



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING A **STRONGER, HEALTHIER & SAFER** COMMUNITY FOR ALL



Dear YMCA Family and Friends,

Four years ago, the YMCA of Metropolitan Dallas laid out a plan to invest in our existing communities and expand our reach geographically. While the pandemic temporarily delayed those plans, 2022 truly felt like a renewal of that promise.

Our membership continues to grow, and we enjoyed seeing more children in our sports and teen programs than we have in years. We launched Mobile Y, hosted the 55th Annual Dallas YMCA Turkey Trot, and convened a cohort of local experts and community leaders that has not previously existed in our area, to truly make an impact in the mental health space for North Texans. The renovation and expansion of our Lake Highlands Family YMCA began to accommodate a growing community, and work to create a new lobby, Childwatch and locker room areas in our Semones Family YMCA is also underway.

While it was exciting to kick off new initiatives and construction projects, it was also fulfilling to continue the work we have always been committed to as a YMCA. We served more than 3,500 in our Safety Around Water program, provided over 350,000 meals in our out-of-school-time programs, and offered financial support to over 23,000 across all programs.

As we look further into 2023, we are looking forward to continuing to invest in our communities as we begin the process of building a brand-new Park South Family YMCA, completing the Lake Highlands project, and expanding our mental health work.

Thank you for supporting the YMCA of Metropolitan Dallas. We are excited for another great year.

Best regards,

Curt Hazelbaker
President and CEO

Felix J. Lozano, III
Chief Volunteer Officer



THE YMCA OF METROPOLITAN DALLAS IS FOR...



YOUTH DEVELOPMENT
HEALTHY LIVING
SOCIAL RESPONSIBILITY



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, thousands of youth today are cultivating values, skills, and relationships that lead to positive behaviors, better health, and educational achievements.

YMCA
AFTERSCHOOL

YMCA
CAMP

YMCA
TEENS

SWIM, SPORTS
& PLAY





203 KIDS

received free math and literacy lessons along with fun, structured camp-like activities in our **Summer Learning Academies**

315 KIDS

practiced creativity, learned self-esteem and independence at three **YMCA PRESCHOOLS**

7,082 KIDS

were inspired to learn, play, and grow in one of our

84 AFTERSCHOOL PROGRAMS

YMCA **AFTERSCHOOL**

At the Y, we believe all children deserve a safe place to go after school to explore the arts or science and technology, engage in physical activity, get help with homework, and learn the importance of giving back to their community.



6,984
YOUTH

tried new activities, made
lasting friendships, and gained
independence at **Day Camps**

1,522 KIDS

gained confidence
and independence at
**Camp Grady Spruce &
Collin County
Adventure Camp**

30,517

elementary and middle school
Outdoor Education students
experienced hands-on learning
in nature at **Camp Grady Spruce
& Collin County Adventure Camp**

YMCA **CAMP**

Like many Y programs, camping is all about learning skills, developing character, and making friends. The Dallas YMCA has served North Texas kids with life-changing summer experiences for more than 100 years.



1,006
TEENS

honed leadership and
public speaking skills in
Youth & Government

333 TEENS

engaged in solving pressing
global problems with the
art of compromise and
diplomacy through the
Model United Nations

2,044
TEENS

found a sense of belonging
through camp, leadership
and education programs

YMCA **TEENS**

At the Y, we develop teens in a safe place to explore who they are,
find their voice and prepare for their future.



56,650
YOUTH

gained new skills and learned
about the importance of
sportsmanship through
YMCA Youth Sports

SWIM, SPORTS & PLAY

The Y is a starting point for many kids to learn about becoming and staying active. When kids play sports or learn to swim, they can build confidence, discover their personal best, and have fun being part of a team.

