



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# YMCA Of The Pikes Peak Region





## FOR A BETTER COMMUNITY. FOR A BETTER US.

At the Y, strengthening community is our cause. As one of the nation's leading nonprofits, we focus on three crucial areas to help individuals, families and communities learn, grow and thrive:

We are a powerful association of men, women and children joined together by a shared commitment to invest in our kids, our health and our neighbors.

Thanks to the generosity of those who donate to our Annual Support Campaign, the Y has never turned anyone away due to an inability to pay.

Whether developing skills, fostering emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y promotes the care and respect all people need and deserve.

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The YMCA is a **nonprofit organization**. We are the only nonprofit fitness facility in the Pikes Peak Region. Last year, we gave away over \$1.7 million in scholarships.

**Our mission** is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Our core values** are caring, honesty, respect and responsibility.

We measure the success of **our cause** in three areas of focus: youth development, healthy living and social responsibility.

**YOUTH  
DEVELOPMENT**

**HEALTHY  
LIVING**

**SOCIAL  
RESPONSIBILITY**



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# 2018 YMCA HIGHLIGHTS



## AWARDS



2018  
**BEST OF**  
COLORADO SPRINGS

**GOLD**  
Best  
Gym/Fitness Center



Visits to Learn & Play

151,393

63,305

People participated in Y programs

\$386,000

Financial assistance that went to military families

8,960

The YMCA served more than 8,960 Active Duty Service Members, Military Dependents and Military Veterans and Retirees

EMPLOYEES

185 full time and 1,383 part time

83,152  
MEMBERS

# YOUTH DEVELOPMENT



The Y believes that all kids deserve the chance to discover who they are and what they can accomplish. Empowering the next generation to utilize these values is critical to our success. We have seen countless examples of youth today practicing life values and skills that have been cultivated through lessons learned at the Y. Positive behavior, improved health and educational achievement have always been a part of the Y's core values.

## CHILD PROGRAMS

**1,259**

Kids served Daily In  
Before & After School

**31**

Kids served daily in  
Enrichment Programs  
offered at two  
District 11 schools

**10**

Kids served daily in  
preschool programs  
offered through a  
partnership with  
Fountain Fort Carson  
School District 8

**8,800 lunches &  
12,375 snacks**  
provided by Care and  
Share during summer  
day camp/7GI/YLab

**1,259**

Kids served in before and  
after school programs offered  
at 29 sites located in school  
districts (8, 11, 12, 14, 20,  
38, 49 and charter schools)

**6,603**

campers explored  
hands-on, enriching  
activities in our day  
camp program

## YOUTH SPORTS

### Kids stayed active in youth sports

Impacted over **21,000** kids and adults. **11,000** in leagues, **2,200** in Martial Arts, **2,800** in Gymnastics, **1,000** kids in clinics with USAFA, UCCS, Mountain West Conference, Switchbacks, Sky Sox. Also worked with over **300** kids in HSD2 at 3 schools with recess, and after school activities. Close to **1,000** kids in summer camp. **300** adults participated in basketball and volleyball programming in 2018

**1,000**

Youth developed skills  
at sports camps

**14**

Youth participated  
in the Switchbacks  
soccer clinic

**1,158**

Youth sports volunteers

**27,492**

Program volunteer hours



# YOUTH DEVELOPMENT



## CAMP SHADY BROOK

Camp Shady Brook continues our tradition of serving youth from across the country, and even internationally. This past summer, Campers from 21 US states and 3 countries attended CSB. Staff from 12 states and 4 countries rounded out our team of camp professionals. The opportunities these campers were able to experience and friendships made, are those for a lifetime.

**1,516**

Kids spent part of their summer having fun in the great outdoors at Camp Shady Brook

**167 Campers**

attended Camp Corral for children of fallen, wounded or disabled military parent(s)

**72 Campers**

attended Camp OASIS, for children with Crohn's disease and ulcerative colitis

**55 Campers**

went to YUNASA camp for children who are gifted and talented.

**69 Campers**

attended Royal Family KIDS Camp, which gives foster children ages 6-12 a week of positive memories and royal treatment

## TEENS

**45 daily**

Students served in Middle School Initiative

**5,535**

Teens served at RAD in 2018

**95**

At risk students were served at our Welte Teen Center

**15**

kids toured colleges with the Welte Teen Center

## AQUATICS

**10,500**

Swim lessons taught

**210**

Children living in underserved communities received free swim lessons

**300**

Kids with diverse abilities were given free swim lessons

**66**

Kids participated on swim team each month

**75**

Safety Around Water lessons given

# HEALTHY LIVING



The Y is working on improving the Pikes Peak Region's health and well-being by bringing families closer together, encouraging good health, and fostering connections through fitness, sports and fun. We provide innovation in fitness and health care delivery, thanks to a collaborative network of health, wellness and preventive services.

