TODAY. TOMORROW. TOGETHER.

YMCA OF METROPOLITAN DALLAS
2016 IMPACT REPORT
DEAR YMCA FRIENDS,

Join us as we reflect on the progress your YMCA has made over the past year. This written report and our celebration of volunteers at our Annual Meeting allows us to pause and recognize how far we have come together.

Our real measure of success is not in the spreadsheets and program registrations. It continues to be the immense accumulation of “moments of truth”...those times when a Y kid or adult feels the real impact of the YMCA mission through the action of other people. Sometimes these moments are like lightening bolts that shift their life path. Sometimes they are just little glimmers of light that show them the right way to behave or believe. But they are all important and are life-changing.

You can find a gym or swimming pool or a treadmill in lots of places. But it is the Cause that makes the Y so magical. After 132 years of service in this community, consider all of the lives that have been shaped and the futures that have changed. We really do strengthen the foundation of community.

Regards,

Kelvin Walker
Chief Volunteer Officer

Gordon Echtenkamp
Chief Executive Officer

APRIL, 2017
2016 COMMUNITY BENEFIT

VOLUNTEERISM

$2,784,591
SCHOLARSHIPS AND OTHER DIRECT ASSISTANCE

55,886
# OF PROGRAM/MEMBER SCHOLARSHIPS AWARDED

$253,604
COMMUNITY OUTREACH PROGRAMS

YMCA VOLUNTEERS

11,072
YMCA VOLUNTEERS

184,104
VOLUNTEER HOURS

ESTIMATED VALUE OF VOLUNTEER HOURS:

$4,819,485

Every year thousands of youth, teens, adults, and seniors help give back to their communities by volunteering at the YMCA. Volunteers assist at events, coach youth sports, advise Youth & Government clubs, lead Adventure Guides groups, act as board members, and serve the mission of the YMCA through many other programs, as well as at our branch facilities themselves. Our volunteers make the YMCA mission possible through their tremendous dedication.
In 2016, over 21,000 individuals over the age of 60 were Dallas YMCA facility members or participated in one of our programs.

We piloted this new program in 2016, funded in part by the United Way of Metropolitan Dallas. FIT is designed to help families build healthy nutritional and exercise habits together to prevent chronic disease and improve quality of life.

Get Up and Go is a childhood obesity intervention that the YMCA facilitates through a partnership with Children’s Health.

In 2016, participants lost an average of:

5.3% Body Weight
2016 SWIMMING AND WATER SAFETY

16,402 TRADITIONAL SWIM LESSONS
4,262 OUTREACH SWIM LESSONS

SAFETY AROUND WATER PROGRAMS

URBAN SWIM
3,206 YOUTH
PARK SOUTH, LAKEWEST, MOORLAND, & OAK CLIFF

APARTMENT SWIM
3,552 YOUTH

DAY CAMP: GO FOR GREEN
710 YOUTH AT 6 YMCA DAY CAMP LOCATIONS

SAFETY AROUND WATER

Measuring Success

Each year in the Apartment Swim program, we measure our children’s progress on several swimming skills that play a crucial role in keeping them safe around water. At the beginning of the lessons only 37% of participants could perform these skills compared to 64% at the end of the lessons.

Back Float: Pre 47% Post 75%
Front Swim: Pre 50% Post 74%
Front Launch: Pre 62% Post 79%
Jump, Push, Turn, Grab: Pre 77% Post 90%
MID-NITE BASKETBALL
In 2016, the Lake Highlands Y launched their Mid-Nite basketball program modeled after the Grand Prairie YMCA. Since 2013, officers from the Grand Prairie Police Department have been meeting with local teens weekly during the summer to talk about career paths and community challenges, while creating new relationships and shooting hoops.

YOUTH FORUM FOR UNITY
Teens listened to panelists from the Department of Justice, local law enforcement, the City of Dallas, and Dallas Faces Race discuss racial equality and police brutality issues from all sides. Teens had the opportunity to share their perspectives and created personal action plans to build unity in their schools and communities.

YMCA ACHIEVERS
Through the national Y Achievers program at the Moorland and Oak Cliff Ys, 103 students in two South Dallas high schools used a 12 week curriculum to build their college and career readiness.
In October 2016, we partnered with Sanford Harmony, an organization that has an integrated approach to SEL (Social Emotional Learning) which provides grade-appropriate lessons and activities based on themes of: diversity and inclusion, empathy and critical thinking, communication, problem solving and peer relationships.

Imagine Science is a unique collaboration among 4 national organizations working together to engage underserved middle schoolers in STEM-focused summer activities. Dallas/Omaha/Anaheim were the cities selected. Dallas completed its 2nd summer serving the Pleasant Grove community.