



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MOVING FORWARD TOGETHER

THE YMCA OF GREATER RICHMOND

2012 IMPACT REPORT

DID YOU KNOW...

The average American youth spends 1,200 hours per year watching television.

Teen obesity has nearly tripled in the past 20 years.

Petersburg has one of the highest rates of teen pregnancy in the region.

THE Y's SOLUTION

The Y encourages teens to develop leadership skills and get involved in their community through YMCA Teen Leaders' programs.

In 2012, the Y helped motivate 8,983 children to get fit through our youth sports programs.

The PETERSBURG FAMILY YMCA keeps youth active and engaged in programs like our open Wednesday teen nights which provide a safe and structured environment for teens to learn about health and wellness and interact with their peers.



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TEENS LEADING

PETERSBURG FAMILY YMCA



JASMINE HIRES

Jasmine Hires, 15, understands that Petersburg is dealing with tough issues. But she plans on being part of the solution, not the problem. "Teen pregnancy is a big issue in Petersburg. I've seen girls I know drop out of school because they're having kids." As president of the YMCA Teen Leaders' Club at the PETERSBURG FAMILY YMCA, Jasmine says the Y is holding forums to address the serious consequences of teen pregnancy, as well as another problem plaguing the city – high obesity. "People don't realize how important their health is until it's too late. If more people came to the Y, it could help."

In addition to helping her face real world concerns, Jasmine credits the Teen Leaders' Club with teaching her to find the power of her own voice. "It's made me more aware of what I can do for other people. If you're not going to do it, who is? You have to realize that being a leader is more than helping yourself, it's about helping others as well."



THE WAY

SHADY GROVE FAMILY YMCA



SANDI RAO

Sandi Rao has found her voice at the YMCA. As president of the YMCA Teen Leaders' Club at the SHADY GROVE FAMILY YMCA, Sandi says she has developed the skills she needs to be a contributing member of her community. "When I first started, I was in my shell and didn't talk to people. The program taught me to step up, be a leader and help others in my community." Now preparing for her first year of college, Sandi says she's confident that the tools the Y has given her will last a lifetime. "In my circle, everyone's worried about making their impact on the community – 'Can I get good grades and be a good person?' Leaders' Club helps with that. It's made it easier for me to see who I am and who I want to be."

TEEN SCENE MEETING



Each month, YMCA Teen Leaders' Club members from the SHADY GROVE FAMILY YMCA host a Saturday Night Live event for middle school students in their community. Since its inception in November 2011, SNL has grown from 25 to approximately 320 teens. These future leaders gather to celebrate their commitment to their community and

to assist the Y in developing the potential of every teen.

Money raised at the SNL events goes towards fee enrollment for YMCA Blue Ridge Leaders' School in Black Mountain, North Carolina. The school promotes teen leadership development through YMCA health and physical education.



OF THE MINDS



SHADY GROVE FAMILY YMCA



Above: Teen Summit hosted by the YMCA Teen Leader's Club of SHADY GROVE FAMILY YMCA provided a safe evening of fun activities for area teens.

Left: YMCA Blue Ridge Leaders' School teaches teens leadership skills and core values.



DID YOU KNOW...

Most acts of delinquency happen when children are not adequately supervised in their home.

Due to rising costs, about 7 percent of family income goes to child care each year.

In the last 10 years, the percent of kindergartners not meeting the fall PALS-K benchmark in Richmond has decreased steadily.

THE Y's SOLUTION

Nearly 3,000 children are safe and allowed to reach their full potential in YMCA Before-and After-School Child Care.

The Y offers financial assistance to families at our before-school, after-school and preschool programs.

