



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH DEVELOPMENT HEALTHY LIVING
To fulfill this promise, we will foster a Movement of people, starting with staff
and volunteers, who **LIVE OUR CAUSE** every day by intentionally
thinking, acting and communicating in ways that **STRENGTHEN COMMUNITY**.
SOCIAL RESPONSIBILITY

2012 ANNUAL REPORT
YMCA of the Pikes Peak Region

Dear Friends,



Through the support of our community, we empower every child, adult and family to strive to be healthy, confident and connected. We feel very blessed to serve our community in the capacity we do every day. YMCA staff and volunteers work hard to identify community needs and respond with quality programs and services focused in the areas of Youth Development, Healthy Living and Social Responsibility.

We had a busy and exciting year in 2012. The year started out with 26 high school students participating in the YMCA Higher Education Service Project College Tour, where many of these young people experienced a college campus for the first time and later became a first generation college student. Providing the tools and support to these young people gave them the confidence to be successful and chase their dreams.

Summer fun was enhanced when the City of Colorado Springs and the YMCA worked together to re-open four outdoor aquatic facilities including Monument Valley, Portal, & Wilson Ranch Pools and Prospect Lake Beach. We also worked together to keep Memorial Park & Cottonwood Creek Recreation Centers open to our community providing much needed programs and services to these neighborhoods.

Fall 2012 brought forth a partnership opportunity where we are able to work with employees of AspenPointe on their overall health and wellness goals. Many companies and organizations are looking for ways to enhance employee satisfaction and increase productivity while reducing the cost affiliated with health care and absenteeism. By offering on-site fitness classes, personal wellness coaching and monthly lunch and learn sessions, the YMCA and AspenPointe are working together to impact the lives of many.

The days in between were filled with many other great programs and services helping people across our community reach their goals. People experience the Y in many different ways and we are only able to highlight a handful in this Annual Report. The YMCA of the Pikes Peak Region will be in our 135th year of serving our community in 2013. We look forward to deepening the relationships that have been formed and continuing to provide quality programs and services.

Thomas L. Kennedy
YMCA Metropolitan Board Chair

Dan Dummermuth
President/CEO

YMCA OF THE PIKES PEAK REGION

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YOUTH DEVELOPMENT

At the Y, we believe all kids have potential and should have the opportunity to discover who they are, express themselves, and be nurtured in all their possibility. The YMCA of the Pikes Peak Region focuses our work to help local youth engage in many positive experiences.

MEND – Mind Exercise Nutrition Do it!

A free grant funded program for youth ages 7–13 and their parents in our community who are above their healthy weight.



It is not easy being a kid these days, especially if you are overweight. Not only is an overweight child at risk for many various health factors such as diabetes, they are dealing with confidence and social issues that make being a kid even harder. MEND is a comprehensive 10-week program that helps children ages 7–13 who are above their healthy weight improve their health, fitness and self-esteem. MEND families meet twice a week for two hours each visit. The first hour is an interactive family session focused on nutrition and behavior topics, followed by one hour of fun exercise for the kids while the parents meet for support and discussion on topics such as goals and rewards, label reading and problem solving.

Although this program is focused on children 7–13 who are identified as above their healthy weight, the Y realizes that building self-esteem and confidence in our youth and teaching healthy lifestyle changes is an experience for the entire family. The YMCA of the Pikes Peak Region helped 209 children and their families learn, grow and thrive through this program.



YMCA Higher Education Service Project

Entering college is an overwhelming event for even the most seasoned families. Imagine what it must be like for first generation college-goers with no point of reference. Through partnerships and focused work, the YMCA is working with young people to help close the achievement gap. The YMCA of the Pikes Peak Region received grant funding creating a program to meet these needs.



From January to June young people and their parents attended college workshops focusing on a variety of topics from "Applying for Financial Aid" to "Life as a College Student". These workshops were a pre-requisite to the ultimate experience of participating in the YMCA College Tour. In April 2012, 26 young adults (ranging in age from 16–18), YMCA staff and volunteers loaded onto a bus for a three-day exploration to seven universities in the state of Colorado. Many of these young people had not ventured any further than their neighborhood, so leaving home for three days was an exciting experience that opened the eyes of these students.

Taking tours of these universities helped students have confidence knowing they could be successful and pursue their dreams. They worked with staff to identify steps that needed to be taken and areas they needed to focus on immediately to be accepted to the university of their choice. Many came back from the YMCA College Tour and worked with Y staff to apply for college, financial aid and scholarships to help with costs.

The YMCA is dedicated to helping our youth reach their full potential. The YMCA College Tour is one example of success in this area.