16,452
YOUTH

learned invaluable water
safety and swimming skills
in the YMCA swim programs



HEALTHY LIVING

Improving the nation's health & well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of North Texas youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FAMILY TIME

COMMUNITY HEALTH



125 attended the
**Y's FATHER
OF THE YEAR**
event celebrating dads
from each branch



1,867
DADS & CHILDREN
created memories of a
lifetime in the **Adventure
Guides Program**

FAMILY TIME

Parents want what's best for their families and to have fun. That's why, at the Y, our mission is centered on the balance of spirit, mind, and body. We bring families closer together through quality time in fun and healthy activities.



1,367
PARTICIPATED

in **LiveStrong** at the YMCA,
Diabetes Prevention Program,
FIT for Health, Get Up and Go,
YMCA Weight Loss Programs,
or Healthy Cooking Classes

COMMUNITY HEALTH

The Y aims to improve the nation's health and well-being by providing programs and activities that reduce risk for disease, and help others reclaim their health. These programs can create a path for helping individuals prevent, delay, or live better with chronic conditions.

17 TEENS
CONQUERED

their weight management
issues while having fun, making
new friends, and building
self-esteem at Kamp K'aana





SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

SAFETY AROUND WATER

THE ASHFORD RISE SCHOOL OF DALLAS

GIVING BACK



SAFETY AROUND WATER

Teaching children how to be safe around water is not a luxury, it is a necessity. In Texas, drowning is the leading cause of accidental death among children. According to the Center for Disease Control, formal swimming lessons can reduce drownings by 88%.

2,046
CHILDREN

in low-income apartment communities received free water safety skills through one of six mobile YMCA swim instructor and lifeguard teams

3,589
CHILDREN

received free or reduced cost lessons through the **Urban Swim** program in four Y branches in west and southern Dallas communities



80
CHILDREN

ages 6 months to 5 years
have learned, played,
and thrived together at
The Ashford Rise School
of Dallas



The Ashford Rise School[™]
OF DALLAS

THE ASHFORD RISE SCHOOL OF DALLAS

The Ashford Rise School of Dallas certainly highlights two of the most important words of the YMCA's statement, "For all." The Rise School provides the highest quality of early childhood education services to children with Down Syndrome or other developmental disabilities and traditional learners in an inclusive classroom environment.

**RUNWAY
FOR RISE**

Annual fundraiser to support
families with children who
attend The Ashford Rise
School of Dallas



5,523
VOLUNTEERS
SERVED across all
YMCA communities

174,064
VOLUNTEER
HOURS
were provided in **2022**

GIVING BACK

The Y is a cause for strengthening community. Over 5,500 individuals across North Texas give back and support their neighbors by volunteering at the Y. Whether coaching a team, raising funds, working an event, or serving on a board or committee, these volunteers are taking an active role in bringing about enduring change right in their own neighborhood.





203,398

individuals experienced a class, program or event at the Y, helping them grow in spirit, mind, and body

MEMBERSHIP MATTERS

While our programs are based on the unique needs and interest of our communities, every Y has one thing in common: our people. The members, volunteers, staff, and donors of the Y are all united by a deep commitment to strengthening community.



2.8 MILLION VISITS
to our **16** YMCA branches



YMCA Key Leaders Luncheon

is designed to connect key community and business leaders with the timely local issues that have regional impact while also sharing a few accomplishments and priorities of the YMCA.



LEADERS IN THE COMMUNITY

2022 YMCA KEY LEADERS LUNCHEON

The YMCA of Metropolitan Dallas and over 400 key community and business leaders gathered to hear a panel discussing the mental well-being of our youth. Moderated by WFAA's **Cynthia Izaguirre**, the panel featured the unique perspectives of renowned psychiatrist **Dr. Madhukar Trivedi**, Director of the Center for Depression Research and Clinical Care at UT Southwestern Medical Center, **Dr. Jessica Gomez**, Licensed Psychologist and Executive Director of Momentous Institute, and **Sonya Parker Goode**, Director of Outreach and Education at Grant Halliburton Foundation.

