



2022 ANNUAL REPORT

YOUR THIRD PLACE



The YMCA is a welcoming and transformative place to belong



YMCA OF METRO DENVER



A PLACE TO BELONG

While the COVID-19 pandemic has begun to feel like a distant memory, it has left in its wake a devastating new crisis: social isolation. Concerned by the growing mental health crisis among youth and adults in our community, the Y launched its commitment to creating the “Third Place” — a welcoming and transformative place beyond work and home where people explore their purpose, dreams and goals; achieve health and wellness for their spirit, mind and body; connect with their community and feel a sense of belonging and possibilities like nowhere else.



I am grateful for the Y’s health and wellness programs... they helped me regain my physical strength, renewed my energy and helped give me a positive mental outlook. I found the home-away-from-home I had been searching for at the Y.”

—Elias, Y Member



Through school supply, winter coat and food drives; legislative advocacy days for youth and adults; and 6,000 volunteer opportunities to distribute food, grow gardens and coach youth, the Y is creating space for communities to convene and families to find purpose.

27,682+

individuals improved their well-being at YMCA wellness centers.

1,753

children were introduced to and learned life-saving aquatics skills.

3,465

youth learned teamwork and sportsmanship in youth sports.

EXPERIENCE THE Y YOUR WAY

Members spoke and we listened. Months of research and outreach culminated in new membership options with more flexibility to personalize programs and the ability to customize the Y experience. This new approach was met with strong market adoption, growing membership 13% in 2022 to serve 27,678 individuals in 2022.

Expanded programs in cooking, art and STEM provided ways for every member of the family, at every age, to connect in the community, without breaking a sweat.

MEMBERSHIP & PROGRAM FEES ONLY COVER 2/3 OF OUR TOTAL EXPENSES

In our quest to expand the Third Place beyond our wellness centers, we raised \$8.6M in support through federal pandemic-era grants and from individuals in 2022.

Like many non-profit organizations, we stood up vital community programs with temporary, federal COVID relief funding. To continue to meet those critical community needs, and to expand our wellness impact across health and economic disparities,

YOUR SUPPORT HAS BEEN ABSOLUTELY TRANSFORMATIVE.

INNOVATION & CAPACITY BUILDING FOR YOUTH

The Y continues to improve access to quality child care and youth programs in child care deserts.



With support from the Buell Foundation, the fully renovated Southwest **YMCA Y Academy** creates a welcoming, creative space that ignites learning and aligns with our child-driven, Montessori learning model.



Summer Camp and Out of School Time offerings expanded to include STEM and art, serving youth and providing more than \$700,000 in financial assistance to families.



Power Scholars Academy students gained 1 month in math and 1.7 months in reading through intensive summer tutoring and academic support, closing learning gaps and advancing educational equity.



Families speaking 22 languages benefited from affordable **out-of-school programming** with expanded cultural learning, cooking and nutrition classes, and new enrichment programs, building confidence and social competence.

9,265 CHILDREN

in the Denver Metro area grew healthier, more resilient and confident because of the YMCA's out of school time, sports and summer camps.



CULTIVATING COMMUNITY WELLNESS

Eileen, diagnosed with stage 4 metastatic breast cancer, was referred to LIVESTRONG at the YMCA to alleviate the strength and balance loss that accompanied her cancer treatment. The free 12-week program helps cancer survivors improve health, and perhaps more importantly amidst the growing evidence of social connection on physical health, build community.

“ The program gave me a new community of supporters who understood what going through cancer is really like.”
—Eileen, LIVESTRONG at the Y Participant

LIVESTRONG at the YMCA is one of several chronic disease prevention and management programs that combine health coaching, physical activity, lifestyle change and community-building to create lasting outcomes.



1,600+ individuals were referred to chronic disease prevention programs at the Y by providers, including Colorado's largest Diabetes Prevention Program, where participants lose an average of 7% of their body weight.



GROWING CONFIDENCE & CULTURAL ACCEPTANCE

Ten-year-old Scout has turned his mom into a disciple of the value of YMCA youth programs. Scout's father, Alby, says summer camp has been a monumental part of his son's development. He loves interacting with kids who are both older and younger than him. He gets excited about almost every field trip, from park visits, slides and fountains, to swimming pools and trampoline places.

“ It's not uncommon for Scout to suggest we do things as a family on the weekend that he learned about on Y field trips. We love that he gets to hangout with kids of all ethnicities and backgrounds. We always feel comfortable that Scout is in good hands with the Y staff.”
—Alby, Scout's father

143
school age students gained cooking, nutrition and teamwork skills working with Y staff.

520
individuals benefitted from \$1.1M in scholarships.

165
young adults built critical workforce skills as YMCA staff members.

105
teens honed their leadership skills through the Y's youth service and Youth in Government programs.

GROWING EDUCATOR LEADERS & THE NEXT GENERATION

In partnership with the YMCA of Metro Denver, Wyatt Academy Co-Principal and Power Scholars Educational Instructor Melody Means has spent nearly a decade developing educators across Denver Power Scholars programs, students, and families through this summer program. In 2022, she was named BellXcel's Educator of the Year, the first Colorado educator to receive this recognition.

“ The impact Melody Means has made on youth is significant, and it extends far greater to include her fellow teachers, families and the community at-large.”

—Dr. Lauren Sanchez Gilbert, CEO of BellXcel



At a school with 91% minority enrollment and 88% of families economically disadvantaged, Wyatt Academy parent and teacher surveys showed:

100%
of students displayed a joy for learning new skills.

93%
parents felt they were valued partners in their child's learning.

