



**America's YMCAs commit to extend our charitable heritage by directly engaging 25 million children and adults from all segments of our communities in achieving health of spirit, mind and body by 2012.**

- » Every child and youth will deepen positive values, their commitment to service and their motivation to learn.
- » Every family will build stronger bonds, achieve greater work/life balance and become more engaged with their communities.
- » Every individual will strengthen their spiritual, mental and physical well-being.

**A CLOSER LOOK**  
AT THE YMCA



## The YMCA Mission in Action

- » **1,496 YMCAs serve communities** where the median family income is below the U.S. average.
- » **Ys give financial assistance** to 20 percent of kids in their child care programs.
- » **All are welcome** at their neighborhood YMCA, regardless of age, race, sex, faith, background, ability or income.
- » **America's 2,663 YMCAs** are collectively the largest not-for-profit community service organization in the United States.
- » **1,525 Ys have committed** to YMCA Activate America®, our bold approach to directly address the nation's growing health crisis by engaging and supporting all health seekers and communities in their pursuit of well-being in spirit, mind and body.
- » **YMCAs work abroad**, serving more than 45 million people in more than 120 countries.
- » **More than a half million** volunteers across the country make it all happen.



**YMCA Mission:**

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

### Today's YMCA

America's **2,663 YMCAs** serve more than **20.2 million people** each year, uniting men, women and children of all ages, races, faiths, backgrounds, abilities and income levels. At the heart of community life across America, mission-driven YMCAs are a place to belong and to live the values that guide and unite our members: caring, honesty, respect and responsibility.

From cities to suburbs to small towns, YMCAs serve America's children, families and communities by "building healthy spirit, mind and body for all." Across the country, **67.7 million households** and **33.7 million children** 14 and under live within three miles of a YMCA. Fifty-eight percent of Ys (1,496) serve communities where the median family income is below the national average.

### Children and Youth

Every day, Ys help children and youth to deepen positive values, their commitment to service and their motivation to learn. Together, YMCAs are the nation's largest provider of child care, with nearly **10,000 child care sites** across the country that provide high-quality, affordable care to more than **500,000 children**. Ys give financial assistance to 20 percent of kids in their child care programs.

### 2006 STATISTICS

People served	20,225,369
17 and under	9,406,473
18 and over	10,818,896
Men	10,115,086
Women	10,110,283
Registered members	12,450,388
Program members	7,774,981

Volunteers	563,282
Program	510,282
Policy/board	53,000

Total revenue	\$5.62 billion
Contributed income	\$933 million
Government grants/contracts	\$601 million

Number of YMCAs	2,663
Member Associations	967
Branches	1,696

YMCAs serve nearly **10 million children** age 17 and under through a variety of activities, including adult mentoring, camping, youth sports, the arts and afterschool programs. YMCAs also provide a range of youth development programming, including leadership clubs offered by 649 Ys, and youth and government programs offered by 556 Ys that teach teens about the democratic process and help them gain leadership skills through participation in state-organized model governments.



## Health and Well-being for All

Since their founding, YMCAs have offered programs that enable individuals to strengthen their spiritual, mental and physical well-being. Today, YMCAs are the **nation's largest providers of health and well-being programs**. All are welcome at their neighborhood YMCA, regardless of age, race, sex, faith, background, ability or income.

YMCAs are working to **combat rising levels of obesity and promote healthy living** for millions of Americans through YMCA Activate America®. Three-fifths of YMCAs (1,525) have committed to this bold approach to directly address our nation's growing health crisis by engaging and supporting all health seekers and communities in their pursuit of well-being in spirit, mind and body.

**Child obesity programming grew almost 50 percent** during 2005 and 2006, and adult obesity programming jumped almost 70 percent. Nutrition programs increased almost 30 percent, and weight management programs increased 165 percent. Broader community health and well-being coalitions grew 30 percent.

YMCAs continue to emphasize programs that meet the needs of the mind and spirit. Programs with a mind/body emphasis increased, and the number of mind/body studios grew by 82 percent. Virtually all categories of arts programming are seeing growth.