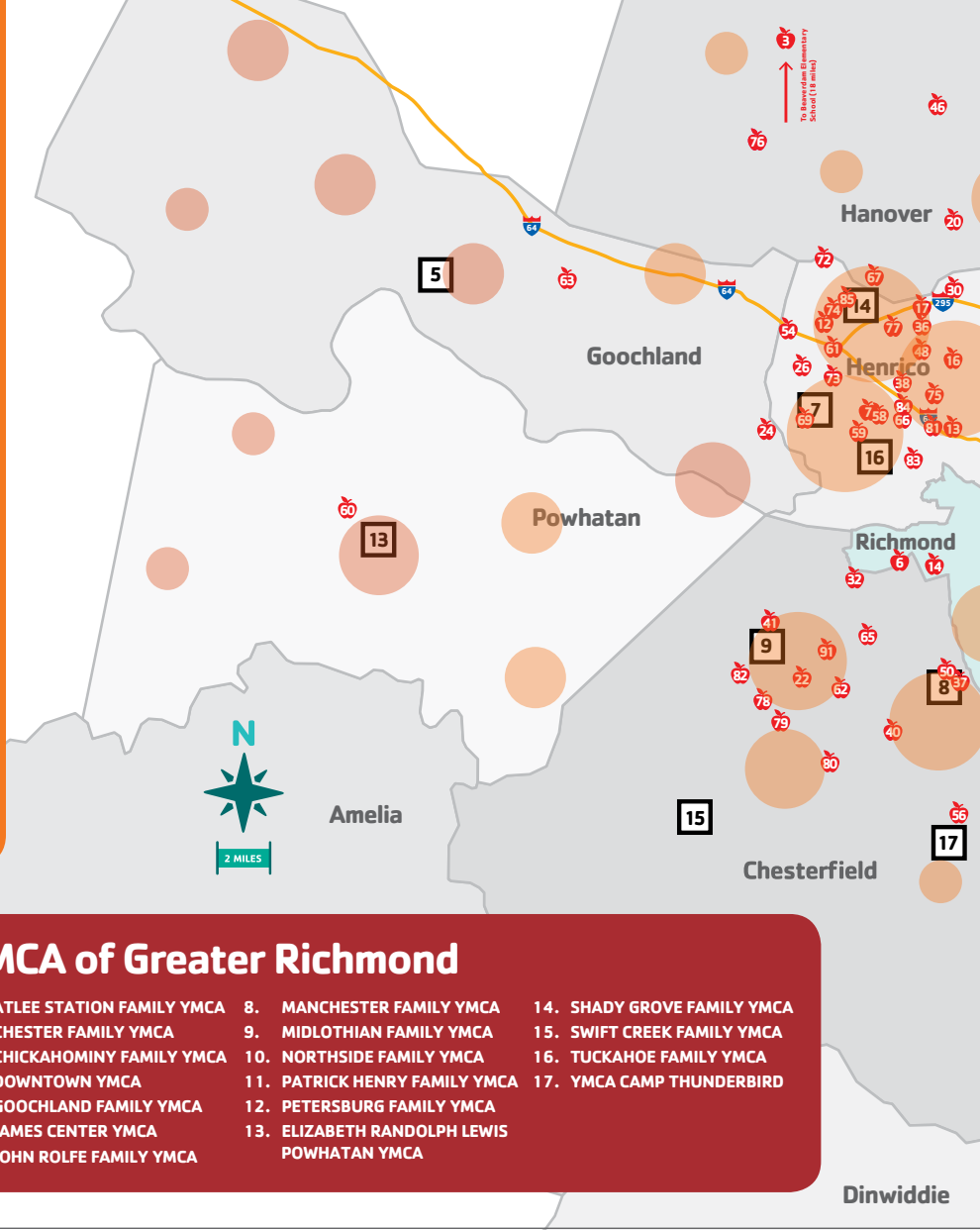
The Y works with at-risk children who live in poverty and helped more than 82 percent achieve kindergarten readiness.