Sending Military Kids to Camp with Camp Corral



Camp Corral is a summer camp for children of wounded or disabled military families. YMCA of the Pikes Peak Region received funding in 2012 for these children and was designated as an official Camp Corral location. The week of August 4th provided memories that will last a lifetime for 176 campers who attended Camp Shady Brook free of charge through this grant.

Camp is a wonderful experience for all children. Camp Shady Brook was a magical place this summer and we are proud to have been chosen as an official Camp Corral location to serve these families who are serving our country.

HEALTHY LIVING

We believe that everyone has the desire to be well and that well-being is best cultivated by providing supportive relationships and environments. We also believe that all people should have the opportunity to be well in spirit, mind, and body.

Focusing on our Seniors

Walk through the doors of the YMCA any morning during the week and you will find local seniors gathered around sharing stories, having a cup of coffee and preparing to raise their heart rate with an exercise class. Exercise is an important part of a healthy lifestyle for seniors in our community, and classes that are designed especially for them make it easy and enjoyable to get involved.

In 2012, the Y received grant funding to engage seniors in two specific programs: Moving for Better Balance and A Matter of Balance.



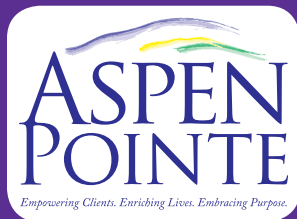
A Matter of Balance benefits older adults who are concerned about falling, have sustained falls in the past or restrict activities because of fall concerns. Through their participation in this 8-week program, seniors learn practical coping strategies to reduce their concern of falling, improve their level of fall management, increase their exercise and decrease their social limitations with regard to concerns about falling. In 2012, the Y had 1,348 older adults participate in classes to become more confident as they move around our community.

Moving for Better Balance uses the principles and movements of Tai Chi in helping older adults improve their balance and increase their confidence in doing every day activities. Through participation in this 12-week program, older adults overcome their fear of falling and live stronger, healthier, more independent lives.

Classes are offered at a variety of locations including YMCA Centers, Senior Centers, and Community Centers in Teller and El Paso County and run by trained YMCA professionals.

Work Place Wellness

A Partnership with AspenPointe



Finding balance between family, work, social connections and healthy living is something many of us strive for. In 2012, the YMCA and AspenPointe partnered on a worksite wellness program to benefit the employees of AspenPointe. With 21 locations across the Pikes Peak Region, health care costs on the rise and a workforce seeking work/life balance, AspenPointe started with a staff wellness survey to assess their needs. Results came back and a plan was put together to accomplish 3 goals:

1. Improve employee health and reduce healthcare costs.
2. Promote wellness as a key company benefit with the power to transform an employee's health status so they will not only experience a healthier, happier life now, but for years to come.
3. Bring the message to all employees that wellness programs are something we do with and for employees, not something we do to them.

As a company, AspenPointe came up with some good components to address workplace wellness, but through their planning they realized that to maximize the effectiveness of their overall program, they needed a partner to help with additional components. That is where the partnership with the YMCA of the Pikes Peak Region came together. AspenPointe was addressing health issues like flu shots, programs to quit smoking, health risk assessments, biometric screenings, ergonomic workstations and financial planning support already. The YMCA put together a program to enhance what was already being done by AspenPointe and added monthly Lunch & Learn sessions with experts addressing a variety of topics, health & wellness coaching, and on-site fitness classes at several locations.

To date, one of the biggest benefits of this partnership has come with the health & wellness coaching. This is an opportunity for employees of AspenPointe to connect one-on-one with a Health & Wellness Coach employed by the Y, and talk about issues that are important to them. In the first five weeks of the partnership, YMCA Health & Wellness Coaches have led a total of 198 coaching sessions with 71 different employees.

To continually measure the success of the partnership and the program overall, surveys will be delivered to staff. The first survey has already taken place and the feedback was collected. The employee coaching sessions address a variety of employee needs including fitness, weight loss, smoking cessation, work/life balance, social wellness and more. The results are:

Weight Management – 49%
General Health – 23%
Relationships 5%

General Fitness or Nutrition – 40%
Lifestyle Improvement (work/life balance, career, education, financial) – 54%
Other – 7%

Rick Mack, AspenPointe's Senior VP of Human Resources says, "This program is a home run for our staff. We have had numerous success stories and many comments about how much the coaching sessions are enriching lives and helping employees find the resolve and courage to make positive changes."