OVER **400** ATTENDED

Host/Moderator: **Cynthia Izaguirre**

CEO Address: **Curt Hazelbaker**



**AMY THOMPSON
HOLLINS**

GEORGE L. ALLEN
Leadership Award



DR. KLYNE SMITH

CHARLES P. STOREY
Strong Communities
Award



CRAYTON WEBB

THEODORE P. BEASLEY
Distinguished
Leadership Award

CELEBRATING OUR VOLUNTEERS

2022 YMCA OF METROPOLITAN DALLAS DISTINGUISHED LEADERSHIP AWARDS



Sam Winstead Volunteer of the Year Award

presented every year to a volunteer at each branch of the Dallas YMCA who has demonstrated exceptional commitment to a program or has helped further the goals of the YMCA in his or her community.

CELEBRATING OUR VOLUNTEERS



CHAD HUFFINES

CAMP GRADY SPRUCE

Chad has been serving as the President of the Camp Grady Spruce Board. He has been involved with our Annual Campaign and served as the Bricks and Mortar committee chair. In the years that Chad has been involved with Camp Grady Spruce, he has been involved in many different parts of the camp. As the parent of a camper, a volunteer on many of our work weekends, chairing the Bricks and Mortar committee, to Chair the camp board. Through this work, he has made a significant impact on the programs and facilities of the camp. Chad has also been heavily involved in the Annual Campaign for camp. As the owner of several Jersey Mikes, Chad has been able to help advise camp on improving our food service for the guests at camp.



DALLAS JONES

COLLIN COUNTY ADVENTURE CAMP

Dallas has served on the Collin County Adventure Camp board and has been the Board President. He has been involved in our program development and Annual Campaign. He has been involved with the camp for many years. Dallas first visited Collin County Adventure Camp as a chaperone for his child's 5th - grade Outdoor Education trip with the Wylie ISD. He volunteered to be a chaperone for all his children when they came to camp. Dallas has been serving as the board chair for Collin County Adventure Camp and has helped the camp reach its annual campaign every year.



MEGAN CUSACK

COPPELL FAMILY YMCA

Megan has been a huge proponent of being a community collaborator, advocate, and partner to help spread the mission and vision of the Coppell Family YMCA. She has made connections and connected dots for the Coppell Y, she has been a spearhead for creating a Coppell Community Calendar that will help the Y bring community and partners together all for the better of the members, participants, and Coppell community.



JUDY DALE

CROSS TIMBERS FAMILY YMCA

Judy has overseen our monthly Swap Meet for years. She sets up tables and clothes racks before members arrive in the building. She also boxes up what is left, packs it all into her car, and then drives to donate it to the Salvation Army. She also gladly volunteers to help with all other events we hold at the Y. She is very service-oriented, and her help is often unseen by the membership. She does this selflessly and without the need for recognition.



HILLIS DAVIS

FRISCO FAMILY YMCA

Hillis Davis is an exceptional volunteer who gives not only his time but his leadership to help support the Frisco Family YMCA. Hillis has served on the Frisco YMCA board of volunteers for the past 5 years helping build our outreach, providing support to our programs, and helping us better serve our community. Hillis gives his valuable time to the Y every month fostering relationships, supporting our staff, and sharing the Y mission with anyone he meets. He also stepped up and has chaired our Annual Campaign for the past two years.



MICHELLE MADDEN

GRAND PRAIRIE FAMILY YMCA

Michelle champions our mission and always volunteers when asked. She is respected in the community and by her fellow board members. One Board Member shares, "during our MLK Day of Service, my first volunteer experience. Michelle epitomizes what it means to be a true leader Cause-Driven Leader, who has made a significant contribution to the Grand Prairie YMCA as a dedicated board chair, civic leader, and YMCA supporter. We unanimously support her nomination for this year's prestigious Sam Winstead award."



