



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

# **WE'RE HERE FOR YOU**

**2010 Annual Report  
April 2009 – March 2010  
YMCA of Grays Harbor**



Greetings,

As we look back at 2009 and 2010, we continued to make a difference in our community through challenging economic times. Over the past few years we have focused on building on yesterday's success, managing today's challenges and working towards tomorrow's vision. In this annual report you will see statistics of the YMCA membership and programs, but more importantly, you will also read about some of the personal stories behind all of the numbers. For the YMCA it is all about relationships. If we neglect this fact all the numbers are pointless.

Please take a moment to review the highlights of 2009 and 2010. We are grateful for the support of our community, the leadership of our board and undying passion of our staff and volunteers.

**Kurtis Dawson**  
Executive Director/CEO

**Bruce MacNaughton**  
Board President/CVO



# OUR Y

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

**Four Core Values:** Honesty, Caring, Respect, Responsibility

At the Y, strengthening community is our cause. The Y serves three crucial areas of focus to help individuals, families, and communities learn, grow and thrive.

**The Y is for Youth Development,** because we believe that all kids deserve opportunities to discover who they are and what they can achieve. That's why, through the Y, youth today are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievements.

**The Y is for Healthy Living,** improving the nation's health and well-being. The Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests.

**The Y is for Social Responsibility,** giving back and providing support to our neighbors. The YMCA of Grays Harbor has been listening and responding to our communities' most critical needs for over 100 years. Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

**The Y, always here for you.**

# WHO WE ARE

## VOLUNTEERS & STAFF

Total volunteer hours	4,332
Policy making volunteers	24
Campaign volunteers	62
YMCA full-time staff	14
YMCA part-time staff	90+

## OUR PARTNERSHIPS

The Y partners with over 30 agencies, schools, and businesses including:

- Hoquiam School District
- Aberdeen School District
- Elma School District
- McCleary School District
- Hoquiam Fire Department
- American Red Cross
- Grays Harbor County
- Grays Harbor Community College
- Grays Harbor County Health Department
- Olympic Area Agency on Aging



## MEMBERSHIP

	Low – High
Total members	7199 - 8109
Membership units	2723 - 3024
Retention Rate	61.3% - 63.6%
Members receiving scholarship	23.4% - 29.2%
Awarded amount of scholarships	\$375,945
Amount of donated memberships	\$28,559
Average usage per month	22,130

\*Numbers are based on April 2009 – March 2010

# PEOPLE WE SERVE

## YOUTH:

Children developed through youth sports	2,103
Children mentored through camping	548
Youth taught to swim and feel safe in the water	2,757
Children cared for in Childcare (per month avg.)	145
Youth nurtured in Busytown(visits)	17,979
Teens provided a safe place for fun	1,848
Youth engaged in positive Clubhouse activities	11,833

## ADULTS:

Seniors being active in water exercise classes	608
Improving health with aerobics (usages)	25,295
Sessions of Personal Training to better lives	536

## FAMILY EVENTS:

Harvest Carnival participants	1,070
Turkey Bingo participants	150
Healthy Kids Day participants	225
Participation at the YMCA	265,567

\*Numbers are based on April 2009 – March 2010



# HEALTHY LIVING

As the years of my life have rolled by I have changed, grown old. Now there is little that remains that I can recognize as the lively, active girl I once was. I have grown old indeed, and with the process, I have seen my horizons shrink and my world grow smaller. I find myself an elder, one I can scarcely see behind to the misty past; a mere shadow in the shadows. I can no longer walk unaided; I can no longer conquer the outrages of age that assault me. I am old, and I am slowly returning to the Earth. There aren't many places I can go any more.

Ah, but I can go to the Y, and there, supported by the water in the pool, I can walk, turn, move my body much as I once did. In the pool, during Senior Water Aerobics Class I can stretch, kick, float like a leaf, and leave my trusty metal wheeled War Pony up on the walkway, patiently waiting for me to come out and roll away, another class accomplished.

I can still walk with assistance from my War Pony, or with the help of many friends I've made over the years in our shared classes. Sometimes, the friendly faces of the instructors come to help steady me, faces I've come to know, names familiar to me.

