



POWER OF US

Gateway Region YMCA 2022 Annual Report

DEAR FRIENDS,

On behalf of the Gateway Region YMCA, we are pleased to share with you our 2022 Annual Report. Since we first opened our doors in 1853, our Y has focused on supporting the bi-state region through programs both inside our buildings and outside our walls aimed at delivering our mission while responding to the changing times. Together, with our community partners, members, volunteers, donors, and staff, we continue to work to deliver the promise of strengthening community while still recovering from the pandemic.

The services we implemented in response to the pandemic the prior two years accelerated our ability in 2022 to not only get back to implementing our full menu of programming, but to begin expanding our services and launch some tremendous new partnerships that allowed us to elevate our mission in the community. We also closed out year four of our five-year "Opportunity for All" comprehensive capital campaign, reaching \$49.7 million in support as we march toward our \$55 million goal.

Through this campaign, we undertook renovations or new construction to facilities in key areas aimed at addressing ongoing needs in the communities we serve. This included partnering with Affinia Healthcare to announce construction of their new 15,000 square foot healthcare center adjacent to the Emerson YMCA to provide people of all ages in Ferguson, MO and the surrounding communities with both affordable healthcare and more access to Y programs. In addition, we partnered with the St. Louis Cardinals and Cardinals Care, Boniface Foundation, and Miracle League to announce construction of a new YMCA Adaptive Sports Complex. Our Y also launched a new partnership with St. Louis CITY Soccer Club that provided eligible youth the opportunity to participate in the Y's soccer programs at a reduced cost.

Continuing our ongoing effort to expand our mission to new audiences, last year we reached a partnership agreement with the city of Fenton, Missouri allowing the Y to assume operation of the RiverChase Recreation Center to become the RiverChase YMCA. This allows our Y to serve more youth, families and individuals in Fenton and surrounding areas.

These are just a few examples of the significant initiatives we undertook in 2022 you will see featured in this report. Importantly, we continue to create opportunities for ALL, working to be the center of collaboration within our communities by inspiring and promoting diversity, inclusion and global efforts. Reflective of that, we were very proud to be selected the Nonprofit Winner of the St. Louis Business Journal's 2022 Class of Champions for Diversity and Inclusion Awards.

More than ever, many in our community need assistance to confront struggles and difficulties challenging them, and in 2022, we made significant strides toward implementing meaningful change. As we look to the future, the Gateway Region Y will continue to provide a place for ALL to be healthier, more confident, and more secure.



Tim Helm
President & CEO



Melissa Lackey
Metro Board Chair



Revenue

Operating revenue	\$60.57M
Total end of year net assets	\$143.16M

Public Support

United Way	\$1.37M
Grants	\$1.39M
Contributions	\$3.49M

Expenses

Program	\$49.99M
Fundraising	\$1.74M
Administrative	\$6.01M

5th largest UNITED WAY RECIPIENT

Source: St. Louis Business Journal list of largest United Way of Greater St. Louis allocations

258,745
LIVES IMPACTED
Through membership and programs

\$2.27M
IN DIRECT FINANCIAL ASSISTANCE
given to those in need to participate in Y programs.

4,213
EMPLOYEES
(Full-time & part-time)

2,700
VOLUNTEERS
Gave **40,868** volunteer hours to serve and strengthen their community.
5,571 of these hours volunteered by **78 teen leaders.**

\$26.28M
ENDOWMENT VALUE
As of December 31, 2022



St. Charles

O'Fallon, MO

Emerson

Edward Jones

O'Fallon Park
Rec Complex

Bayer

Washington University
Campus Y

Downtown
at the MX

Collinsville Maryville Troy

Marion County

O'Fallon, IL

Clinton County

Chesterfield

South City

Kirkwood

Mid-County

Carondelet Park
Rec Complex

East Belleville

Downtown Belleville

Monroe County

Randolph County

Jefferson County

South County

RiverChase

Wildwood

Four Rivers

Trout Lodge/
Camp Lakewood
(Potosi)



YOUTH DEVELOPMENT

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

18,978

Youth sports participants

6,200

Day camp participants

1,624

YMCA Camp Lakewood participants

604

participants at 7 Early Childhood Education Centers

3,015

Y Club participants at 76 Y Club sites

19

school district partnerships

8,094

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.