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REGIONAL IMPACT

Before-and After-School Child Care



YMCA of Greater Richmond

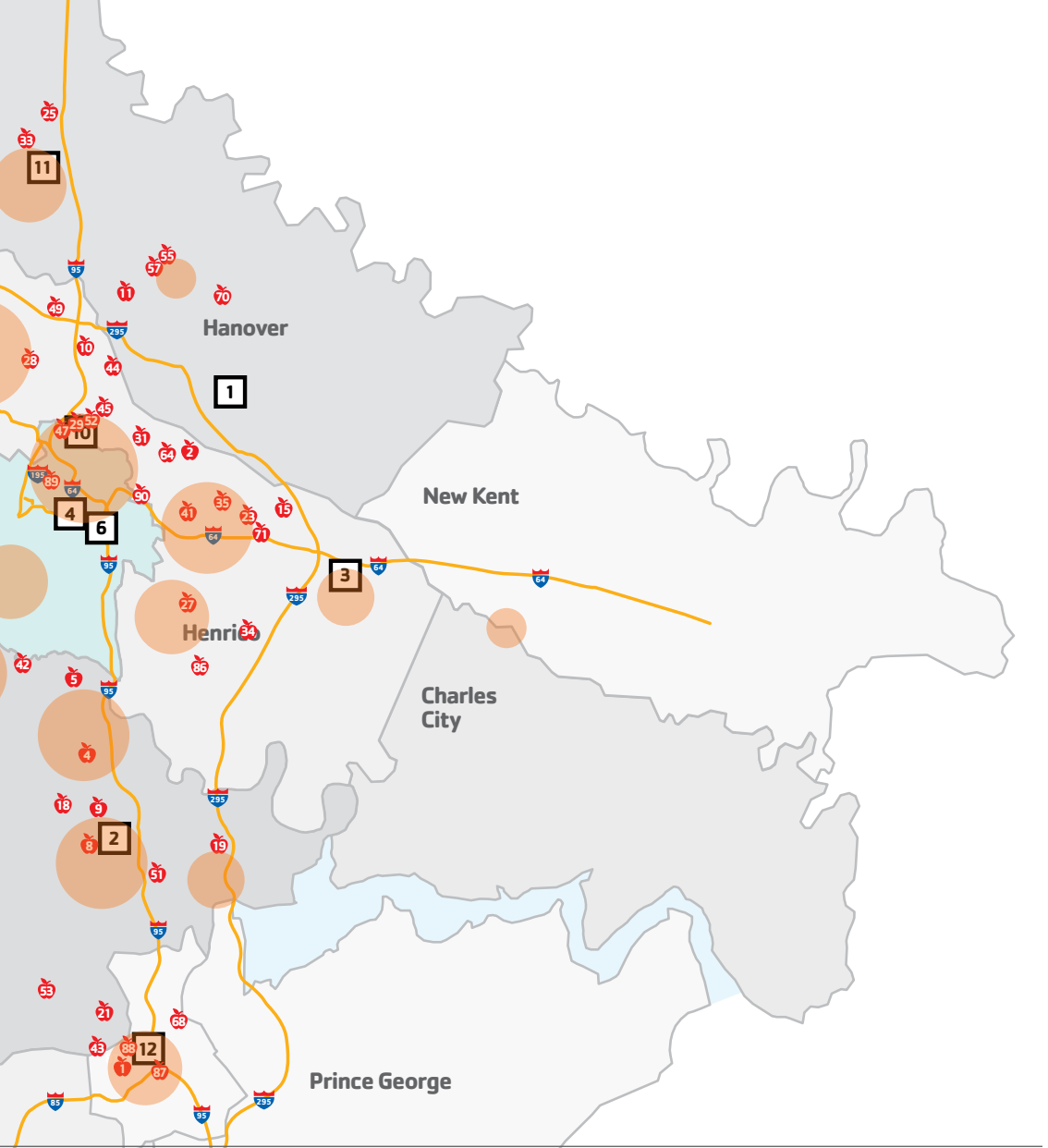
- | | | |
|------------------------------|--|-----------------------------|
| 1. ATLEE STATION FAMILY YMCA | 8. MANCHESTER FAMILY YMCA | 14. SHADY GROVE FAMILY YMCA |
| 2. CHESTER FAMILY YMCA | 9. MIDLOTHIAN FAMILY YMCA | 15. SWIFT CREEK FAMILY YMCA |
| 3. CHICKAHOMINY FAMILY YMCA | 10. NORTHSIDE FAMILY YMCA | 16. TUCKAHOE FAMILY YMCA |
| 4. DOWNTOWN YMCA | 11. PATRICK HENRY FAMILY YMCA | 17. YMCA CAMP THUNDERBIRD |
| 5. GOOCHLAND FAMILY YMCA | 12. PETERSBURG FAMILY YMCA | |
| 6. JAMES CENTER YMCA | 13. ELIZABETH RANDOLPH LEWIS POWHATAN YMCA | |
| 7. JOHN ROLFE FAMILY YMCA | | |