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CELEBRATING OUR VOLUNTEERS



MIKE ATKINS

J.E.R. CHILTON YMCA AT ROCKWALL

Mike Atkins has been involved with the J.E.R. Chilton YMCA since 1995. In his volunteer role, he has been the Annual Campaign Chair, Campaigner worker, and community activist for the Y and its branding. Mike has served as a member of the Board Development Committee and as Annual Campaign Chair for the last 2 years. Mike's involvement with the J.E.R. Chilton YMCA when his children began participating in Y programs and he volunteered as a campaigner for the Annual Campaign. Mike served as Executive Director of the Rockwall YMCA for 10 years. He began his volunteer service at the J.E.R. Chilton YMCA in 2019.



PHIL LAMB

LAKE HIGHLANDS FAMILY YMCA

Phil has been an invaluable part of the Lake Highlands Adventure Guides program for the past 5-6 years. During Phil's tenure not only has he created memorable experiences on his campouts but the way he integrates the core values into everything he does might just be the one to hang his Cowboy hat on. He has also been a key part to help with the movement toward a more aligned/centralized program and we could have not done these past 2 years without his help.



CAROLYN SEARLES

MCKINNEY FAMILY YMCA

Carolyn has served the McKinney YMCA as Youth & Government advisor, coach, section leader, and YG (Youth and Government) board member since 2015. She has impacted the lives of many kids in McKinney, Dallas, Texas, and across the nation, as she has served at all levels of Youth & Government and CONA (Conference on National Affairs). In 2019, she joined the McKinney YMCA Branch board to help us widen our reach in the community. In 2020, during Covid, Carolyn took over leadership of the Community Outreach Committee. The committee worked to figure out the best way to serve the community. Carolyn led the committee and the board in finding partners in the community that was collecting food, coats, toiletries, hats, gloves, etc. and the Y joined in to help.



TERESA TOWNER

MOODY FAMILY YMCA

Theresa Towner is passionate about Karate and volunteers her teaching skills at Easter Seals, Scottish Rite along with the Moody YMCA. She has guided hundreds of martial arts participants at the Moody YMCA over her 30+ year volunteer career. She provides training, teaching, and inspiration to karate students of all ages. She is a 7th-degree black belt herself. Theresa is a Rhodes scholar and is a tenured professor at the University of Texas at Dallas.



LISA EVANS

MOORLAND FAMILY YMCA AT OAK CLIFF

Lisa is a second-generation Moorland volunteer and has raised a third-generation volunteer who is now working for the Moorland Y. Lisa is all in when it comes to the Moorland Y. She is a huge resource ensuring things are done with excellence. When we need volunteers, she jumps in and secures others to engage. When we need snacks for events, she calls her connection and brings hundreds of bags of snacks. The teen and college lifeguards loved her this past summer because they knew they were going to get a home-cooked meal from Ms. Lisa.



LATOYA PORTER

PARK SOUTH FAMILY YMCA

LaToya has led this committee with grace and excellence and is a shining star and example of an amazing board member and community advocate. As Advocacy Chair, she is leading this board committee to identify initiatives and needs that we can support in our community and branch. One of those initiatives was our senior technology sessions where seniors would bring their devices and the committee would teach our seniors how to use them. This was extremely helpful in helping them communicate with families during this pandemic.



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CELEBRATING OUR VOLUNTEERS



CHI EGWUEKWE
PLANO FAMILY YMCA

Chi has more than 25 years of experience in corporate financial management and accounting. He currently serves as the Senior Director of Finance at Integer Holding Corporation, a leading advanced medical device manufacturer. Chi joined the Board of Management for the Plano Family YMCA six years ago with a focus on supporting our mission in the community and has raised over \$6000 for our Annual Campaign. Chi has served as Chairman of the Board longer than expected as he stayed on to help us through a pandemic restructure. He lives in Murphy, Texas with his wife, Kim, where he also serves as the Commissioner for the Planning & Zoning Commission. They have two children, a senior at Phillips Academy in Andover, and a senior at the University of Oklahoma. In his spare time, he is a committed Cross fitter, an amateur musician, and a composer.



