



# ALL TOGETHER NOW

GATEWAY REGION YMCA  
2024 ANNUAL REPORT





## YMCA MISSION:

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



# DEAR FRIENDS,

We are so excited to share with you the 2024 Annual Report for the Gateway Region YMCA. This report captures how our Y continued to strengthen the bi-state community, focusing on our strategic priorities to enhance and impact the lives of those we serve.

The future is looking strong for our Y, as last year, we built-on the successful conclusion of our five-year, \$55 million comprehensive capital campaign that raised more than \$59 million. We are thankful to the thousands of supporters who made that possible, and especially grateful to the support from our leading corporate and foundation partners, including Enterprise Mobility, Edward Jones, Boniface Foundation, Bayer, Sunnen, Emerson, and Cardinals Care. While the campaign came to an end, we learned that more than ever, there is great need in our region and in so many ways, our work is just beginning.

This report showcases the significant progress we made on implementing our strategic plan. Participation in Y programs and services continued to grow in 2024, serving more than 165,000 members and accommodating more than 253,000 program enrollments.

Significant investments continued through many facility improvements aimed at addressing ongoing needs in the communities we serve, having launched renovations at 10 branches last year alone. Key highlights of these efforts include the addition of a new gymnasium at the O'Fallon, MO Y and the launch of \$9 million in renovations and new construction at the Chesterfield Y – both projects to address changing and growing demands from the surrounding communities.

Our efforts to help decrease drownings continued by equipping youth and families with the necessary skills to be safe around water, providing more than 26,000 swim lessons. We further developed our partnerships and programs to address chronic disease prevention and management, engaging nearly 2,500 individuals

in programs like diabetes prevention, blood pressure self-monitoring and healthy nutrition. Additionally, we continued to invest in community development programming to provide opportunities for ALL. As part of that, we launched our new Mobile Y, bringing various free resources to youth in the City of St. Louis – especially those most impacted by gun violence – providing an opportunity for those who can't easily access physical Y locations to still engage with Y programs.

Of course, developing relationships with other leaders in the community has been critical to helping us reach more people and new, underserved communities, and that continued in 2024 as well. That was best represented in the ribbon cutting for the new YMCA Adaptive Sports Complex featuring Paul Goldschmidt Field on the campus of the South County YMCA. The \$5 million complex allows so many more youth with disabilities options to participate in sports.

These are just some of the great successes you will find throughout this report that allowed us to expand our services and create meaningful change to those in need in 2024. We are so thankful to our members, volunteers, donors, community partners and staff who are part of our Y. The remarkable achievements are made possible by our combined efforts and will continue to enable the Y to be the place for our community to be healthier, more confident and more secure.



**Tim Helm**  
President & CEO



**Jon Rosenstengel**  
Metro Board Chair



# OUR REACH

O'Fallon MO

St. Charles

Emerson

O'Fallon Park  
Rec Complex

Bayer

Edward Jones

Chesterfield

Downtown StL  
at the MX

Campus Y  
at WashU

Mid-County

South City

Four Rivers

Kirkwood

Carondelet Park  
Rec Complex

Wildwood

RiverChase

South County/  
YMCA Adaptive Sports Complex

Trout Lodge/  
Camp Lakewood

Jefferson County

Collinsville  
Maryville Troy

Clinton County

O'Fallon IL

Downtown  
Belleville

East Belleville

Monroe County

Randolph  
County

2 states 13 counties 24 traditional facilities 1 overnight camp/conference center

