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, raising $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.

Melissa Lackey
Metro Board Chair

Tim Helm
President & CEO

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 $49.59M
Funding $1.9MM
Administrative $6.01M

258,745 LIVES IMPACTED
$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 54,086 volunteer hours to serve and strengthen their community.
5,571 of these hours volunteered by 78 teen leaders.

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

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

<table>
<thead>
<tr>
<th>YOUTH DEVELOPMENT</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Youth sports participants</strong></td>
<td><strong>18,978</strong></td>
</tr>
<tr>
<td><strong>Day camp participants</strong></td>
<td><strong>6,200</strong></td>
</tr>
<tr>
<td><strong>YMCA Camp Lakewood participants</strong></td>
<td><strong>1,624</strong></td>
</tr>
<tr>
<td><strong>Youth served in Out of School programs</strong></td>
<td><strong>8,094</strong></td>
</tr>
<tr>
<td><strong>Swim outreach programming targeting at-risk communities</strong></td>
<td><strong>302 individuals</strong></td>
</tr>
<tr>
<td><strong>Safety Around Water school collaborations</strong></td>
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<td><strong>Go for Green, a program offering lessons to day camp youth who haven’t passed their swim test</strong></td>
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</tbody>
</table>

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.

**SAFETY AROUND WATER**

**Free programs offered to the community:**

- **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.

**Programs:**

- **302 individuals**
  - in swim outreach programming
- **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

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.

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’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.

 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.

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

Community Drives
750 families in need provided gifts through 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).

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

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.

“Teen Engagement is a way to engage and develop young people, to make them feel as if they are part of something.”

— Youth Engagement teacher

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

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

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.

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.

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“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

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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.

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**

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.
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.

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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.

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.

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.

INCLUSION AND ADAPTIVE SUPPORT SERVICES

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.)
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.

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.

2023-2024 Officers:
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Kurt Schwager, SECRETARY
Amy Smith, TREASURER
Melissa Lackey, IMMEDIATE PAST CHAIR

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Dr. Joseph King Jr., SOUTH DISTRICT
Dave Randolph, WEST DISTRICT
Stephen Brock, EAST DISTRICT
Darren George, YMCA CAMP LAKEWOOD/TROUT LODGE

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Joe Barnard
Vince Bennett
Greg Dart
Michael Gibbons
Brad Koeneman
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Mark Leeker
Suzanne Lyons
Rodney Malone

Suzan McDaniel
Fred Parreira
Emily Pitts
Steve Rasche
Suzan Ratz
Catherine Small
Danna Stone
Julie Tang
Jacques Thro
Hardy Washington, Jr.
Mary Whitney
Jim Zeck

YMCA Colombia

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Champions for Diversity & Inclusion Awards 2022
St. Louis Business Journal
MISSION:
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.