We are proud to share with you the Gateway Region YMCA 2021 Annual Report. Coming off the heels of the unprecedented year the world experienced in 2020, last year was still another challenging year for our Y. The pandemic continued to test us and create uncertainty in many ways.

Despite that, the commitment and resolve of our remarkable team of volunteers and employees enabled us to move our mission forward as we worked to recover financially and get back to positively impacting thousands of lives in the community.

In 2021, we were able to resume many programs and services in person, like math and reading Learning Labs, safety around water, the YMCA Diabetes Prevention Program, STEAM, and other services critical to so many in our community.

Working with our Metro Board of Directors, we updated our three-year Strategic Plan to reflect the ever-changing world brought on by the pandemic to guide our decision-making as we continue our recovery. Our three primary strategies to achieve success focus on commitment to culture, organizational excellence and social responsibility. As part of that plan, we continued with our comprehensive “Opportunity for All” capital campaign, approaching $40 million by the end of 2021 as we work toward our $55 million goal. Last year’s efforts were highlighted with the ribbon cutting at the Emerson YMCA, a $1.5 million investment that represents just the latest in significant capital investments throughout our association.

We are so thankful for the widespread community support. Funds from our comprehensive campaign are invested directly into the community - allowing us to serve more people, innovate and improve programs, and ensure we have purposefully designed spaces to support generations to come.

More than anything, last year taught us how resilient our Y is, and how overcoming the challenges of the pandemic has only made us stronger and better. Thanks to our volunteers, members, staff and supporters, we were able to accomplish so much more than we thought we could, and we are excited about the future. Thank you for your ongoing commitment to our cause.

Tim Helm
President & CEO
Melissa Lackey
Metro Board Chair

DEAR FRIENDS

BUDGET & SCOPE

Revenue
Operating revenue $68.3M
Total end of year net assets $137.7M

Public Support
United Way $1.4M
Grants $4.3M
Contributions $1.8M
One-time COVID relief funding $10.1M

Expenses
Program $52.2M
Fundraising $1.7M
Administrative $5.8M

227,549 LIVES IMPACTED Through membership and programs

2,146 EMPLOYEES (Full-time & part-time)

1,163 VOLUNTEERS
Gave 34,700 volunteer hours to strengthen their community.

5th largest UNITED WAY RECIPIENT
Scoring St. Louis Business Journal list of largest United Way of Greater St. Louis allocations

$2.76M IN FINANCIAL ASSISTANCE given to those in need to participate in Y programs and services.

$10.1M IN COVID-19 FUNDS AND GRANTS (including PPP funding and childcare grants) helped us continue our work to strengthen communities.

$613,600 allocated to serve 725 INDIVIDUALS through INCLUSION & ADAPTIVE SUPPORT SERVICES...
The Y works to nurture the potential of every child and teen by cultivating the values, skills, and relationships that lead to positive behaviors, better health and educational achievement.

### YOUTH DEVELOPMENT

#### Youth Sports Participants
- **11,373** youth sports participants
  - The Y’s youth programs are so important, as they give each child a chance to have a healthy outlet, a chance to build lasting relationships with other teammates and build character.
  - Youth sports volunteer

#### Day Camp Participants
- **5,649**

#### YMCA Camp Lakewood Participants
- **6,732**

#### Early Childhood Education Centers Participants
- **3,241** participants at 5 Early Childhood Education Centers

#### Y Club Participants
- **3,062** Y Club participants at 77 Y Club sites

#### School District Partnerships
- **25** school district partnerships

#### Youth Served in Out of School Programs
- **9,156** youth served in Out of School programs

### SAFETY AROUND WATER

In people under 30 in the U.S., drowning is one of the top three leading causes of unintentional injury death. Research has shown disproportionately high drowning rates among some racial and ethnic groups, an important health equity issue.

The Y’s size and reach uniquely positions the organization to bridge the gap in the delivery of water safety education. Our Y has a long-term goal of equipping 5,000 children with drowning prevention skills by 2029, thereby helping reduce the risk of drowning for at-risk youth.

#### Free Programs Offered to the Community
- **1,357** individuals given discounted $5 swim lessons to promote safety and provide assistance where needed, thanks to the St. Louis City Museum, at 9 of our YMCAs.
- **352** individuals in swim outreach programming targeting at-risk communities.
- **256** children in Safety Around Water school collaborations (classroom, dry land, and in-water curriculum).
- **285** children in Go for Green, a program offering lessons to day camp youth who haven’t passed their swim test.

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- Youth sports volunteer
YMCA’s Diabetes Prevention Program
146 individuals participated in a 12-month, group-based program to encourage behavioral change to reduce the risk for diabetes.