**165,000**  
**LIVES IMPACTED**  
through membership.

**253,000**  
**PROGRAM**  
**ENROLLMENTS**  
(youth and adult)

**\$2.498M**  
**IN DIRECT**  
**FINANCIAL**  
**ASSISTANCE**  
given to those in need  
to participate in Y  
programs.

**4,404**  
**EMPLOYEES**  
(full-time &  
part-time)

**2,822**  
**VOLUNTEERS**  
to help serve and  
strengthen  
their community.

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



# 2024 HIGHLIGHTS

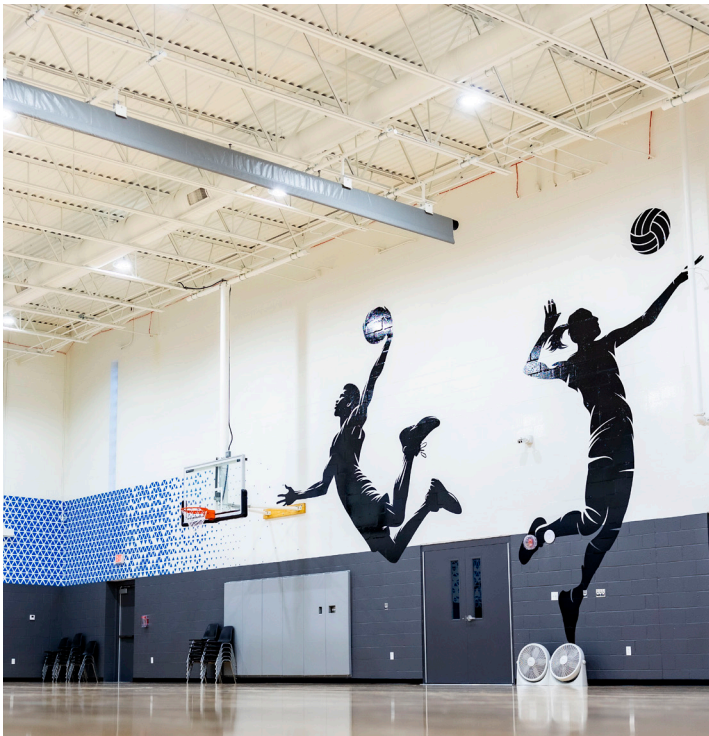


## YMCA ADAPTIVE SPORTS COMPLEX RIBBON CUTTING

On June 25, 2024, the Gateway Region YMCA opened the Adaptive Sports Complex that includes a Miracle League baseball field, inclusive playground and multi-purpose field so kids and adults with disabilities can play sports. The \$5 million state-of-the-art facility was made possible thanks to the generous support from the St. Louis Cardinals and Cardinals Care, and the Boniface Foundation. In attendance was former St. Louis Cardinals first baseman Paul Goldschmidt, whom the field is named after.

## MOBILE Y RIBBON CUTTING

The Gateway Region YMCA and the City of St. Louis were excited to launch The Mobile Y, which includes 3 mobile DJ units, video games, the School of Beats curriculum for training, STEAM programming, recreational games such as kickball, soccer, card games, and cornhole, and free resources including housing assistance, utility assistance, mental health care, and food access. Funded through the Office of Violence Prevention using American Rescue Plan Act (ARPA) funds, the Mobile Y brings these free resources to teens and youth 18 and younger in the City of St. Louis and their communities, especially those most impacted by gun violence. It provides a unique opportunity for youth and communities who can't easily access physical Y locations to still engage with all the YMCA has to offer.



## CAPITAL PROJECT GYMNASIUM RIBBON CUTTING - O'FALLON, MO YMCA

In September, the Y completed the addition of a 6,300 square foot gymnasium to the O'Fallon, Missouri YMCA. This second gymnasium will allow the Y to expand health and wellness services, and especially allow it to serve the high demand for sports and other youth activities in the O'Fallon and surrounding communities.



## CAPITAL PROJECT CHESTERFIELD YMCA CONSTRUCTION

The Y broke ground on a \$9 million expansion and renovation project to the Chesterfield YMCA to better serve the changing and growing needs of the community. The renovated facility will reimagine the Y for the community, providing a modernized fitness and wellness experience, expanded programs for youth and adults, critical new spaces for community health and nutrition programs, and youth education and support. Completion is expected Summer 2025.