16,491 individuals given **traditional swim lessons**

1,293 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.

Free programs offered to the community:

302 individuals

in **swim outreach programming** targeting at risk communities

602 children

in **Safety Around Water school collaborations** (classroom, dry land, and in-water curriculum)

2,501 children

in **Go for Green**, a program offering lessons to day camp youth who haven't passed their swim test.



HEALTHY LIVING

HEALTHY LIVING

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.

YMCA's Diabetes Prevention Program

111 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

64 individuals

participated in an evidence-based program combining blood pressure self-monitoring, nutrition education seminars, and personalized support.

Exercise for Parkinson's

61 individuals

with Parkinson's disease participated in regular exercise to help extend mobility and quality of life.

LiveSTRONG® at the YMCA

72 survivors

participated in a free 12-week wellness program for adult cancer survivors.

Starting the Conversation

78 individuals

took part in our Starting the Conversation program which helps caregivers learn how to engage in conversations and address concerning behaviors around mental health.

YMCA Trout Lodge

9,086 guests

enjoyed the beauty and relaxation of YMCA Trout Lodge, which has long been a destination for families to reconnect, create new memories and discover the joys of embracing the simple pleasures of nature.





SOCIAL RESPONSIBILITY

Family STEAM Nights 255 youth and parents

discovered artificial intelligence, engineering, geospatial mapping, cyberspace, and robotics while participating as a family.

Underwater Drones 35 youth

learned circuitry, buoyancy and physics as they built a remotely operated vehicle that can fly underwater.

Exploring Robotics 18 youth

learned the basics of Vex robotics while building and programming robotics, including one that plays basketball.

SOCIAL RESPONSIBILITY

The Y believes that giving back and inspiring action is a key part of strengthening communities.

STEAM Programming

According to the Pew Research Center, women make up a quarter or fewer of workers in computing and engineering. In 2022, the Y continued growing its Techbridge (46 participants) and Technovation (21 participants) programs to equip girls in gaining technology and entrepreneurial skills to solve real-world problems in their community.

Y Literacy

108 students received **3,640 hours** of instruction from 77 volunteers. Youth averaged a **two-grade increase** in reading level.

Community Drives

750 families in need provided gifts during the holidays through the Angel Tree community gift drive

720,000 lbs of food given to **3,000 families** over 12 weeks through Good Food for All, a program in cooperation with Partnership for a Healthier America (pictured right).

Teen Engagement

950 teens attended one or more of seven events the Y held throughout the year in St. Louis City. This effort was possible from Prop S funding through the City to help keep young people engaged and safe, and to provide them with supportive outlets and environments where they can learn, grow and thrive.

Campus Y at Washington University

506 college students participated in 23 active programs with 37 community partners providing support to the St. Louis community through blood drives, educational enrichment, tutoring, and mentoring youth.



Good Food for All distribution

Youth and Government

178 youth experienced the democratic process of government, developing the leadership skills needed to become citizens of a participatory society.

"One of my students mentioned how this program has completely changed his outlook on other people's perspectives. He said he has become much more open-minded to different viewpoints and looks forward to continued growth in this area."

– Youth and Government teacher



COMPREHENSIVE CAMPAIGN

The Gateway Region YMCA is so thankful for the widespread community support for our multi-year, Comprehensive Capital Campaign themed “Opportunity for All”.

In 2022, we concluded year four of our five-year campaign, reaching \$49.7 million in support as we march toward our \$55 million goal.

Comprehensive Campaign total: \$49,737,160

Donors to the Y in 2022: 5,400

Through this campaign, we have committed to significantly increasing our impact in the Gateway Region by serving more people, innovating and improving programs, and ensuring we have purposefully designed spaces to support generations to come.

