



2023

ANNUAL IMPACT REPORT

Since before Colorado was named a state, the YMCA of Metro Denver has been building strong, thriving and equitable communities. The challenges our community faces are significant: health inequity, nutrition access, social isolation, mental health issues, racial disparities, unemployment, unhoused families and individuals and disproportionately high costs of living.

Yet, the Y is here, as we have been for nearly a century and a half, as a welcoming third place between home and work or school — offering community connection, family support, healthful movement, personal growth and life-long learning.



Check out videos, blogs and more at denverymca.org/2023-impact-report to learn more about all our featured stories.

FOR EVERY STAGE IN LIFE, FOR ALL PEOPLE, THE YMCA IS HERE.

From nurturing development in
EARLY CHILDHOOD



From cultivating leadership & work skills in
YOUNG ADULTHOOD



At any stage in life, the YMCA is
HERE FOR ALL



To building life skills during
SCHOOL AGE



To maintaining a network of support
THROUGH LIFE



EARLY CHILDHOOD

BIG INVESTMENT IN LITTLE ONES

Over her more than three decades with Denver YMCA early childhood education programs, Y Academy Manager Pamela McKenzie — or “Ms. Pam,” as everyone knows her — has touched the lives of thousands of children and families.

Ms. Pam and Y Academy are serving a critical need in the Denver metro area for affordable, quality child care. According to the 2022 National Survey of Children’s Health, more than 2.7 million parents across the U.S. (12.2%) “had to quit a job, not take a job or greatly change their job because of problems with child care.”

Across three early child care centers, Y Academies, the Y is here to support parents and ultimately the area’s workforce.



FAMILIES OF 134 CHILDREN

relied on the YMCA for essential early child care at our three Y Academy locations.

“At Y Academy, our kiddos are so happy, and we know they are in amazing hands. The teachers seem genuinely happy to be there every day and [believe] early childhood education is not just a job but an actual calling.”

— Brigitte, Y Academy Parent

SCHOOL AGE

THRIVING THROUGH SAFETY AND BELONGING

Kindergartener Jeramiah was struggling — with schoolwork, behavior and relationships. Through YMCA Power Scholars after-school and summer programming, Jeramiah got help in math, reading and social emotional skills; access to fun activities; daily nutritious meals; and caring, individualized support from youth development experts. And things changed for Jeramiah ...

“I knew a shift was coming the day I sat next to Jeramiah and sang a book of nursery rhymes to him. His face lit up, and he started singing with me. Soon we got to see a different side of Jeramiah. Now, Jeramiah raises his hand and shares his feelings with me and his counselors. Because of Power Scholars, children have a place they feel safe, comforted and valued.”

— Celeste Medina, YMCA Youth Development

The YMCA is here — embedded in communities across the metro area — supporting youth mental health. In our Out of School Time and Power Scholars programs, we provide social and emotional development, physical activity, creative expression and holistic development — helping children thrive.



10,232

kids in the Denver metro area gained confidence, made friends and boosted their skills in YMCA youth development programs like sports, summer camp and Out of School Time.

\$545K

in financial assistance and scholarships provided making the YMCA accessible in our community.

51,000



pounds of fresh food distributed to the community through the YMCA’s Beyond Hunger program.



3,854

kids practiced sportsmanship and teamwork in youth sports.

YOUNG ADULthood

INDEPENDENT TOGETHER

Three days a week at the Aurora YMCA, you can find a small group of young adults each doing what they love. They are members of 4Abilities, which supports individuals with different abilities to lead happy and healthy lives. Ryan trains on the accessible, smart-technology EGYM strength training circuit, Shannon gets in a swim, Josh does some boxing and Sean does some working out along with some hanging out.



“At the YMCA, our 4Abilities members are able to be independent and do the workouts they enjoy on their own terms. They have gained so much strength in different areas, and the Y has become a sweet spot and safe haven for them. Everyone can do what they're passionate about, which makes working out fun.”

— Kelly Wilson, Director, 4Abilities

The Y nurtures the potential of all tweens, teens and young adults by supporting their unique development journey and meeting them where they are with tailored activities and social opportunities, including Youth in Government programs and teen service projects. With youth mental health issues soaring even post-pandemic, the need for authentic support and connection cannot be overstated. From cradle to career, the Y provides young adults with the tools, resources and relationships they need to thrive. For all young people and all abilities, the Y is here.