## 20 participants

per week rode stationary bikes for 60 minutes for 3 days a week, which may reduce their PD symptoms by as much as 35%.

## 106

Participants in our Parkinson's Exercise Program

## 168

Cancer survivors participated in free classes through LIVESTRONG® at the YMCA

## 360

Seniors participated in the Moving for Better Balance and Matter of Balance Program

## 39

Families participated in Healthy Weight and Your Child

## 27,700

People enjoyed the outdoor pools during the summer

## 6,186

Runners participated in our Creepy Crawl, Turkey Trot and Jingle Bell 5ks and Kids Fun Runs

## 32 participants

worked with a personal trainer to recover after injury/surgery or another diagnoses such as Parkinson's, MS, etc.

## 120

Athletes participated in first annual S'more Adventure Race

## 48

Athletes participated in first annual USATri60's



**21,296**

Personal training sessions kept members on track and promoted positive lifestyle changes

**2,855**

Fit Path/Jump Start sessions completed in 2018

**60**

Youth orientations helped kids feel confident on exercise equipment

## COLORADO SPRINGS SENIOR CENTER

**9,161**

Active Silver Sneaker participants

**707**

classes offered in 2018

**\$7,305**

given away in program scholarships

**4,196**

Senior Center participants

**45,368**

Visits within the year of 2018

**\$33,000**

awarded in our first federal grant from the Pikes Peak Area Agency on Aging to supplement free health and lifelong learning classes

**25 participants**

enjoyed Club-Five O programming each week



# SOCIAL RESPONSIBILITY



## Our Strength is in Community

The Y is a nonprofit like no other. As a community-centered organization, we have the presence and partnerships to not just encourage, but also deliver positive change throughout 10,000 neighborhoods across the nation. We listen and respond to challenges that keep individuals and the community from reaching their full potential. The Y responds with services and support that help people become self-reliant, productive and connected.

### BETTER TOGETHER

The Y is a powerful organization, thanks in part to the valuable partnerships we have cultivated throughout the years. We would like to thank our strategic partners for sharing our vision and collaborating to improve the health and well-being of people in the Pikes Peak Region.



In partnership with  
Children's Hospital Colorado  
Colorado Springs

Our partnership with Children's Hospital Colorado, Colorado Springs helps create a seamless experience for families to address injury prevention, mental health, nutrition and physical activity, child obesity, prematurity and respiratory illness.

### Penrose-St. Francis Health Services



Our health care partner providing programs and services designed to help adults with chronic disease management, including health screenings, health risk assessments, employee wellness and motivational coaching.

### COMMUNITY PARTNERSHIP AWARD

The YMCA of the Pikes Peak Region is honored to recognize the Monument Police Department for this year's recipient of Community Partner Award. These dedicated public servants have gone above and beyond in forging strong relationships with the Tri-Lakes YMCA and participants in the Real Alternatives to Drugs and Drinking program.

Not only have these individuals collaborated with RAD leadership to plan and coordinate events, but they also show up to volunteer, entertain and connect with teens regularly.

We are fortunate to have such strong champions for this critical program as they are making a monumental difference in the lives of young people.



# VOLUNTEERS

## MAKING A DIFFERENCE

### Volunteers of the Year

Each year, the Y recognizes volunteers who have made a significant contribution to our community. It is our pleasure to honor the following volunteers for their commitment in 2018:

**3,302 hours**  
worked by more  
than 50 volunteers

**1,190**  
Individuals  
volunteered at the Y.

**27,907**  
Total hours  
volunteered

**CAMP  
SHADY  
BROOK**

**Dennis Doyle**

**BRIARGATE**

**Heather Pikula**

**DOWNTOWN**

**Wayne Heilman**

**FOUNTAIN**

**Dr. Montina Romero**

**GARDEN  
RANCH**

**Bill McDougald**

**MILITARY  
OUTREACH**

**Ron Fitch**

**NORTH  
REGION  
SPORTS**

**Rachel & Jeremy Ziemer**

**SENIOR  
CENTER**

**Dick Hough**

**SOUTH  
REGION  
SPORTS**

**Tarah King**

**SOUTHEAST**

**Denise Montano**

**TRI-LAKES**

**Red Stephens**



## J.H. WOODGATE AWARD

### 2019 Recipient • Bob Sheets

The J.H. Woodgate Award is named for the first Board Chair of the Colorado Springs YMCA who served in 1878. Each year, our Association recognizes an individual or entity whose service or support has made a profound and lasting impact on our organization.