## RECOGNITION DINNER

In April, the Gateway Region YMCA held its first-ever recognition dinner to celebrate the successful conclusion of its five-year, \$55 million comprehensive capital campaign that raised more than \$59 million. The evening highlighted the great success and impact the "Opportunity for All" campaign is having in the community, while also recognizing our leading corporate and foundation partners, including Enterprise Mobility, Edward Jones, Boniface Foundation, Bayer, Sunnen, Emerson, and Cardinals Care.





# 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.



**17,767 swim lesson participants**

taught life-saving skills, developed self-esteem and created positive experiences to last a lifetime.

# SAFETY AROUND WATER

According to the U.S. Centers for Disease Control and Prevention, more children ages 1–4 die from drowning than any other cause of death. The Y helps kids (and adults) of all ages, abilities and backgrounds develop skills they need to become strong, confident swimmers. Our Y has a goal of increasing the number of children participating in our Safety Around Water programs to 6,500 by 2027, thereby helping reduce the risk of drowning for at-risk youth. In 2024, more than 5,800 youth participated in our SAW programs.

**5,835** individuals are safer around water because of the generosity of donors supporting our Safety Around Water program.

560 kids in **School Safety Around Water** programming.  
  
3,267 individuals given **\$5 discounted lessons**, thanks to the generous donation of the St. Louis City Museum.

777 kids served through **swim outreach** programming targeting at-risk communities.  
  
21 individuals in our **adaptive swim** programs.

1,210 kids in **Go for Green**, a program offering lessons to day camp youth who haven't passed their swim test.

# CHILD CARE

Child care and early learning programs at the Y focus on nurturing child development comprehensively by building foundational skills, fostering healthy relationships and boosting self-reliance in a safe and supportive environment.

**6,440 campers** had fun and learned something new at **summer day camp**

**1,609 campers** discovered new wonders and made lasting friendships at **YMCA Camp Lakewood**

**12,193 youth** served in **out of school** programs

**322 children** at **4 Early Childhood Education Centers** experienced safe, stimulating environments to promote learning and exploration.

**3,088 children** at **79 Y Club Before & After School Care sites** took part in growth, fun, socialization and learning across 20 school district partnerships.



# YOUTH SPORTS

**20,944 children** gained confidence and learned new skills in youth sports





# HEALTHY LIVING

The Y aims to improve our nation’s health by providing programs and activities that promote overall well-being, no matter where you are on your journey toward better health. This includes evidence-based programs that support people in changing their lifestyles, fighting chronic diseases, managing stress levels and adopting fitness and nutrition behaviors.



## YMCA DIABETES PREVENTION PROGRAM:

According to the CDC, about 98 million adults (more than 1 in 3) have prediabetes—blood sugar levels that are higher than normal but not high enough yet to be classified as type 2 diabetes.

**150 individuals** participated in a 12-month, group-based program to encourage behavioral change to reduce the risk for diabetes.

## BLOOD PRESSURE SELF-MONITORING:

According to the CDC, approximately 48% of adults (122 million people) in the U.S. have high blood pressure (hypertension).

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

## LIVESTRONG® AT THE YMCA:

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

## EXERCISE FOR PARKINSON’S:

**202 individuals** with Parkinson’s disease participated in regular exercise to help extend mobility and quality of life.

# INCLUSION AND ADAPTIVE SUPPORT SERVICES

At the YMCA, everyone deserves the chance to participate and succeed. That’s why we offer comprehensive inclusion and adaptive support services across various programs, from fitness, swimming, and adaptive sports to day camp, overnight camp, child care, and more.

## Direct support in 2024:

**338**  
Adaptive sports athletes

**184**  
Integrated fitness participants

**464**  
Day camp participants

**285**  
Y Club Before/After School participants

**13**  
TEAMWORK participants (provides assistance to young adults with disabilities to become independent adults after high school)





## SOCIAL RESPONSIBILITY

The Y offers a range of programs and services aimed at giving back and inspiring action to meet the unique needs of each community we serve.

### 996 STEAM PARTICIPANTS

including 41 in the underwater robotics program that engages youth in building a vehicle that can fly underwater, learning circuitry, buoyancy and physics.