Schools Served by Before and/or After-School Programs 🍏

- | | | |
|--------------------------------------|---------------------------------------|--|
| 1. A.P. Hill Elementary School | 17. Echo Lake Elementary School | 33. Henry Clay Elementary School |
| 2. Arthur Ashe Elementary School | 18. Ecoff Elementary School | 34. Henry Ward Elementary School |
| 3. Beaverdam Elementary School | 19. Elizabeth Scott Elementary School | 35. Highland Springs Elementary School |
| 4. Bellwood Elementary School | 20. Elmont Elementary School | 36. Hungary Creek Middle School |
| 5. Bensley Elementary School | 21. Ettrick Elementary School | 37. J.A. Chalkley Elementary School |
| 6. Bon Air Elementary School | 22. Evergreen Elementary School | 38. J.B. Watkins Elementary School |
| 7. Byrd Middle School | 23. Fair Oaks Elementary School | 39. J.G. Hening Elementary School |
| 8. C.C. Wells Elementary School | 24. Flat Rock Elementary School | 40. Jackson Davis Elementary School |
| 9. C.E. Curtis Elementary School | 25. Gandy Elementary School | 41. Jacob L. Adams Elementary School |
| 10. Chamberlayne Elementary School | 26. Gayton Elementary School | 42. Jacobs Road Elementary School |
| 11. Chickahominy Middle School | 27. George F. Baker Elementary School | 43. J.E.B. Stuart Elementary School |
| 12. Colonial Trail Elementary School | 28. George H. Moody Middle School | 44. L. Douglas Wilder Middle School |
| 13. Crestview Elementary School | 29. Ginter Park Elementary School | 45. Laburnum Elementary School |
| 14. Crestwood Elementary School | 30. Glen Allen Elementary School | 46. Liberty Middle School |
| 15. Donahoe Elementary School | 31. Glen Lea Elementary School | 47. Linwood Holton Elementary School |
| 16. Dumbarton Elementary School | 32. Greenfield Elementary School | 48. Logans Elementary School |

Children's Residences Served by Before- and After-School and/or Preschool Programs





- 49. Longdale Elementary School
- 50. Manchester Middle School
- 51. Marguerite F. Christian Elementary School
- 52. Mary Scott Elementary School
- 53. Matoaca Middle School
- 54. Nuckols Farm Elementary School
- 55. Oak Knoll Middle School
- 56. O.B. Gates Elementary School
- 57. Pearsons Corner Elementary School
- 58. Pemberton Elementary School
- 59. Pinchbeck Elementary School
- 60. Pocahontas Elementary School
- 61. Pocahontas Middle School
- 62. Providence Elementary School
- 63. Randolph Elementary School

- 64. Ratcliffe Elementary School
- 65. Reams Road Elementary School
- 66. Ridge Elementary School
- 67. Rivers Edge Elementary School
- 68. Robert E. Lee Elementary School
- 69. Ruby F. Carver Elementary School
- 70. Rural Point Elementary School
- 71. Sandston Elementary School
- 72. Shady Grove Elementary School
- 73. Short Pump Elementary School
- 74. Short Pump Middle School
- 75. Skipwith Elementary School
- 76. South Anna Elementary School
- 77. Springfield Park Elementary School
- 78. Swift Creek Elementary School
- 79. Swift Creek Middle School

- 80. Thelma Crenshaw Elementary School
- 81. Three Chopt Elementary School
- 82. Tomahawk Creek Middle School
- 83. Tuckahoe Elementary School
- 84. Tuckahoe Middle School
- 85. Twin Hickory Elementary School
- 86. Varina Elementary School
- 87. Walnut Hill Elementary School
- 88. Westview Elementary School
- 89. William Fox Elementary School
- 90. Woodville Elementary School
- 91. W. W. Gordon Elementary School



INVESTING IN THE



Eboni Belfield's son is a sponge. Every day, this energetic three-year-old tells his mom about the exciting things he's learning, the friendships he's making and the teachers he loves. Jamar is a child of the YMCA. He is just one of nearly 100 children who learn, grow and thrive at the YMCA MARY TYLER MCCLLENNAHAN CHILD DEVELOPMENT CENTER. In 2012, the YMCA of Greater Richmond assumed operations at the center located in Winchester Greens, a resident community

off Route 1 in Chesterfield County. For Eboni, a resident of Winchester Greens, this was her introduction to the Y as a child care services provider. "I didn't know the Y had child care. I just knew they had the gym and other activities for kids, so this was all new to me," she said. "But being a single parent, going to work and going to school, I haven't found anyone that beats it. They offer financial assistance which I greatly appreciate. Without the Y, I would have had to find another option."



FUTURE



DID YOU KNOW...

Cancer is the second leading cause of death with 1.2 million new cases reported each year.

Chronic diseases are the most common, costly and preventable health problems that reduce the quality of life of Virginians.

Diabetes is the fastest growing health risk in the U.S., and without immediate intervention to change the tide, 1 in 3 babies born today will develop diabetes in their lifetime.

THE Y's SOLUTION

To date, **LIVESTRONG® at the YMCA** has helped over 16,000 people nationally move beyond cancer and reclaim their health.

The Y offers medically-based classes for many conditions including arthritis, multiple sclerosis, Parkinson's disease, cardiac rehab, cancer and more to help people most in need in our community.