Bob Sheets, this year's recipient of the J.H. Woodgate Award is truly deserving of this award. Over the past years Bob has provided support and guidance to members, volunteers and staff of the YMCA of the Pikes Peak Region. He has consistently demonstrated the characteristics of an ideal YMCA volunteer, unselfishly giving his time, talent and treasure. Moreover, he has provided strong leadership in several key areas that has directly contributed to the success of the YMCA of the Pikes Peak Region. Bob has served on multiple committees and has been instrumental in driving fundraising efforts in multiple capital campaigns.



### J.H. Woodgate Award Past Recipients

<b>1989</b>	Patty Cameron	<b>1999</b>	Denny Weber	<b>2009</b>	Dick Roy
<b>1990</b>	John Stone	<b>2000</b>	Sue Putnam	<b>2010</b>	Jim Weller
<b>1991</b>	Dick Mertens	<b>2001</b>	Bruce Cameron	<b>2011</b>	Jim Maguire
<b>1992</b>	Keith Ketelsen	<b>2002</b>	Jim Wilson	<b>2012</b>	Merv Bennett
<b>1993</b>	Walter Baker Jr.	<b>2003</b>	Steve Schuck	<b>2013</b>	Thomas Naughton
<b>1994</b>	Jim Klever	<b>2004</b>	No Award Given	<b>2014</b>	Andy Cobb
<b>1995</b>	El Pomar Foundation	<b>2005</b>	Doug Berwick	<b>2015</b>	Ted Rinebarger
<b>1996</b>	Mayor Robert Isaac	<b>2006</b>	Paul Butcher	<b>2016</b>	Ed Gleason
<b>1997</b>	Ken Keene	<b>2007</b>	David Jenkins	<b>2017</b>	Tom Kennedy
<b>1998</b>	Ryer Hitchcock	<b>2008</b>	Gil and Jim Johnson	<b>2018</b>	Barb Winter



## BERWICK SCHOLARSHIP RECIPIENT

Established in 1998 in memory of my father, the Berwick scholarship is given annually to graduating seniors who demonstrate not only academic excellence but also embody the YMCA's four core values of caring, honesty, respect, and responsibility in their day-to-day lives. This year's scholarship recipients are outstanding examples of both academic excellence and those four core values.



Julia Howe, will attend Texas Christian University in the fall. Julia plans to major in mathematics and has served as the Vice President of Real Alternatives To Drugs and Drinking where she worked tirelessly to serve and encourage her fellow students to make smart choices. Julia is an exceptional leader and will no doubt make the Monument community proud in the future.

Joel Senrick will attend UCCS this fall, where he will major in Mechanical Engineering. From the start, the YMCA has played an important role in Joel's life, as he played sports with the Y and learned to swim at Garden Ranch. He currently works as a Sports Official and Site Supervisor for Youth Sports, where he helps to encourage the next generation of athletes to embrace the values of caring, honesty, respect and responsibility.

## ANGEL AWARD

The 2019 Angel Award recognizes Karissa McNeel, a member of our staff, who provided extraordinary service and to recognize, honor and acknowledge excellence at work and compassion at heart.

Angel Award recipients positively affect the life of an individual, family or group. Their efforts must go above and beyond job responsibilities. When faced with a difficult situation this individual demonstrated an act of selflessness as she put the care and welfare of an individual before hers. She stayed with this individual and ensured they received the care, attention, and help they needed.



If you walk into the Briargate YMCA, you know this year's Angel Award winner because Karissa McNeel makes everyone feel welcome and special the moment they walk through the doors. She not only takes the time to truly connect with members, but she is encouragement and light to everyone around her – teammates and members alike.

# FINANCIALS

## YMCA of the Pikes Peak Region 2018 Operating Financials (Non-GAAP)

### Revenue

Capital Contributions	\$1,302,000
Contributions	\$2,169,000
Membership Fees	\$15,244,000
Program & Camping Fees	\$6,961,000
Government Sources	\$2,083,000
Investment & Other	\$419,000