YMCAs also provide exercise and aquatics programs for the physically challenged. Nearly 1,100 Ys offer arthritis aquatics classes, 448 offer fitness classes designed for people with physical disabilities, 629 offer aquatics classes for children with disabilities and 305 offer injury rehabilitation programs.

## Family Strengthening

Ys help families build stronger bonds, achieve greater work/life balance and become more engaged with their communities. Millions of families participate in YMCA programs. **Nearly 900 YMCAs offer family-specific programs**: 621 provide family fitness programs, 250 offer family camp, and 672 offer Adventure Guides or similar programs that have been bringing parents and children together since 1926.

Parents also can come to the Y for support and education when dealing with life changes and family stress. Nearly 300 Ys offer parenting skills classes, 211 have community resources centers for low-income families and another 268 help families to build positive connections.

For nearly 160 years, YMCAs have been meeting the most pressing challenges of the communities we serve. The challenges have changed over time, and the YMCA has continually provided innovative responses.

Today, a new set of issues is calling the YMCA to act. Our nation's lifestyle health choices are contributing to increased rates of disease and reduced quality of life. Families are finding it difficult to balance their work, family and civic life. Youth, regardless of family income, are not receiving the support they need to develop positive skills and values that can guide them throughout their life.

## AMERICA'S CHARITY

- » YMCAs have occupied the No. 1 spot on *The NonProfit Times'* "Top 100" list of nonprofit organizations for four consecutive years, and YMCAs have ranked among the publication's top two organizations since 1999.
- » *The American Institute of Philanthropy* awarded YMCAs an "A" rating for their program service excellence and low administration costs.
- » For the eighth consecutive year, *Forbes* magazine featured YMCAs in its annual survey of the nation's top 200 charities.
- » YMCAs ranked sixth in *The Chronicle of Philanthropy's* "Philanthropy 400" report and third among social service organizations. YMCAs have ranked among the top 10 organizations on this list since 1997.



## » Rooted in the Community and the Wider World

### Volunteers

Volunteer founded and volunteer led, YMCAs depend on the generosity and dedication of their **563,282 volunteers across the country** to meet the unique needs of each community. Volunteers are at the center of YMCA operations—from reading to preschoolers to teaching swimming and working with seniors. They also serve on policymaking boards that set the strategic direction for their YMCA and partner with professional staff to ensure that each Y is mission driven.

### International Reach

YMCAs are also at work abroad, **servicing more than 45 million people in 120 countries.** Through cross-cultural learning opportunities and international partnerships and programs, YMCAs in the U.S. have worldwide impact, providing guidance and support, building strong local leadership and improving the health of families and communities across the globe. Hundreds of overseas YMCAs have been founded by U.S. initiatives, and thousands of overseas YMCA projects have been supported by U.S. partners.



### Collaborations

Each year, YMCAs partner with numerous local organizations to develop and implement effective, collaborative programs

and community-based solutions. In fact, the nation's **YMCAs collectively represent the largest collaborative organization in the country.**

COLLABORATED WITH	NUMBER OF YMCAs
<b>Schools</b>	
Charter Schools .....	447
Colleges .....	966
Elementary Schools .....	1,746
High Schools .....	1,363
Home School Programs .....	866
Middle Schools .....	1,379
<b>Churches</b>	<b>1,466</b>
<b>Community Health and Well-being Coalitions</b>	<b>723</b>
<b>Corporations</b>	<b>1,015</b>
<b>Hospitals</b>	<b>1,054</b>
<b>Juvenile Courts</b>	<b>498</b>
<b>Libraries</b>	<b>398</b>
<b>Low-Income Public Housing</b>	<b>376</b>
<b>Museums</b>	<b>158</b>
<b>Neighborhood Associations</b>	<b>488</b>
<b>Parks and Recreation</b>	<b>1,167</b>
<b>Rehabilitation/Medical Centers</b>	<b>405</b>
<b>Theaters</b>	<b>121</b>
<b>Youth Agencies</b>	<b>633</b>



YMCA

We build strong kids,  
strong families, strong communities.