SOCIAL RESPONSIBILITY

We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause. Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

Strengthening Our Community Through Collaboration

In May 2012, the YMCA finalized an agreement with the City of Colorado Springs to manage four outdoor aquatic facilities and two community recreation centers. Part of the Y's social responsibility is to ease the burden on government – this was a great opportunity for the Y and the City to come together and impact our community in a positive way.

The YMCA hired and trained over 125 new staff to deliver quality programs to neighborhoods that may have otherwise not had these services available. Kids learned to swim and feel safe around water; families gathered with their neighbors and other friends to enjoy time together; and adults jumped into water exercise classes to keep their heart pumping. The Y served more than 60,000 people at these outdoor pools and recreation centers during summer of 2012.

As this collaboration continues to grow, the YMCA is eager to serve others in our community in unique ways to encourage healthy lifestyles, connect communities and create confidence in our youth.



In collaboration with



Being Here When Our Community Needs Us

June 2012 brought much devastation to the Pikes Peak region with the Waldo Canyon Fire. Impacting many YMCA staff, volunteers, members and the community at large, the Y jumped into action to meet the needs of our community. By simply opening our doors to those experiencing devastation and uncertainty, the sense of community remained strong. Because showers were not available at local churches and shelters, the Y opened our doors to displaced families to use our facilities.



The Southeast Armed Services YMCA was an official American Red Cross Evacuation Center to help those who were displaced by the fire. The combination of American Red Cross staff, volunteers and YMCA staff provided the best experience possible when devastation hit their family. This provided a sense of security, an opportunity to relieve stress by working out or relaxing in the pool and helped those without internet access be able to focus on taking care of their needs.

While parents were scrambling to connect with insurance, get utilities and other bills taken care of and simply reach out to family and friends to let them know they were safe, children of displaced families participated in YMCA Day Camp at no cost. The YMCA felt it was important for these children to maintain some sense of normalcy and have fun during this time of stress in their family. Swimming, crafts, sports and more helped these young people connect to others who cared about their safety and well-being. Parents were able to focus on the needs of their family with assurance their children were being taken care of by qualified and nurturing adults.

Operation Ride Home

Operation Ride Home is a program sponsored by Jack Daniels that allows junior enlisted service members to travel home (E-4 and below) to visit family and friends for the holidays. The Southeast Armed Services YMCA targeted those service members who may want to travel home for the holidays but are not financially able to do so without the assistance of this program. The YMCA of the Pikes Peak Region was able to help 29 families get home for the holidays in 2012!



2012 Volunteer of the Year

The YMCA was founded by volunteers and still today we are a volunteer led organization. In 2012, 2,686 volunteers recorded a total of 27,265 hours of their personal time on boards and committees, as youth sports coaches, mentors to our teens, or helping organize and lead events impacting our community. Our volunteers range in age and come from all backgrounds. Each year the YMCA recognizes volunteers who have made a significant impact in our community through the YMCA. It is our pleasure to honor the following volunteers for their commitment to the YMCA and our community in 2012.

Volunteer of the Year Recipients

- Jen Springfield, Briargate
- Carlo Migliaccio, Camp Shady Brook
- Esther Parker, Downtown
- John B. Searor, III, Fountain
- Renzo & Lynette Bianchi, Garden Ranch
- Jeanne Stanley, Southeast Armed Services
- Tim Dorman, Tri Lakes
- Andrew Cobb, YMCA Association Offices



YMCA Advisors

The Advisors to the Metropolitan Board of Directors are composed of selected individuals who have served the organization in a significant capacity, have a continuing interest in its future well-being, and are not currently serving as members of the Metropolitan Board. Members of the Advisors are called upon at times for counsel, welcome at any meeting of the Metropolitan Board and are encouraged to attend the Annual Meeting of the organization.

Donna Bertram	Mike Edgar	Cleaster Marchman	Steve Schuck
Doug Berwick	Tony Goggans	John McCaa	Cari Shaffer
Judy Bosin	Ryer Hitchcock	Jim Miller	Bob Sheets
Chuck Brown	Bob Howard	Laura Muir	Lynn Spear
Patty Cameron	Jim Johnson	Tom Naughton	Gerry Tolley
Bruce Cameron	Ken Keene	Diane Olivieri	Bruce Warren
Judy Cara	Meg Kendall	Greg Parsons	Betty Watt
Andy Cobb	Keith Ketelsen	Sue Putnam	Denny Weber
Lucia Dahlstrand	Jim Kin	Cathy Robbins	Jim Weller
Ray Deeny	Roger Lane	Ron Romero	Jim Wilson
Dan Donegon	Margot Lane	Bill Schuck	Barb Winter

J.H. WOODGATE AWARD

Thomas Naughton

The J.H. Woodgate Award is named for the first Board Chair of the Colorado Springs YMCA who served in 1878. The award recognizes outstanding contributions made by an individual or community organization to the YMCA of the Pikes Peak Region.