THROUGH LIFE

NEVER TOO GROWN UP TO NEED SUPPORT

When Victoria Cardenas moved to Denver from Mexico City in 1997, she came to the Y to learn to swim — and she's been coming ever since. The Y has become her third place, to connect, learn and get support to be her best self.

“At the Y, we are supportive of each other. In class, we set small goals for ourselves and get motivation and encouragement to reach them. This is a great lesson to apply in my daily life: set simple, achievable goals and then enjoy the satisfaction of reaching them.”

— Victoria Cardenas, YMCA Member



Parenting stress, health scares, work/life balance, older adult care, financial hardships, loneliness — no matter our age, we all encounter difficult times. And when we do, we are not alone. Whether it's camaraderie in a fitness class, support in our LIVESTRONG at the YMCA cancer survivor program or connection at a member book club, the Y is here, through any stage of life.

 130

young adults gained meaningful work experience as lifeguards, camp counselors, front-line staff and program interns.

7,264

volunteer hours dedicated to youth sports coaching; food distribution; and gardening and teen service projects.



 1,204

individuals referred to our disease prevention programs to find support for cancer, high blood pressure, pre-diabetes, nutrition and weight loss.

MULTI-GENERATIONAL CONNECTION MATTERS

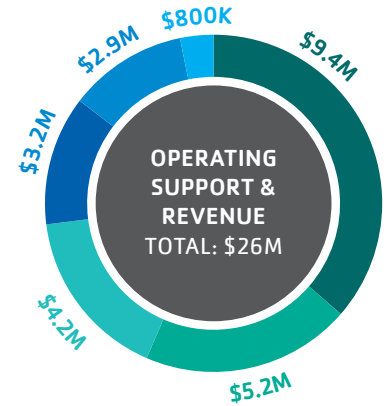
The Centennial YMCA Center of Generations (CoG) at The Streets at SouthGlenn brings together teens and older adults to address social isolation. A partnership between the YMCA and the City of Centennial, CoG creates a framework for meaningful, intergenerational relationships, learning, support and fun.



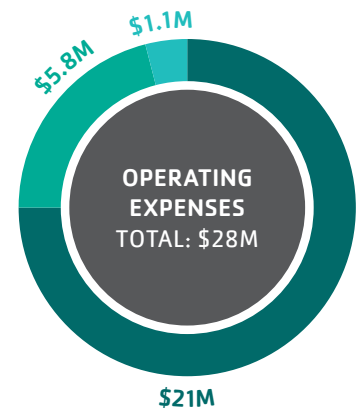
“ [The YMCA of Metro Denver has] a great history of programming, as well as a great history within the community that allows people to have that confidence, faith and trust in what they’ll be offering for our residents.”

— Stephanie Piko, Mayor, City of Centennial

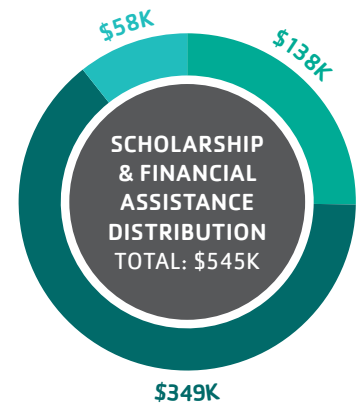
As humans, we need social connection no matter our age, but in some seasons of life, there are more barriers. Just as mobility limitations and solo living can lead to social isolation for older adults, technology and social media often keep youth from authentic, in-person connection. Through eclectic program offerings for all ages and interests, teens and older adults can exercise together, cook together, play games together — learn and grow together.



- 37% Program Revenue
- 20% Membership
- 17% Management Fees
- 12% Contributions & Federal Grants
- 11% ERC Covid Funds
- 3% Other



- 75% Programs & Membership
- 21% Management & Administration
- 4% Fundraising Expenses



- 64% Camp & Child Care
- 25% Membership
- 11% Programs (Youth Sports, Aquatics, Other)

Does not include funding through the Colorado Child Care Assistance Program.

OUR SERVICE AREA

- YMCA Wellness Centers
- Managed Locations
- Summer Camp Locations
- Out of School Time Program
- Y Academy/ECE Locations
- Youth Sports
- Community Partnerships