JULIUS "JD" ODOM
RICHARDSON FAMILY YMCA

Julius "JD" Odom has been the board chair for the past two years at the Richardson YMCA providing excellent leadership and commitment to the Y during our transition during the pandemic. JD has also secured in-kind support including hosts for gatherings and training. In addition to the Y, JD has volunteered for the City of Richardson, Richardson ISD (Independent School District), and local sports organizations.



PAUL WACHSMAN
SEMONES FAMILY YMCA

Paul Wachsmann describes the Y as an "opportunity" a place to serve your fellow man and to be kind and friendly to everyone. Paul volunteers 30 hours a week. He is happy to do anything that is asked of him, but his primary responsibility is to greet people and to keep up with towels: collecting, washing, drying folding, and distributing. Last year Paul raised \$8,000, this year he is on pace to double that amount. He is one of our top fundraisers. The Semones YMCA is a better place because Paul is a valuable member of our Y family.



GEORGE WEATHERSBY
T. BOONE PICKENS YMCA

George has abundantly given our YMCA his time, talent, and treasure in a way that has transformed the lives of many families and children served by our YMCA. George understands the power of giving back to our community. He gives unselfishly. The T. Boone Pickens YMCA is forever grateful to him and his leadership. George has volunteered countless hours at our YMCA. He started his volunteer journey 5 years ago as a member of the T. Boone Pickens Board of Managers. Currently, George has served as Annual Campaign Chair for 2022, and he served as the Advanced Gifts Campaign Chair for two years, 2021 and 2020. George led the 2021 Annual Campaign to exceed the goal by getting the campaign to completion and securing over 86% campaign collection. In 2021, under George's leadership, the Annual Campaign came to completion first in the organization, exceed the goal to 111%, and secured \$10,000 higher board member donations.



DR. JENNIFER SMOLKA
WAXAHACHIE FAMILY YMCA

Jennifer has served the Waxahachie Family YMCA in a volunteer role for more than 8 years and as a member of the board of management in Waxahachie since 2015. Jennifer's impact in the Waxahachie community has been felt by many, serving as a lead advocate for special needs individuals and families, particularly in the arena of adaptive sports. Dr. Smolka has been instrumental in organizing volunteer efforts to provide opportunities in golf, bocce, basketball, swimming, track, baseball, and several other adaptive opportunities.



ANDREW ROHRBACHER
WHITE ROCK YMCA

Andrew has served on the White Rock YMCA board for the past 4 years and has been a dedicated and active volunteer. He serves on our Membership Experience Committee and has been instrumental in helping with events that demonstrate our appreciation of YMCA members. It was his idea to organize the original 'TOP 100' event where we recognize the most active White Rock YMCA members. Andrew and his team orchestrated an event where the members were honored for their elevated level of participation at the YMCA. In 2021, he accepted the role of Annual Campaign Chair and raised over \$207,000 on a goal of \$198,000.



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CELEBRATING OUR VOLUNTEERS



VICKI YANEZ
YMCA SERVING THE IRVING COMMUNITY

Vicki Yanez has served as the Chairperson for our YMCA Miracle League in Irving for more than 14 years since her father Joe Taylor started the league. Every game, Vicki is there announcing each player and play, coordinating our teams, welcoming our families and friends, and loving on all the participants. Not only has Vicki volunteered and done this for us for years, but she also secures a \$10,000 gift from the Veterans Foundation every year to keep help keep this league going.



ROYLE KING, SR.
YMCA SERVING THE WEST DALLAS COMMUNITY

Royle King Sr. has been a supporter of the Y and supporting the West Dallas community for more than 15 years. His dedication to the yearly Thanksgiving and Christmas food distribution to our families has allowed the Y to continue efforts to meet the needs of our youth and families. He puts a lot of effort into ensuring the success of the Theta Alpha Foundation's yearly fund-raising event that provides support to the West Dallas programs and youth is successful and achieves its promises to support their outreach efforts such as College Scholarships, the Omega Sparks programs for male youths, as well as support for YMCA Water Safety and Teens programs. His personal support to the Y's annual campaign is a testament to his commitment to supporting the Y Serving West Dallas.