## STEAM PROGRAMMING

### STEAM Family Nights:

#### 699 youth and parents

explored artificial intelligence, engineering, extreme weather, cyberspace, and robotics while participating as a family.

### Summer STEAM:

96 youth were provided specialized STEAM opportunities at summer day camp.

### NBA Math Hoops:

#### 102 students

in grades 4-8 developed skills for algebra readiness prior to entering high school, while strengthening important skills including self-regulation and executive function.

### Engineering Programs:

58 teens participated in one of our Y Engineering Programs, which links hands-on science, technology, engineering, art, and mathematics activities with careers in STEAM, and supports college readiness.

## Y LITERACY:

101 students received 4,000 hours of instruction from 54 volunteers. 2 grade levels growth average per year for youth in the program.

## MENTAL HEALTH

479 adults attended mental health workshops hosted by the Y that helped establish healthy habits in support of their mental health and that of their children, and to be a more responsive caregiver.

93 youth participated in Fitness for Youth, a program for 3rd - 8th graders that helps them to recognize their emotions and how they change while playing physically active games.

## CAMPUS Y at WashU

Through our Campus Y at WashU, 537 students contributed over 10,000 volunteer hours across 23 active programs, partnering with 49 community organizations to support WashU and the St. Louis community through blood drives, tutoring, mentoring, educational enrichment, and wellness initiatives.

## YOUTH AND GOVERNMENT

358 teens participated in one of our Youth and Government programs, which serves teens in grades 8-12, providing opportunities to develop leadership skills and actively engage in their schools, YMCAs, and communities. Through meetings, service projects, and conventions, students gain hands-on experience with government processes and leadership development.

68 youth participated in the Youth and Government Back-to-Basics program, in collaboration with St. Louis University School of Law and the Missouri Black Caucus. This 8-week hands-on learning program where teens learn about the government and how they can affect change.





# FINANCIALS

## REVENUE

Operating revenue \$73.24M

## PUBLIC SUPPORT

United Way \$1.3M  
Grants \$1.3M  
Contributions \$5.6M

## EXPENSES

Program \$66.4M  
Fundraising \$2.6M  
Administrative \$9.4M

TOTAL END OF  
YEAR NET ASSETS: **\$157.47M**

## PHILANTHROPY

Our YMCA has 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.

To do that, we rely on the the generous donations from the public to ensure everyone has the opportunity to participate in our services. The Y is a nonprofit, 501(c)(3) charity that works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. One of the ways we do that is by providing financial assistance to children, adults and families who may be unable to afford a membership or participation in our programs.

When you give to the Y, you’re doing your part to strengthen our community—and a strong community is good for everyone.

**Raised for 2024 Annual Campaign: \$3,318,951**  
**Endowment Value: \$34,124,633**  
**Donors to the Y: More than: 5,300**



## METRO BOARD OF DIRECTORS

### 2025 Officers:

Steve Hanley, BOARD CHAIR  
Greg Dart, VICE-CHAIR  
Suzan McDaniel, SECRETARY  
Steve Rasche, TREASURER

### District Branch Board Chair Representatives:

Chrissy Efthim, CITY DISTRICT  
Brad Gift, SOUTHWEST DISTRICT  
Dean Vazis, NORTHWEST DISTRICT  
Rich Bridge, EAST DISTRICT  
Darren George, SOUTHEAST DISTRICT

### 2025 At-Large Members:

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Brent Jackson	Kurt Schwager
Cary Stalnecker	Mark Leeker
Danna Stone	Matt Whiting
Dave Layton	Melissa Lackey
Dave Randolph	Mike Gibbons
Dr. Joe King	Pam Morris-Thorton
Hardy Washington	Rodney Malone
Jacques Thro	Susan Ratz
Jennifer O’Neal	Suzanne Lyons
Jim Zeck	Vince Bennett
Joe Barnard	
Jon Rosenstengel	





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Proud member of



Greater St. Louis