None of this would be possible if I had no place to go, no pool in which to keep my body functioning, no classes to harry me to movement. Some days it's too cold, some days I'm tired, some days I have other excuses, but always, the Y calls out to me to come back, come to class, get in the pool and move these creaky old bones while I still can. Always, in the back of my mind is the knowledge that if I don't do it, I won't be able to in a very short time. I must do it, and the Y makes it possible to do it.

*YMCA Member Donna*

# YOUTH DEVELOPMENT

The reason I like YMCA sports program is because you get to learn new drills and meet new friends. The coaches are nice, good, and always teach us to have good sportsmanship.

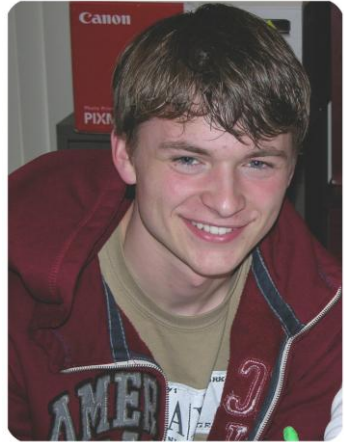
Another reason is because it makes me feel more confident going into our school basketball team. Another is you get to play with kids your age. I am glad I'm with the Y's basketball program. I hope it will never end.

YMCA Member Brett, age 9

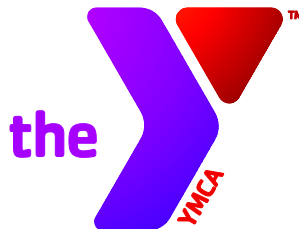


# HEALTHY LIVING

My grandmother purchased a family membership for herself, my grandfather, and me in September of 2000. She purchased the membership with the intent of her and my grandfather using the facility to workout. I was only interested in the pool with the HUGE slide protruding from the building. I used the building off and on throughout the years while my grandparents never walked through the doors unless it was to pick me up. My grandfather passed away in 2003 and unfortunately never had the joy of using the facility. My grandmother was left alone with a lot of time on her hands. She wanted to stay active and social in the community and found that the YMCA she belonged to was the perfect solution. She found that many of her friends attended the water exercise class on Tuesdays and Thursdays which made her feel comfortable in attending the class. My grandmother will be turning 76 next month and I have no doubt the Y has helped keep her physically, and socially active throughout the years. She's still going strong with her Tuesday / Thursday water exercise!



*YMCA Member/Employee Anthony*



# SOCIAL RESPONSIBILITY

Following my father's lead, we joined the Aberdeen YMCA, which included activities such as Indian Guides, farther-son basketball, and attending Family Camps. My dad was one of the early paddle ball players and I enjoyed watching him play. Afterwards we'd hang out in the Men's Club, sit in the steam room and have a snack.

I've always had a desire to help others create the same wonderful memories I had while growing up on the Harbor. The YMCA has been a perfect fit for me to do so. I started giving back while attending Grays Harbor College, at which time I lead a YMCA boys youth group.



Since then my life's journey has taken many turns, with the most recent bringing me back to the Harbor. I once again became a member of the YMCA and took advantage of the many opportunities. My youngest son joined the Y-swim team and I hit the fitness center during his practice times. It was like home coming, seeing many friends from the past. After a period of time, I switched my work-out to the 5 a.m. slot and rekindled a friendship with an old neighbor and set goals to hike.

As I became more familiar with the YMCA of Grays Harbor I sought out a board member position. This led to committee assignments, special projects, and fund raising opportunities, which gave me a great feeling of sharing in the successes experienced by the YMCA. I'm looking forward to serving for many years to come.

*YMCA Member/Volunteer Thomas*

# HEALTHY LIVING

All my life I've been heavy, but still moderately active. I swam competitively in high school, and did some sprint distance triathlons in college. After getting married and having children it was easy to forget about taking care of my body and focus instead on the needs of my family. I settled into a sedentary and obese lifestyle that lasted over six years.

Then, in the summer of 2008, I injured my back. After seven months of chronic pain, I finally realized that it was up to me to care for and strengthen my body. In February 2009 I signed up for a triathlon in Coeur d'Alene, Idaho that would take place the following July, and I started to think about training. In all my research, one item stuck with me most of all: You can't try to fit exercise into your life – you just have to decide to make it happen, no matter what. I realized that, with my body in such bad shape, I couldn't afford to be a sissy.