Youth Character Award

honors worthy young people who embody the four YMCA core values: honesty, respect, responsibility and caring. The award is to recognize those whose lives and achievements demonstrate an enduring commitment to qualities associated with good character.



LILIANA AREVALO
YMCA Serving The West Dallas Community



MALACHI THOMPSON
Grand Prairie Family YMCA



AINSLEY BURKES
McKinney Family YMCA



NANTHANAT CHUMPIRON
McKinney Family YMCA



EVAN LEE
YMCA of Metropolitan Dallas



CONNOR SMITH
Semones Family YMCA



LINDSEY KHUU
YMCA of Metropolitan Dallas

THANK YOU
VOLUNTEERS!



The Y can only fulfill its mission through the generosity and support of the community.
The Y seeks to always be good stewards of that support.



2022 FINANCIALS

2022 INCOME*

Contributions	\$	18,711,172
Grants/United Way	\$	11,141,458
Membership Dues	\$	19,891,242
Program Fees	\$	31,050,776
Interest/Gain on Property Sales/Other	\$	4,928,972

TOTAL INCOME
\$85,723,620

2022 EXPENSES*

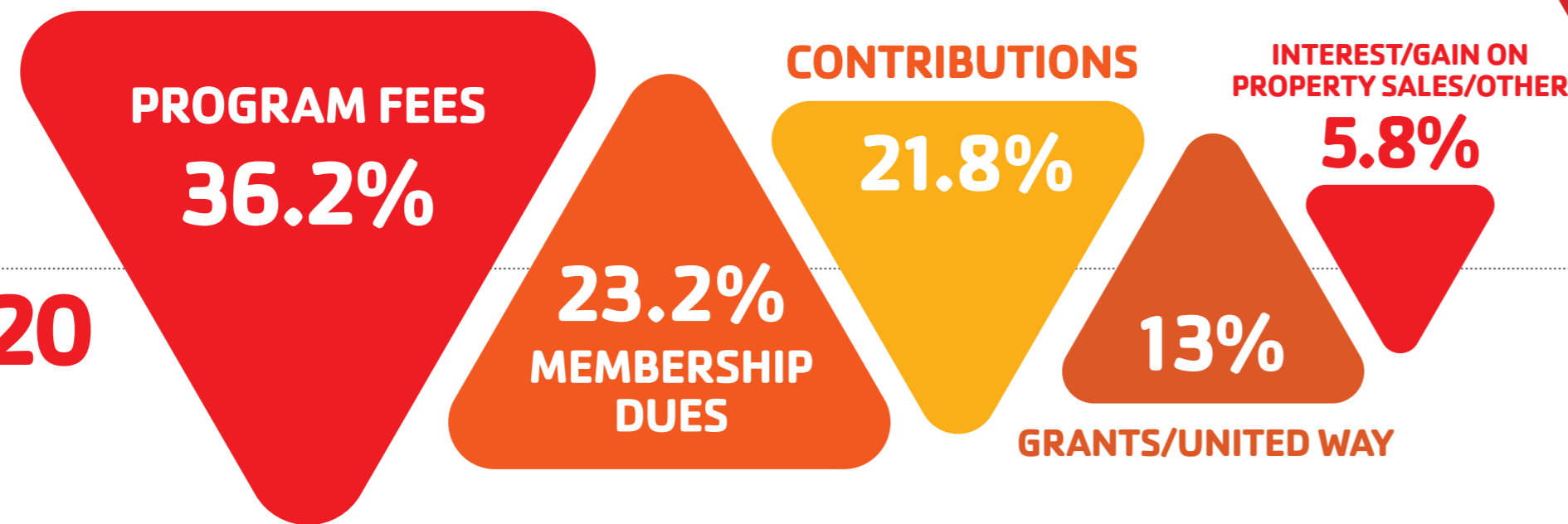
Personnel	\$	34,501,777
Contract Services	\$	3,521,557
Supplies/Adventure Guides	\$	5,123,623
Occupancy/Equipment	\$	7,617,558
Technology/FFE	\$	2,467,450
Other	\$	9,850,766
Transfer to Reserves	\$	13,798,079
Capital Reserves	\$	8,842,810