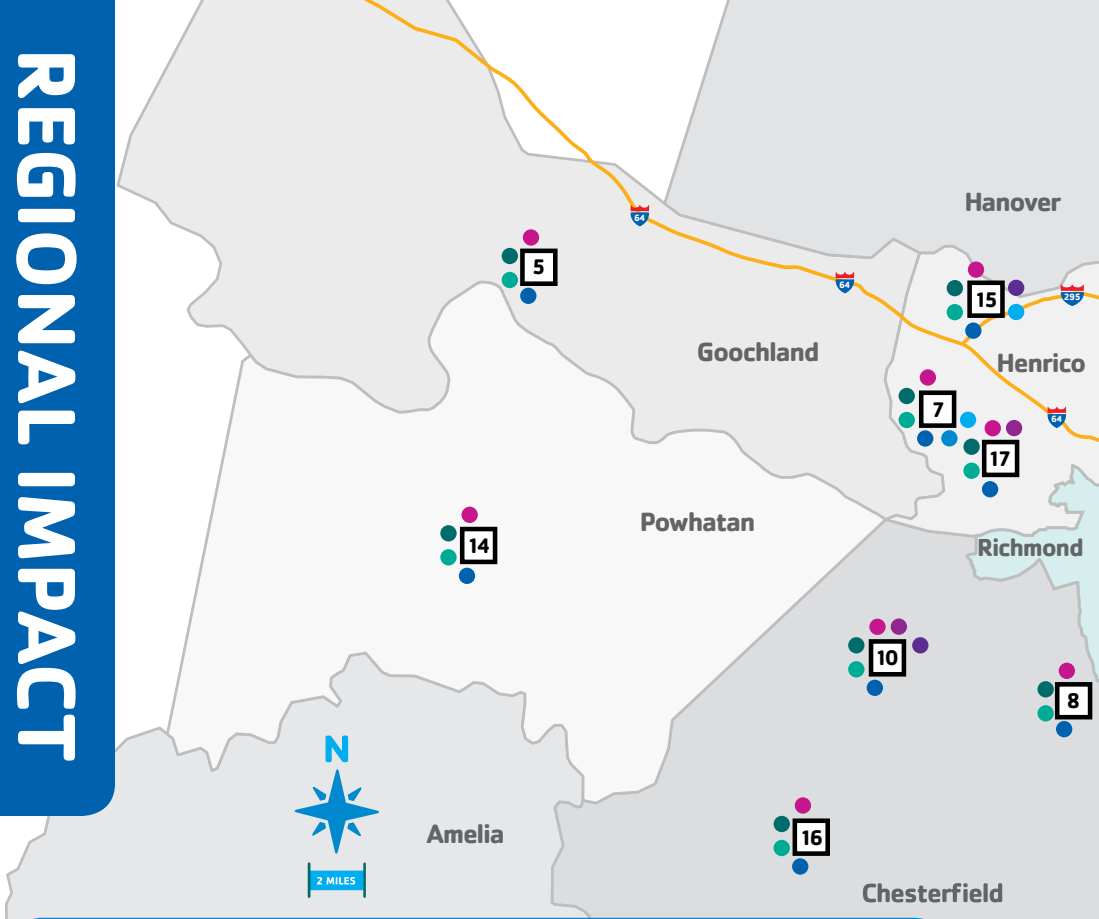
The Y has innovative programs such as Diabetes Prevention and Diabetes Control to manage and help reverse the onset of diabetes.



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REGIONAL IMPACT

Wellness Programs



YMCA of Greater Richmond

- | | | |
|------------------------------|--|--|
| 1. ATLEE STATION FAMILY YMCA | 9. YMCA MARY TYLER MCCLENAHAN CHILD DEVELOPMENT CENTER | 14. ELIZABETH RANDOLPH LEWIS POWHATAN YMCA |
| 2. CHESTER FAMILY YMCA | 10. MIDLOTHIAN FAMILY YMCA | 15. SHADY GROVE FAMILY YMCA |
| 3. CHICKAHOMINY FAMILY YMCA | 11. NORTHSIDE FAMILY YMCA | 16. SWIFT CREEK FAMILY YMCA |
| 4. DOWNTOWN YMCA | 12. PATRICK HENRY FAMILY YMCA | 17. TUCKAHOE FAMILY YMCA |
| 5. GOOCHLAND FAMILY YMCA | 13. PETERSBURG FAMILY YMCA | |
| 6. JAMES CENTER YMCA | | |
| 7. JOHN ROLFE FAMILY YMCA | | |
| 8. MANCHESTER FAMILY YMCA | | |