100%
of educators felt they developed professional skills.

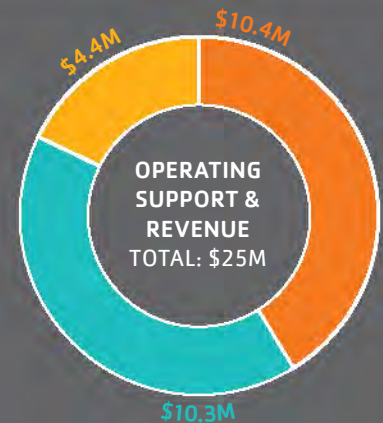
In the summer months when students often experience learning loss, these students gained 1.7 months in reading and 1 month in math skills.

FOR EVERY \$1 spent by the YMCA of Metro Denver, \$3.07 is returned to the community.

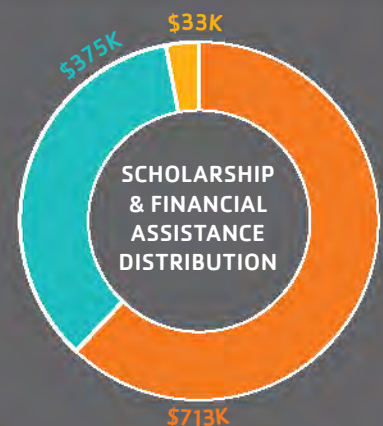
2022 FINANCIALS



- 92% Programs & Membership
- 6% Management & Administration
- 2% Fundraising Expenses

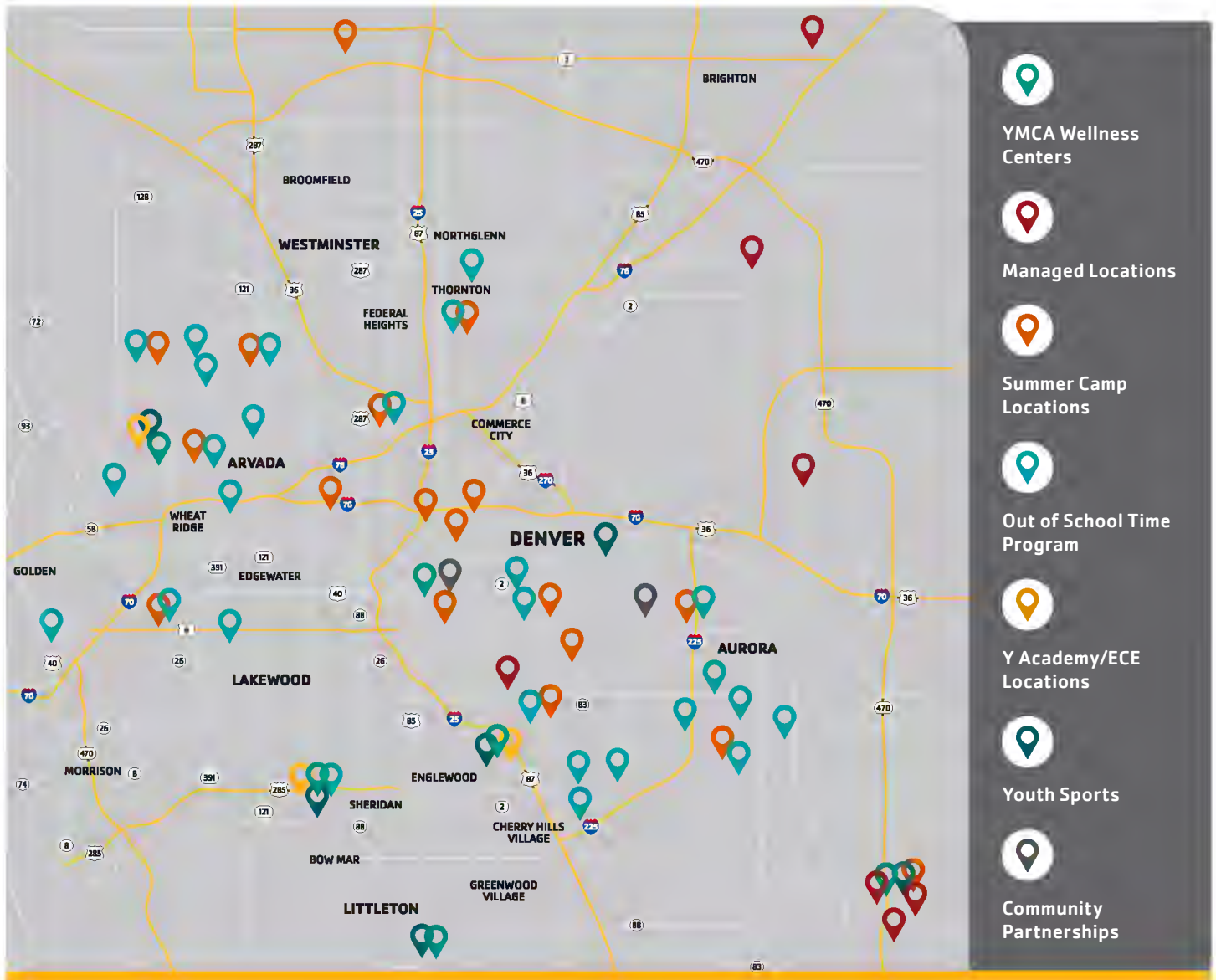


- 41.5% Program Revenue
- 41% Contributions & Other Support
- 17.5% Membership



- 62% Camp & Child Care
- 35% Membership
- 3% Programs & Sports

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