We’ve identified these three focus areas that will help us reach our goal to ensure all youth and families in our region have the resources needed to succeed:

Bridging the Opportunity Gap

We believe that every child deserves access to high quality, enriching life experiences.

Connecting Communities

We believe in the power of connection and are committed to supporting people from all communities to develop positive, supportive relationships.

Cultivating Health Equity

We believe that where you live should not dictate your quality and length of life, and commit to addressing disparities in our region.

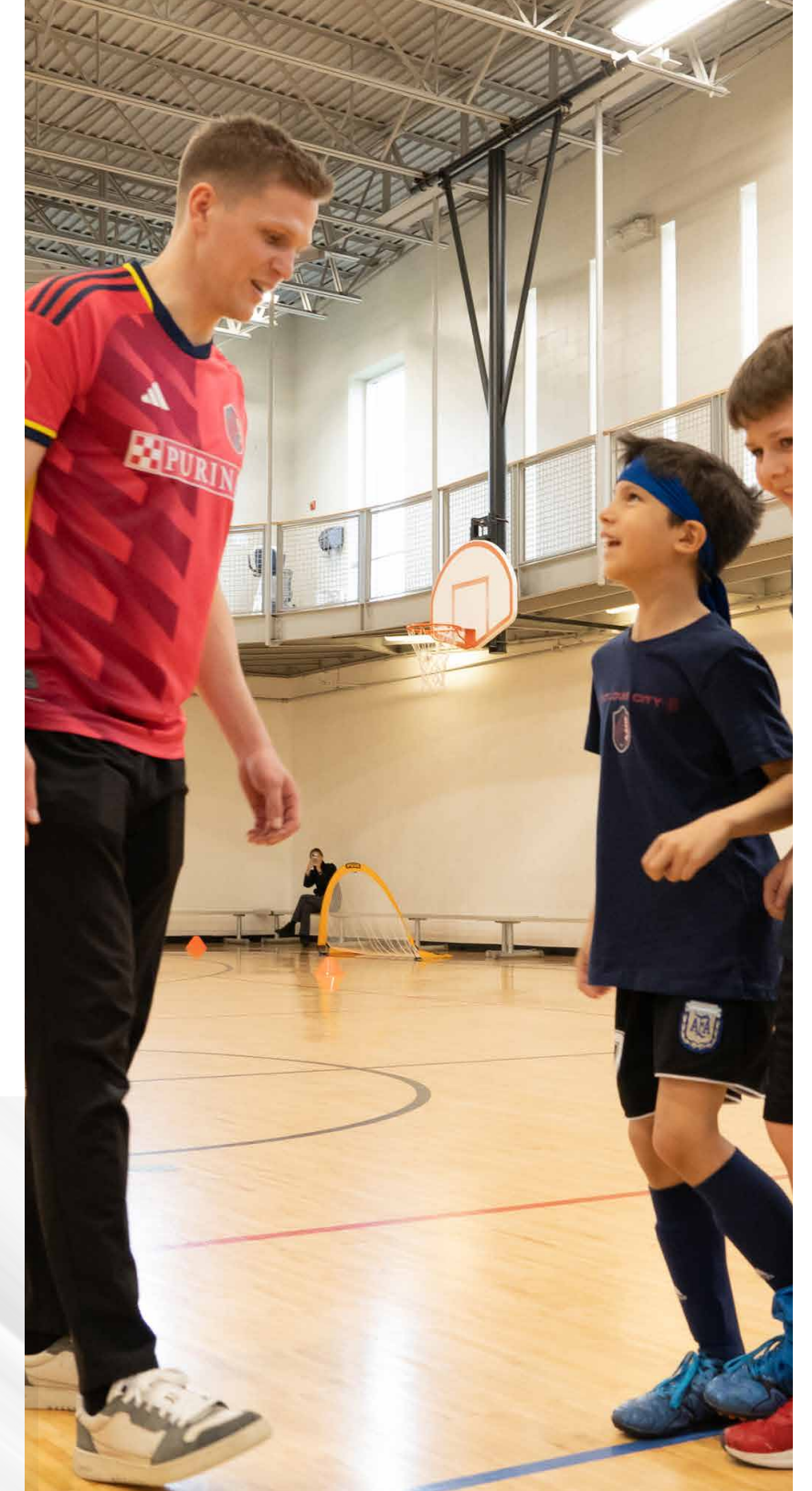
Last year represented significant progress on the campaign as we announced major partnerships with leading community organizations aimed at serving existing audiences better and new audiences in need.