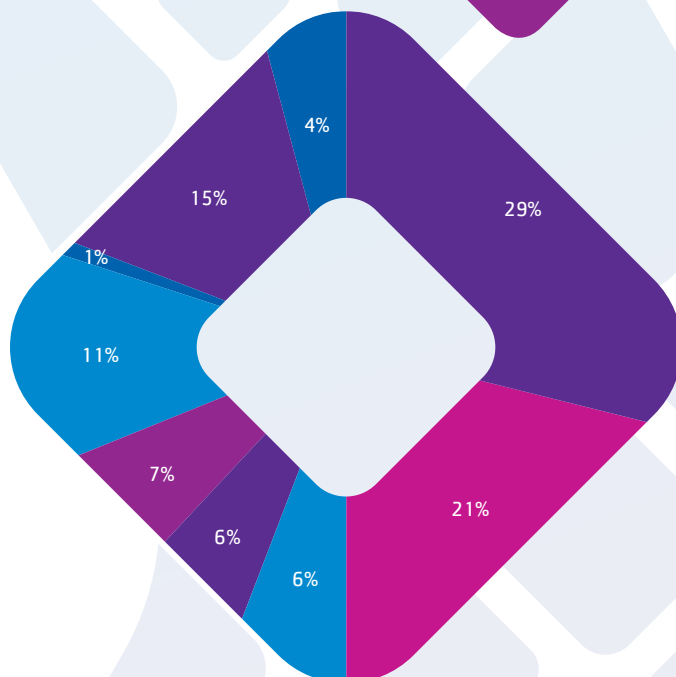
**Total Revenue \$28,178,000**

### Expense

Personnel Costs	\$16,866,000
Services & Supplies	\$2,853,000
Occupancy	\$3,506,000
Equipment	\$349,000
Transportation	\$200,000
Staff Development	\$378,000
National Dues	\$382,000
Financing	\$1,095,000
Insurance	\$322,000
Other	\$837,000
Facility & Program Reserves	\$633,000

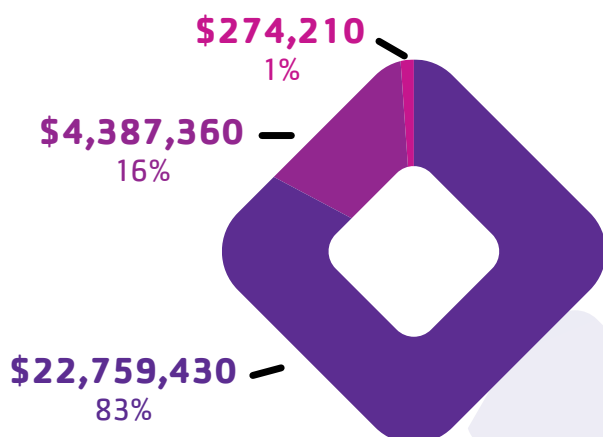
**Total Expense \$27,421,000**

### FINANCIAL ASSISTANCE ALLOCATION



### EXPENSE SUMMARY

- Program Expenses
- Management Expenses
- Fundraising Expenses



- Childcare/Day Camp 29%
- Southeast 21%
- Camp Shady Brook 6%
- Briargate 6%
- Tri-Lakes 7%
- Garden Ranch 11%
- Fountain 1%
- Downtown 15%
- City Recreation Centers 4%

# SUMMIT SOCIETY



The Summit Society is a group of families and individuals who believe in and want to expand the mission of the Y, and strive to strengthen our community for future generations. By recognizing that the Y will continually play a critical role in the future lives of the greater Colorado Springs community, Summit Society members have invested – through outright gifts and planned gifts – in the Endowment Fund or the Y Foundation of the Pikes Peak Region.

Gary Backstrom  
Merv & Roseann Bennett  
Doug & Marie Berwick  
Judy & Donald Bosin  
Bruce & Patty Cameron  
Joanne Clark  
Lucia & Olof Dahlstrand  
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Anna Stevens  
Ann Sulley  
Larry & Gwenda Valentine  
W.H. "Bill" & Fay Watkins  
Denny & Sandy Weber  
Jim & Gail Wilson

With these gifts, the Y will continue to provide innovative programs that address the challenges and opportunities of our community's future. Gifts that are included in the Summit Society include outright gifts, wills and revocable living trusts, life insurance, charitable trusts, charitable gift annuity, beneficiary designations and charitable lead trusts.

Anonymous  
Cara Olsen  
El Pomar Foundation  
Ent Credit Union  
James Whitney  
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Leah Smith  
Mark K. Chapman Foundation

Marlene Stone  
Brandon and Margaret Short  
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Ronald P. Martinez Charitable Gift Fund  
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Tanisha Saunders  
The Theresa McDonough Family

## CAPITAL DONORS



# DONORS

Our donors help keep Y programs and services available to all, regardless of their financial situation. A special thank you to all our YMCA donors who gave out of the generosity of their hearts the YMCA Annual Support Campaign in 2018.

\$100-\$249

Abby Danner	Calvin Utke	Desiree Barzan	Hazen Thomas	Joseph Wysocki	Lynne Caletti	Paula Gould	Shirley Robinson
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## \$250-\$499

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