10K Training Team

- | | | |
|---|--|--|
| 1. ATLEE STATION FAMILY YMCA
10K training team | 7. JOHN ROLFE FAMILY YMCA
10K training team | 13. PETERSBURG FAMILY YMCA
10K training team |
| 2. CHESTER FAMILY YMCA
10K training team | 8. MANCHESTER FAMILY YMCA
10K training team | 14. ELIZABETH RANDOLPH LEWIS
POWHATAN YMCA
10K training team |
| 3. CHICKAHOMINY FAMILY YMCA
10K training team | 9. YMCA MARY TYLER MCCLENAHAN
CHILD DEVELOPMENT CENTER
10K training team | 15. SHADY GROVE FAMILY YMCA
10K training team |
| 4. DOWNTOWN YMCA
10K training team | 10. MIDLOTHIAN FAMILY YMCA
10K training team | 16. SWIFT CREEK FAMILY YMCA
10K training team |
| 5. GOOCHLAND FAMILY YMCA
10K training team | 11. NORTHSIDE FAMILY YMCA
10K training team | 17. TUCKAHOE FAMILY YMCA
10K training team |
| 6. JAMES CENTER YMCA
10K training team | 12. PATRICK HENRY FAMILY YMCA
10K training team | |

LIVESTRONG® at the YMCA

- 4. DOWNTOWN YMCA
- 10. MIDLOTHIAN FAMILY YMCA
- 17. TUCKAHOE FAMILY YMCA

Healthy Kids Day™ & Walk

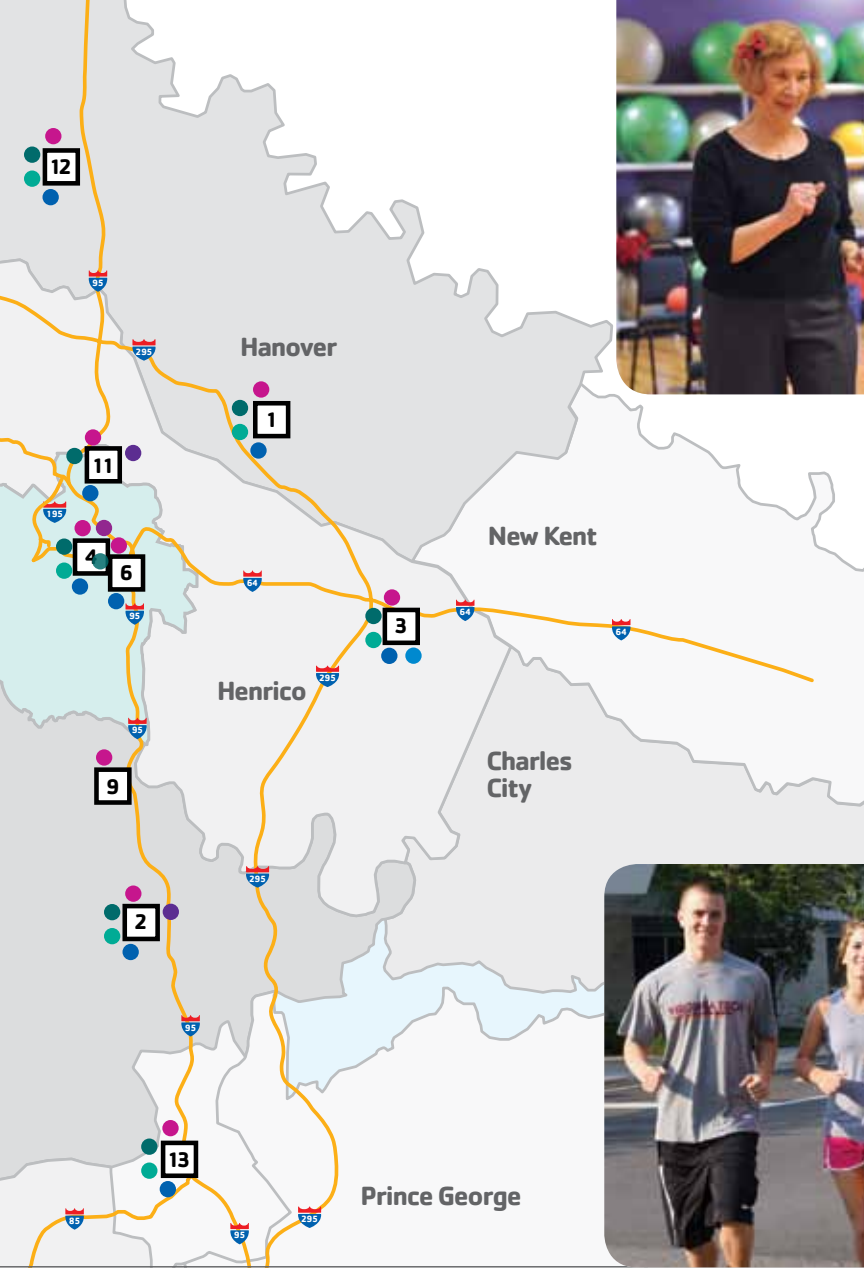
- 2. CHESTER FAMILY YMCA
- 10. MIDLOTHIAN FAMILY YMCA
- 11. NORTHSIDE FAMILY YMCA
- 15. SHADY GROVE FAMILY YMCA