ST. LOUIS CITY SC
AFFINIA HEALTHCARE
CITY OF FENTON
CARDINALS CARE

SOCCER FOR OUR CITY

The Y launched a new partnership with MLS team St. Louis CITY SC that provided 1,266 eligible youth the opportunity to participate in the YMCA’s soccer programs at a reduced cost.

CITY SC also provided equipment for the program, training staff and curriculum for Y volunteer coaches, with plans to expand this program annually.





ST. LOUIS CITY SC
AFFINIA HEALTHCARE
CITY OF FENTON
CARDINALS CARE

AFFORDABLE HEALTHCARE FOR ALL

The Y, in partnership with Affinia Healthcare, broke ground on a new 15,000 square foot healthcare center adjacent to the Emerson YMCA. The facility will provide people of all ages in Ferguson and the surrounding communities with both affordable healthcare and more access to Y programs that improve individual health and wellbeing. The facility is scheduled for opening in 2023.

ST. LOUIS CITY SC
AFFINIA HEALTHCARE
CITY OF FENTON
CARDINALS CARE

RIVERCHASE YMCA

As part of our ongoing effort to expand our mission to new audiences, the Y announced a partnership agreement with the city of Fenton, Missouri, allowing the Y to assume operation of the RiverChase Recreation Center to become the RiverChase YMCA. This allows our Y to serve more youth, families and individuals in Fenton and surrounding areas.





ST. LOUIS CITY SC
AFFINIA HEALTHCARE
CITY OF FENTON
CARDINALS CARE

ADAPTIVE SPORTS COMPLEX

The Y partnered with the St. Louis Cardinals and Cardinals Care, Boniface Foundation, and Miracle League to celebrate the groundbreaking of construction on a new YMCA Adaptive Sports Complex on the campus of the South County YMCA.

The centerpiece of the \$5.2 million sports complex is a custom-designed Miracle League Baseball Field with a cushioned, barrier-free surface and barrier-free dugout to provide accessibility for players with disabilities. The facility is scheduled to open in 2024.

INCLUSION AND ADAPTIVE SUPPORT SERVICES

For more than 25 years, our Y has been proud to have a fully operational Inclusion and Adaptive Support Services department serving children and adults with disabilities.

DIRECT SUPPORT IN 2022:

86

Integrated Fitness
participants

244

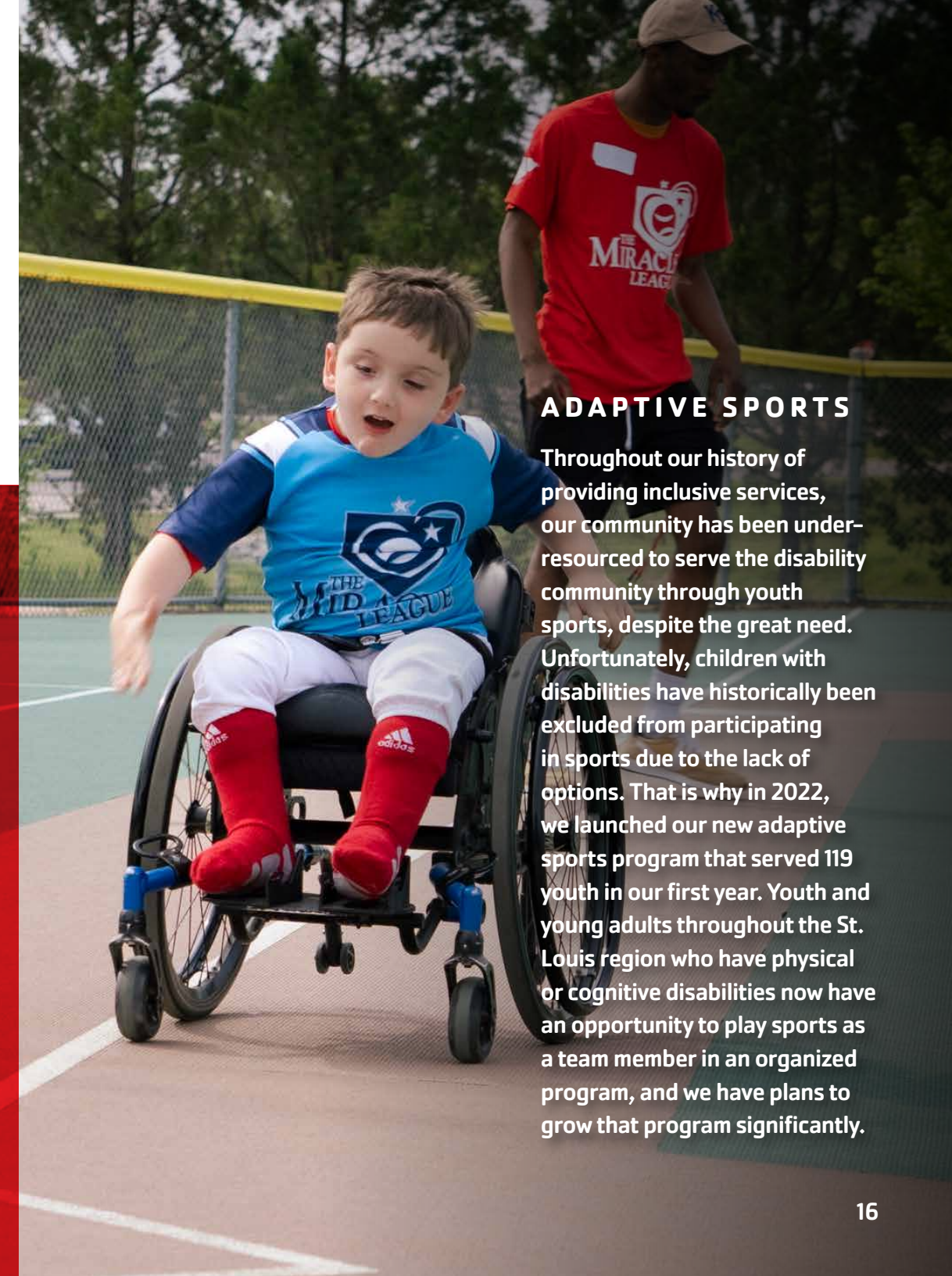
Day camp participants

221

Y Club participants

11

TEAMWORK participants
(Provides assistance
to young adults with
disabilities to become
independent adults after
high school.)



ADAPTIVE SPORTS

Throughout our history of providing inclusive services, our community has been under-resourced to serve the disability community through youth sports, despite the great need. Unfortunately, children with disabilities have historically been excluded from participating in sports due to the lack of options. That is why in 2022, we launched our new adaptive sports program that served 119 youth in our first year. Youth and young adults throughout the St. Louis region who have physical or cognitive disabilities now have an opportunity to play sports as a team member in an organized program, and we have plans to grow that program significantly.



YMCA WORLD SERVICE

\$81,000

Allocated to YMCAs in 5 countries – Belize, Chile, Columbia, South Africa, and Ukraine – through YMCA World Service. The joint partnership encourages the sharing of ideas and resources around youth development, promoting peace, and improving global awareness.



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METRO BOARD OF DIRECTORS


**CHAMPIONS FOR
DIVERSITY & INCLUSION
AWARDS 2022**
ST. LOUIS BUSINESS JOURNAL

The Gateway Region YMCA creates opportunities for persons of all ages, backgrounds and abilities to achieve their potential. Our diversity and inclusion efforts continue to be a priority in the workplace and in the communities we serve. Symbolic of that, our Y was so honored to be selected the Nonprofit Winner of the St. Louis Business Journal's 2022 Class of Champions for Diversity and Inclusion Awards.



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