YMCA’s Blood Pressure Self-Monitoring Program
47 individuals participated in an evidence-based program combining blood pressure self-monitoring, nutrition education seminars, and personalized support.

Integrated Fitness
74 individuals with documented developmental disabilities became comfortable with programs and equipment, feeling included and able to pursue their health goals.

LiveSTRONG® at the YMCA
20 survivors participated in a free 12-week wellness program for adult cancer survivors.

YOUTH MENTAL HEALTH
With research showing about half of all cases of chronic mental illness begin by age 14, the Gateway Region YMCA launched a program in 2021 to help address this critical challenge. Titled “Starting the Conversation,” the program helps caregivers learn how to engage in conversations and address concerning behaviors around mental health. The Y was able to launch the program thanks to its longstanding partnership with Starting the Conversation. The program served 35 participants in 2021, and is quickly growing.

“The more we can get people comfortable with talking about their mental health, the more aware the broader population can be about not only what mental health challenges look like, but also that seeking help doesn’t have to be threatening. A lot of evidence points to the idea that the sooner people can get support, the less severe their experience might be with a mental health issue.”
- Starting the Conversation Panelist

The Y continues to serve as a community leader in health and wellness by providing education and opportunities around physical activity, nutrition and lifestyle changes.
The Y believes that giving back and inspiring action is a key part of strengthening communities.

SOCIAL RESPONSIBILITY

STEAM Programming
According to the Pew Research Center, women make up a quarter or fewer of workers in computing and engineering. In 2021 as part of its STEAM programming, the Y introduced two new programs – Techbridge and Technovation – to equip girls in gaining technology and entrepreneurial skills to solve real-world problems in their community.

Y Literacy
134 participants received 1,820 instruction hours through education and tutoring programs, which provide enriching and supportive experiences to help others learn, grow, and thrive.

“...This program is wonderful. My daughter was reading at a 3rd grade level at the beginning of the school year and by the end she was reading at 5th grade level. She still needs to work on fluency but her comprehension is fine.” - YRead parent

Food access
Every year, the Y opens the doors to the community, such as during the annual Thanksgiving meal at the O’Fallon Park Rec Complex, and also supports food access for children in need through our child care programs.

72,456 meals served
360 boxes collected during the Day Camp Food Drive at 21 Y locations, in partnership with the St. Louis Area Foodbank.

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The Gateway Region YMCA is grateful for the widespread community support for our multi-year, $55 million Comprehensive Campaign. Themed “Opportunity For All,” the campaign is focused on bridging the opportunity gap, connecting communities and cultivating healthy equity in order to help those most in need in our community.

**COMPREHENSIVE CAMPAIGN**

The Gateway Region YMCA is grateful for the widespread community support for our multi-year, $55 million Comprehensive Campaign. Themed “Opportunity For All,” the campaign is focused on bridging the opportunity gap, connecting communities and cultivating healthy equity in order to help those most in need in our community.

**Annual Campaign**

Supporting our Annual Campaign means that we can scale and expand our programs into our most vulnerable communities, as well as allow us to sustain current services, all while ensuring access and opportunity for all.

Raised in 2021 Annual Campaign: $3,011,520

**Capital Campaign**

The Gateway Region YMCA has launched a multi-year Capital Campaign in an effort to increase our impact by serving more people, innovating and improving programs, and ensuring we have purposefully designed spaces to support generations to come.

Raised toward Capital Campaign in 2021: $5,030,360

**Endowment**

We are able to invest in the future while providing support today for program innovation and scholarships through endowments.

Endowment Value: $31,915,214 (As of 12/31/2021)

Comprehensive Campaign total: $39,856,285

Donors to the Y: 10,000+

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The Y celebrated the renovated Emerson YMCA in North St. Louis County with a ribbon-cutting ceremony. Thanks to the generous support of Emerson, the global technology and industrial software company headquartered in North County, the $1.5 million in renovations includes expanded health and wellness services, a community kitchen, updated child watch, a new lobby and accessible front entrance, and a new family changing room.
INCLUSION AND ADAPTIVE SUPPORT SERVICES

For people with a documented developmental disability, the Y provides opportunities to be engaged in a number of programs through Integrated Fitness programming. Trained staff help ensure each person is able to become familiar and comfortable with programs and equipment, including cardio and group exercise, aquatics, lap swimming, and strength training.

In 2021, the Y served 725 individuals through Inclusion and Adaptive Support Services, including 74 in Integrated Fitness programming. Colin (pictured left) and Sam were two of these individuals.

“You are truly changing Sam’s life! What you do matters. I’ve been involved in a great deal of programming for people with disabilities over the years and yours is top tier.”

- Karen (Sam’s mom)
MISSION:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.