TOTAL EXPENSES
\$85,723,620

*UNAUDITED INFORMATION

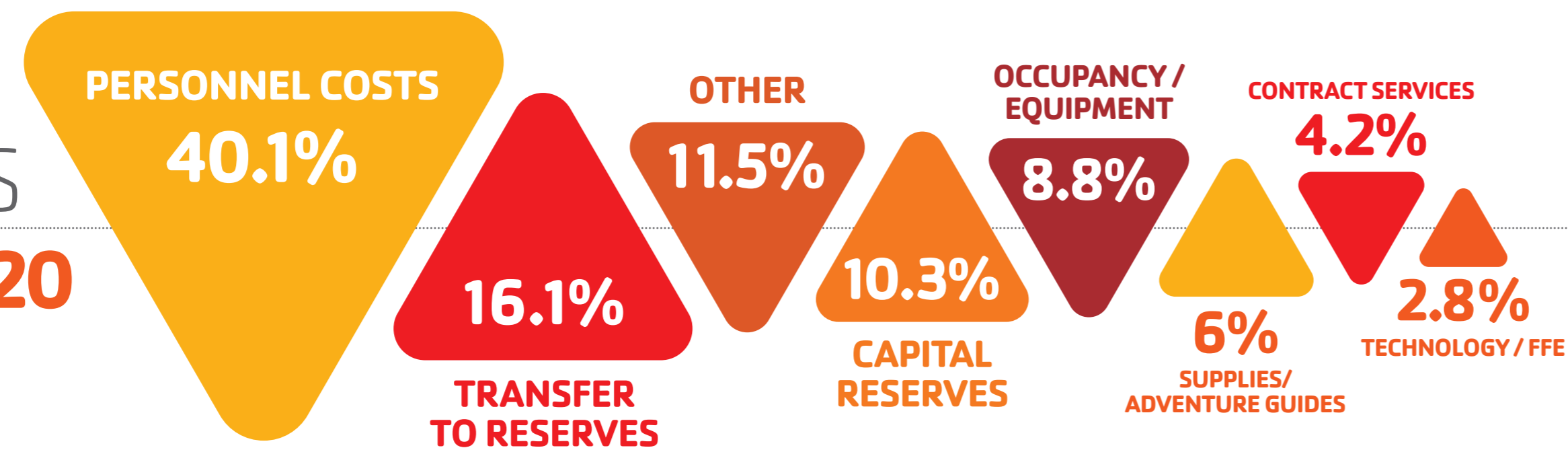


2022
INCOME
\$85,723,620



2022 ANNUAL CAMPAIGN
\$4.2 MILLION

2022
EXPENSES
\$85,723,620



BENEFITTING OUR COMMUNITY

COMMUNITY ASSISTANCE

\$3.9 MILLION

DIRECT COMMUNITY ASSISTANCE

Membership, Program, & Income-Based Scholarships

\$2.3 Million

INDIRECT COMMUNITY ASSISTANCE

College Scholarships, Agency Scholarships, Subsidies, etc.

\$0.8 Million

OUTREACH

Membership, Program, & Income-Based Scholarships

\$0.8 Million





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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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The Y. For a better us.®

YMCA Mission:

To put Christian values into practice through programs that build healthy spirit, mind and body for all.

This annual report includes gifts received by the YMCA of Metropolitan Dallas between January 1, 2022 and December 31, 2022. We apologize if there are any errors or omissions regarding names or gifts.