Registered Dietician

- 7. JOHN ROLFE FAMILY YMCA
- 15. SHADY GROVE FAMILY YMCA

Parkinson's

- 3. CHICKAHOMINY FAMILY YMCA
- 7. JOHN ROLFE FAMILY YMCA



Personal Training ●

- | | | |
|------------------------------|-------------------------------|--|
| 1. ATLEE STATION FAMILY YMCA | 7. JOHN ROLFE FAMILY YMCA | 14. ELIZABETH RANDOLPH LEWIS POWHATAN YMCA |
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| 6. JAMES CENTER YMCA | 13. PETERSBURG FAMILY YMCA | |

Active Older Adult Programs ●

- | | | |
|------------------------------|-------------------------------|--|
| 1. ATLEE STATION FAMILY YMCA | 7. JOHN ROLFE FAMILY YMCA | 14. ELIZABETH RANDOLPH LEWIS POWHATAN YMCA |
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Group Exercise ●

- | | | |
|------------------------------|-------------------------------|--|
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| 6. JAMES CENTER YMCA | 13. PETERSBURG FAMILY YMCA | |

SuperSibs! SUPER FAMILIES!

In good times and bad, the Y is there for families in need. The Lacy family experienced that firsthand when their teenage daughter, Kalena, was diagnosed with cancer. Treatments left Kalena weak, but she found support at the Y through the Moving Forward program. Moving Forward addresses the physical and nutritional needs of pediatric cancer survivors. Through the program, Kalena worked with a personal trainer and nutritionist to help strengthen her body. Meanwhile, her younger brothers found the support they needed in the SuperSibs! program, which helps siblings of children with cancer.

While Kalena fought hard, she passed away from cancer nearly three years after her diagnosis. Although heartbroken at their loss, the Lacy family credits the Y with getting them through it. "Through the tears, the pain and the suffering, Moving Forward and SuperSibs! was a ray of light, of strength and hope that kept our family going through some of the most difficult times we've ever experienced," said Shawnae Lacy, Kalena's mother. "Kalena's battle has ended, but the war continues. That's why it's so important that programs like this receive support. So many children and families need these resources to keep up the fight."



Shawnae Lacy shares her story with the audience of the YMCA's 2012 Annual Celebration.



The Lacy family holds Kalena's photo and memory in their hearts. They honor her vibrant spirit and rally support for the YMCA's SuperSibs! program that helps siblings and parents of children battling cancer.

YMCA COMMU

The Y is the nation's leading nonprofit organization dedicated to strengthening communities through youth development, healthy living and social responsibility. For 158 years, the YMCA OF GREATER RICHMOND

Branches	<i>Before-and-After Schools Served</i>	<i>Before-and-After School Students</i>	<i>YMCA Learn to Swim</i>	<i>LIVESTRONG® at the YMCA</i>	<i>Moving Forward</i>	<i>SuperSibs!</i>	<i>Parkinson's</i>	<i>Diabetes</i>	<i>Multiple Sclerosis</i>
ATLEE STATION FAMILY YMCA	-	-	-	-	-	-	-	-	-
CHESTER FAMILY YMCA	10	224	280	-	-	-	-	-	-
CHICKAHOMINY FAMILY YMCA	17	296	156	-	-	-	-	-	-
DOWNTOWN YMCA	4	203	654	31	-	-	-	-	-
GOOCHLAND FAMILY YMCA	5	151	173	-	-	-	-	-	-
JAMES CENTER YMCA	-	-	-	-	-	-	-	-	-
JOHN ROLFE FAMILY YMCA	-	-	-	-	17	15	43	-	-
MANCHESTER FAMILY YMCA	14	236	414	-	-	-	-	-	-
YMCA MARY TYLER MCCLENAHAN CHILD DEVELOPMENT CENTER	2	35	-	-	-	-	-	-	-
MIDLOTHIAN FAMILY YMCA	10	350	-	13	-	-	-	-	-
NORTHSIDE FAMILY YMCA	10	76	514	-	-	-	-	9	-
PATRICK HENRY FAMILY YMCA	7	220	-	-	-	-	-	-	-
PETERSBURG FAMILY YMCA	7	79	347	-	-	-	-	-	-
ELIZABETH RANDOLPH LEWIS POWHATAN YMCA	7	131	319	-	-	-	-	-	-
SHADY GROVE FAMILY YMCA	21	553	-	-	-	-	-	12	-
SWIFT CREEK FAMILY YMCA	-	-	-	-	-	-	-	-	-
TUCKAHOE FAMILY YMCA	14	362	50	27	-	-	-	-	25
CAMP THUNDERBIRD	3	39	-	-	-	-	-	-	-
ASSOCIATION RESOURCE CENTER	-	-	-	-	-	-	-	-	-
Total	131	2,955	2,907	71	17	15	43	21	25