Tom has been actively engaged with the YMCA of the Pikes Peak Region since moving to Colorado Springs in the 1980s. He has participated in all levels of the annual support campaign including serving as the chair for two successful years. He has also served on the Finance Committee, Governance Committee, Financial Development Committee and the Executive Committee for six years. He served as the Vice Chair of the Metropolitan Board for two years and as the Chair from 2007-2009. He led our delegation to the YMCA of the USA General Assembly in 2006 in Nashville and served as our delegate to the Association Assembly. He has also served as a delegate to the YMCA of the USA Advocacy Days in Washington DC. Tom is a YMCA Advisor and continues to serve on the Finance and Governance Committees. His leadership has brought significant credibility to the YMCA image within our community.

J.H. Woodgate Award Past Recipients

1989 Patty Cameron	1997 Ken Keene	2005 Doug Berwick
1990 John Stone	1998 Ryer Hitchcock	2006 Paul Butcher
1991 Dick Mertens	1999 Denny Weber	2007 David Jenkins
1992 Keith Ketelsen	2000 Sue Putnam	2008 Gil and Jim Johnson
1993 Walter Baker Jr.	2001 Bruce Cameron	2009 Dick Roy
1994 Jim Klever	2002 Jim Wilson	2010 Jim Weller
1995 El Pomar Foundation	2003 Steve Schuck	2011 Jim Maguire
1996 Mayor Robert Isaac	2004 No Award Given	2012 Merv Bennett

YMCA of the Pikes Peak Region

2012 Operating Financials

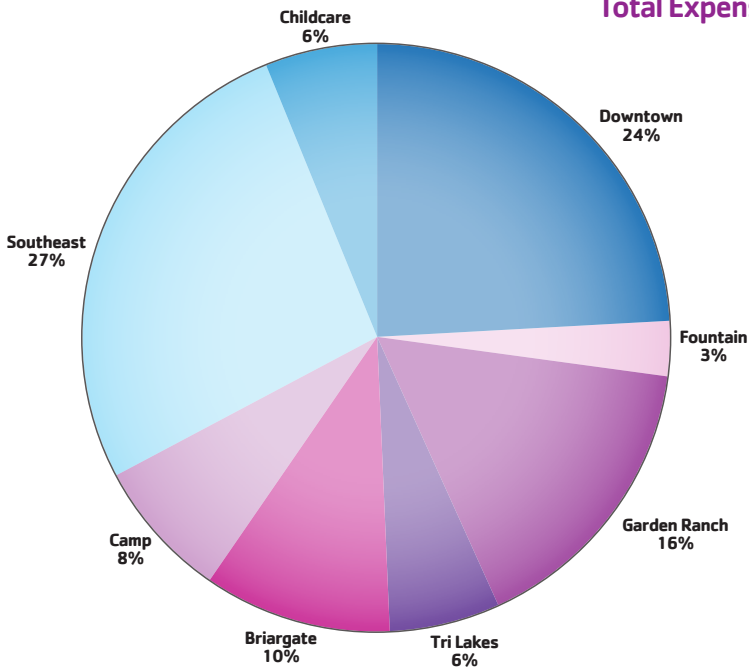
(Unaudited)

REVENUE

Contributions	\$1,548,000
Membership Fees	\$11,545,000
Program & Camping Fees	\$3,129,000
Government Sources	\$1,036,000
Investment & Other	\$394,000
Total Revenue	\$17,652,000

EXPENSE

Wages, Benefits & Taxes	\$10,574,000
Contracted Services	\$685,000
Supplies, Printings, Publications	\$1,188,000
Occupancy	\$2,629,000
Transportation	\$101,000
Staff Development	\$187,000
National Dues	\$181,000
Financing	\$1,291,000
Insurance	\$201,000
Other	\$507,000
Facility & Program Reserves	\$57,000
Total Expense	17,601,000



YOUR DONATIONS AT WORK

In 2012, the YMCA awarded \$1,487,412 in financial assistance providing access to much needed YMCA programs and services for many children, families and seniors in the Pikes Peak Region. These programs and services are made possible through many generous donors to our Annual Community Support Campaign as well as program specific grants.

The need for financial assistance is present in every community. This chart shows how YMCA financial assistance was awarded in 2012.