I found out around that time that my friend Abbi taught the 5:30am spinning class at the YMCA. I joined the Y and started going to Abbi's class. The spinning class was like an immediate family. I looked forward to seeing everyone each Tuesday and Thursday, and I knew someone would give me a hard time if I skipped. Through the calls, as well as through my lap swimming, treadmill workouts, I began to make some friendly connection at the YMCA.

That May I did a small indoor triathlon at the YMCA. My swimming was slow, my cycling was short, and my running was weak, but I was so proud to have finished at all! As I continued my morning workouts and made more YMCA connections through my kids' swimming lessons, my fitness goals skyrocketed. In June 2009 I did a 25-mile Lake

Quinault Bike Ride and a 5k fun run. In July I placed 3<sup>rd</sup> in my age group at the Ocean Shores Big Weekend Sprint-Distance Triathlon, then competed in the Race the River Triathlon at Riverstone in Coeur d'Alene. I began to find strength inside myself that I never thought existed.

By the end of the summer I was still quite a bit overweight, but I could feel my body growing stronger as my clothes become baggier. I could finally keep up with Abbi at all times in spinning class – even her crazy arm workouts! I freshened up my swim workout and made friends with the ladies in the



locker room. I got advice from the fitness staff on the best way to use the machines and rocketed down the water slide with my kids on the weekends.

In the fall of 2009 I renewed my commitment to my morning workouts. My kids become involved with gymnastics, and I felt like I was living at the Y. I loved seeing all the people I knew! And my kids loved their instructors, counselors and friends from all their gymnastics, swimming and Camp Bishop Overnighter activities.

Today it has been almost two years since I began my wellness journey. I am by far the healthiest I have ever been. My fitness and eating habits center on maintaining my overall health, and I feel great. By paying attention to my appetite and overall nutrition, as well as by exercising regularly, I have gradually lost almost 70lbs. I wear smaller clothes than I wore in high school, and finally weigh less than my husband!

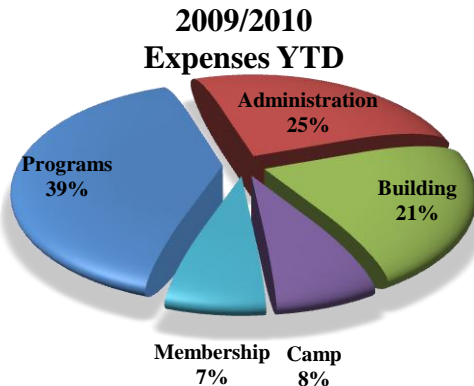
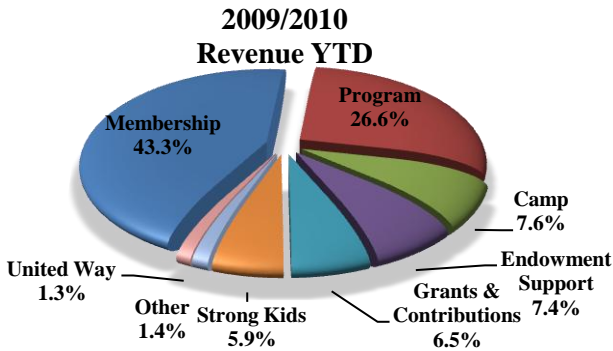
*YMCA Member Shannon*

# FINANCIALS

Statements of Financial Position, Fiscal Year Ending March 2010

Assets	2010	2009
Current Assets	498,038	468,036
Property & Equipment	10,286,836	10,605,918
Other Assets	1,326,835	938,615
<b>Total Assets</b>	<b>12,111,709</b>	<b>12,012,569</b>

Liabilities & Net Assets	2010	2009
Current Liabilities	253,885	267,450
Long-Term Liabilities	78,319	65,455
<b>Net Assets</b>	<b>11,779,505</b>	<b>11,679,664</b>
<b>Total Liabilities &amp; Net Assets</b>	<b>12,111,709</b>	<b>12,012,569</b>



YMCA audited financial statements are combined with Senior Companion Program and YMCA Endowment Management Association.