UNITY IMPACT

offers so much more than a traditional gym. Here's a snapshot of the lives we're touching through our programs that you may not know about.

	<i>Friendship Café/Growing Younger</i>	<i>Members 65 and over in Y programs</i>	<i>YMCA Bright Beginnings</i>	<i>10k training teams</i>	<i>Summer Campers</i>	<i>Soccer</i>	<i>T-ball</i>	<i>Swim team</i>	<i>Basketball</i>	<i>Y-Guides</i>	<i>Teen Leaders</i>	<i>YMCA GirlForce/GuyForce</i>	<i>Water Smarts</i>	<i>Music Programs</i>
-	91	25	3	17	13	-	-	-	-	-	-	-	-	-
-	966	89	59	221	775	186	223	242	-	30	62	-	-	5
44	793	46	8	156	193	-	70	-	-	8	14	-	-	-
27	529	135	39	91	-	-	-	-	-	-	18	-	-	-
17	346	161	4	172	97	22	65	-	-	30	36	-	-	-
-	47	-	2	-	-	-	-	-	-	-	-	-	-	-
-	464	-	-	17	-	-	-	-	-	-	-	-	-	25
-	839	147	11	155	154	-	69	148	-	12	34	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	1297	128	13	384	630	-	411	132	-	40	52	-	-	50
-	354	82	9	146	-	7	34	17	-	15	8	254	-	-
-	884	106	6	141	65	-	214	6	386	15	-	-	-	-
-	490	42	12	85	18	-	61	37	-	10	15	-	-	-
-	414	68	7	100	96	10	90	271	-	25	-	-	-	10
26	906	158	8	662	1019	-	242	998	501	32	69	-	-	302
-	310	62	5	-	-	-	-	-	-	-	-	-	-	-
24	1630	208	12	390	1246	120	223	562	1354	56	86	-	-	17
-	-	-	-	1410	-	-	-	-	1518	-	-	-	-	-
-	-	714	-	-	-	-	-	-	-	-	-	-	-	-
138	10,360	2,171	198	4,147	4,306	345	1,702	2,413	3,759	273	394	254	409	



CALL TO LEAD

Nearly every call to leadership can create a detour from great plans and good intentions. However, as you may have experienced, it's the unexpected fork in the road that can determine one's true character and ability to make smart choices. I accept the call to lead this great organization not for a selfish purpose, but for a cause that is greater than my own. It is a purpose I humbly embrace and boldly walk in the confidence that this is my life's assignment and destiny.

As a child growing up in Raleigh, North Carolina, the Y was my playground and salvation. I credit many of the people there with taking the time to provide invaluable guidance that would help me to become a man and ultimately a father. The Y means everything to me. I stand

committed to make it equally important to children, families and senior citizens across the Greater Richmond community. As we move forward in 2013, the Y's movement to improve its services to the community will only get stronger. We will focus our efforts on developing specific solutions that are fiscally responsible and that position us at the table of strengthening the communities in Richmond and surrounding areas.

Together, we can empower ourselves and others to make a difference.

Tim Joyce
President and CEO
YMCA OF GREATER RICHMOND



Tim engages with two members of YMCA Teen Leaders' Club during a YMCA Bright Beginnings shopping trip.



Tim and his wife, Diane, are joined by Helen Ellis and her son Ronald, who are loyal members and supporters of the YMCA's 1854 Society.



Photo by Katie Bo Williams, Goochland Gazette

Excited campers from the GOOCHLAND FAMILY YMCA share their camp spirit during a visit with Tim.



OUR MISSION

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER RICHMOND

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