YMCA CHAIRMAN'S ROUNDTABLE DONORS

Our donors help keep YMCA programs and services available to all regardless of their financial situation. A special thank you to our YMCA Chairman's Roundtable donors who gave a minimum annual gift of \$1,000 to the YMCA Community Support Campaign in 2012.

Individuals

Deborah R. Adams
J.T. Adamson
The Aichele Family
Jim & Lisa Austin
Estella & Mike Baca
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Chris & Wendy Becker
Merv & Roseann Bennett
Doug & Marie Berwick
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Daniel & Debbie Bowers
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Rich Tosches
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Elva Munoz
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Ron & Karen Romero
John Ryan
Joanna Stark
Bill & Dede Schuck
Tom Smith
Arlene & Bob Stein
Heather & Tim
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John Street
The Talbot Family
Carolyn Tinsley
Gerry & Cheryl Tolley
Larry & Gwenda Valentine
Marti & David Wallner
Bob Warren
Charlotte Waters
Karen, Carly & Kyle Watson
Denny & Sandy Weber
Boyd & Rhonda Williams
& Family
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Ann & Phil Winslow
Steve & Kristin Woodford
Herman Zwinger

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YMCA Foundation of the Pikes Peak Region



A gift to the YMCA Foundation of the Pikes Peak Region is a gift of a lifetime.

How a particular donor chooses to make a gift varies – whether an immediate or planned gift. All that's necessary is a commitment to benefit the YMCA's Foundation of the Pikes Peak Region. The Y takes the trust our donors place in us very seriously. A strategic plan guides the Fund's management and continued growth. Gifts to the Foundation Fund are kept in perpetuity and invested to generate income that is used to further the work of the YMCA. To ensure your gift is in keeping with your estate and financial needs, the YMCA encourages donors to discuss contributions with their legal or financial advisors.

2012 YMCA Foundation Board of Trustees

Foundation Officers

Ken Keene, Chairman
Jim Johnson, Vice Chairman
Diane Olivieri, Treasurer
Cari Shaffer, Secretary

Foundation Trustees

Doug Berwick
Keith Ketelsen
Ted Rinebarger
Barry O'Shea
Denny Weber

Foundation Executive Staff

Dan Dummermuth, Executive Director
Carrie Bair-Norwood
Scott Christian



Mission of the Foundation

To further the work of the YMCA of the Pikes Peak Region in putting Christian principles into practice through programs that build healthy spirit, mind and body for all.

SUMMIT SOCIETY LISTING

The Summit Society is a group of families and individuals who share a belief in the mission of the YMCA and who want to expand that mission to strengthen the community for future generations. By recognizing that the YMCA will continually play a critical role in the future lives of the greater Colorado Springs community, they have invested – through outright gifts and planned gifts – in the Endowment Fund or the YMCA Foundation of the Pikes Peak Region. These gifts come in the form of bequests, insurance policies, stocks, charitable trusts, property, and outright donations. And, because of these gifts, the YMCA of the Pikes Peak Region will be able to continue to provide innovative programs to address the challenges and opportunities of our community's future. Strong today...stronger tomorrow.

Willis Armstrong
Gary Backstrom
Merv & Roseann Bennett
Donna Bertram
Doug Berwick
Judy & Donald Bosin
Rusty & Kathy Brown
Bill Brummett
Patty & Bruce Cameron
Flo Carris
Joanne Clark
Ray Deeny
Tim Dix
Dan & Gwen Dummermuth
Matt Dunston
Gene Dunston
Ruth & Howard Dutzi
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Denny & Sandy Weber
Jim & Mary Weller
James Wilson
Joe Woodford

If you are interested in becoming a member of the Summit Society, please contact Carrie Bair-Norwood, Vice President of Brand & Impact Advancement at 719.329.7217 or cbair-norwood@ppymca.org



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of the Pikes Peak Region

Association Services Office

316 N. Tejon Street
Colorado Springs, CO 80903
719.471.9790

Association Child Care Services | 719.329.7224

Briargate Family Center | 719.282.9622

Camp Shady Brook | 719.329.7266

Cordera Community Center (Residents Only) | 719.495.2166

Cottonwood Creek Recreation Center | 719.385.6508

Downtown Family Center | 719.473.9622

Fountain Valley YMCA | 719.382.1561

Garden Ranch Family Center | 719.593.9622

Memorial Park Recreation Center | 719.385.5984

Meridian Ranch Recreation Center (Residents Only) | 719.495.7119

Southeast Family Center & Armed Services YMCA | 719.622.9622

Tri-Lakes Family Center | 719.481.8728

www.ppymca.org

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.