquatics

- Nothing builds a better spirit, mind and body than learning to swim. As fundamental as it is fanatical, this graceful exercise bestows a fulfillment in thousands of people each year who learn to swim at the Y. Besides basic youth and adult swim lessons, we provide a collection of enticing programs ranging from water post rehab to lifeguarding to water exercise classes.

In 2011...

- **4,697** youth faced a challenge and gained self-confidence by learning to swim with the help of our skilled instructors.

Diabetes Prevention

- As a leader in promoting healthy living, the Y is changing the dynamic of health care delivery for people at-risk of developing type 2 diabetes. This disease can affect a person's confidence and ability to stay healthy. Based on research by the National Institutes of Health and Centers for Disease Control, this program focuses on nutrition, reducing body weight and increasing physical activity. We plan to extend our offering to our Valley location soon.

Currently...

- The program participants have completed 16 core sessions at our Central Y facility. Next, an assigned lifestyle coach will support the participants and fashion educational materials to help them meet their goals.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

Scholarships and financial assistance

- Scholarships and financial assistance for program fees define our aid to the community. Every year the need for assistance becomes greater wholly demonstrated by the influx of applications. While funds always have their limitations, we continue our vigorous effort to reach more and more people, removing prevalent financial obstacles.

In 2011...

- Nearly **\$2 million** in scholarships were awarded to families and individuals in need—a **35%** increase from the year prior.
- We awarded over **62,000** scholarships to deserving members.

Partners for Youth Campaign

- Our community support campaign, Partners for Youth, has one simple yet significant goal in mind: to ensure no one is denied the chance to participate with the Y because of inability to pay. The campaign raises funds that help us develop fresh, exciting program and, most of all, supply financial assistance to deserving families and individuals. We recognize that communities succeed when everyone is given the opportunity to be healthy, confident, connected and secure.

In 2011...

- The PFY Campaign raised over **\$550,000**; a **45%** increase from 2010. The 2012 campaign aims to raise **\$587,000**.
- We received **\$238,755** in grant money from sources including Best Buy Foundation, Bank of America, Empire Health Foundation, D.A. Davidson, Wal-Mart Foundation, BNSF Foundation, jcpenny Access Grants and the Women Helping Women Fund.

Spokane County United Way

- As part of our partnership with Spokane County United Way our Y is an integral member of the childcare coalition *Our Kids: Resilient and Ready Project*. This partnership works to develop consistent standards to ensure quality to early learning programs.

In 2011...

- United Way has contributed grants totaling **\$169,724** in support of RSVP, Healthy Opportunities for All, School-Age Care programs and the Central Y Children's Center.

Youth Investment

Youth Investment intervenes in the lives of at-risk teens in Spokane County with the option to complete community service and restitution mandated by Spokane County Juvenile Court with the Y. While giving them a constructive work experience, the teens build relationships with caring adults who believe in them.

In 2011...

- **208** teens completed the program.
- Our teens completed over **2,500** hours of community service.