



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BECOMING STRONGER TOGETHER

YMCA OF SUPERIOR CALIFORNIA

2021 ANNUAL REPORT

OUR MISSION

INSPIRE ALL TO
A HEALTHY LIFE – IN SPIRIT,
MIND AND BODY.

OUR VISION

To advance our mission and seek to strengthen the foundations of community by serving youth, teens, families and seniors through programs that improve quality of life, provide a foundation for healthy living, build relationships with others, demonstrate positive values and preserve important services and activities in the community.

OUR VALUES

Caring
Honesty
Respect
Responsibility

ABOUT US

More than a pool or gym, **the Y is a cause** dedicated to the positive development of youth, healthy living for people of all ages, and social responsibility in addressing the critical needs of the communities we serve.

With programs from athletics to advocacy, dance to disease prevention, cycling to child care, and swim lessons to senior falls prevention, the Y doesn't just strengthen individuals, **we strengthen communities.**

The YMCA of Superior California encompasses multiple services areas in Sacramento, Yolo, Placer, Sutter, Yuba, Nevada, Butte and El Dorado counties; each volunteer-led, and each a powerful advocate for the needs of children, families and individuals in their communities. While our programs are based on the unique needs and interests of the communities in which they reside, each of our Y's has one thing in common: our people. The volunteers, staff, members and donors of the Y are all united by a deep commitment to strengthening community and **ensuring that everyone – regardless of age, income, or background – has the opportunity to reach their fullest potential.**

2021 Annual Report

FROM THE PRESIDENT & CEO

Another year has come and gone in what seems like a blink of an eye. 2021 was a rebuilding year for our YMCA. We were able to start opening up our health and wellness facilities and other programs. It was slow and people were cautious, but little by little our staff team and members returned to the community they know and love at the Y.

Children returned to soccer and basketball and seniors returned for stretching classes and coffee. What we heard repeatedly was how thankful people were to have the Y to return to. The comfort of their community, of friendly faces, and a smile to greet them each day. There were conversations of friends catching up and sharing experiences from being home during pandemic restrictions. Friendships were rebuilt at the Y.

We also found some new members in 2021. People who were longing for connection to their community as well as health and wellness options for their entire family. I love to hear how people first became connected to the YMCA and I love when I get to witness some of those first experiences right here. The sparkle in someone's eyes when they take a group exercise class and impress themselves with their abilities, or the joy of seeing their child learn to swim. Personal goals and successes were rebuilt at the Y.

We also tried to invest in rebuilding some of our programs and facilities. We created more programming options and offered some new experiences like personal training. We collaborated with other organizations to offer programs and worked on creating new partnerships. Some of those collaborations brought us new facilities like the Oroville Convention Center. Fixing roofs, painting walls, and repaving courts were all projects checked off our list last year. We rebuilt facilities and programs at the Y.

At the Y we do so much more than give you a place to work out. We give you a place to be yourself, be with others, and rebuild. It's been quite a year. This year was a rebuilding year for many people and the Y was happy to be part of that and we look forward to building you and ourselves even stronger in the years to come.

Thank you for supporting the YMCA.



Sharna Braucks
President & CEO
YMCA of Superior California



OUR AREAS OF IMPACT

- YOUTH DEVELOPMENT** | Empowering young people to reach their full potential.
- HEALTHY LIVING** | Improving individual and community well-being.
- SOCIAL RESPONSIBILITY** | Giving back and inspiring action in our communities.



PLAYING WITH PURPOSE Program Highlight: Youth Sports

After almost two years of virtual schooling and canceled extracurricular activities, when it became safe to participate in youth sports again in 2021, our YMCA team worked tirelessly to provide over 1,700 youth a program that would help them develop a lifelong passion for physical activity. Through mask mandates and testing requirements, we ensured that children could gain self-confidence and build positive relationships while learning the value of teamwork and good sportsmanship in our youth sports programs. The volunteer-driven program incorporates over 200 coach mentors who create fun activities and teaching tools that let kids get active and build friendships.

"Watching my child play soccer again and seeing his face come alive when he is out on the field fills me with joy. He was sad and lonely during the pandemic. He needed the socialization and ability to use his energy for a purpose. Thank you YMCA for giving him this purpose!" – Eric J.

FOR YOUTH DEVELOPMENT



FOR HEALTHY LIVING

SENIORS BACK TOGETHER AGAIN Program Highlight: Aqua Arthritis Management Class

Our senior population was one of the most impacted during the height of the pandemic. While our YMCA tried our best to make phone calls and provide virtual opportunities, we know that the isolation and lack of resources to therapeutic movement was incredibly challenging for many.

In 2021, when Covid cases started to decrease and restrictions began lifting, we were able to start offering our Aqua Arthritis Management class again. Now, every week, Monday, Wednesday, and Friday the Sacramento Central YMCA pool fills up with 60+ seniors ready to enjoy the therapeutic benefits of a heated pool and guided motion as well as gain friendship and comradery. Led by a motivational and welcoming instructor, friendship is one of the key takeaways from this class.

"I'm 95 years old and I lost my husband this year. Coming to the Aqua Arthritis Management class throughout the week lets me see my friends and move my body in a way that doesn't hurt. The Y is a family that is always there for me." – Julia H.



FOR SOCIAL RESPONSIBILITY

SOCIAL IMPACT OF FOOD PROGRAM Program Highlight: YMCA Food Program

The food program at the YMCA focuses on a child's nutrition and health status by providing every child a healthy breakfast, lunch and afternoon snack as they develop and grow.

Healthy and proper nutrition is vital to brain development and healthy growth in all children. It supports muscle growth and boosts immunity. It also keeps a child's skin, teeth, and eyes healthy and helps them maintain a healthy weight.

Healthy eating also means that a child will have less chance of developing chronic diseases like heart disease, type 2 diabetes, obesity and some cancers.

Volunteers in our community at Bridge Network, La Familia and Boys and Girls Club have worked with the YMCA to ensure that neighborhood youth are getting the nutritious meals that they need to be successful in school and life.

"When schools closed for COVID I was very worried about feeding my children but the YMCA stepped up and we were able to have lunches and snacks every day! It helped relieve my stress and helped my children learn at school. I was so happy to learn that they are continuing this practice of providing healthy meals to youth in their programs" – Valerie S.



YOUTH SPORTS

**OVER
1,700
YOUTH**

participated in our youth sports programs, staying fit, healthy and learning teamwork.



CHILDREN AND MEALS

**100,000+
NUTRITIOUS
MEALS**

served to children.
For some, these were the only nutritious meals they had each day.



SWIM LESSONS

**1,582
CHILDREN
AND
ADULTS**

learned how to swim and be safe around water.



SENIOR FITNESS

**600+
SENIORS**
were enrolled in wellness and disease prevention classes.



BLOOD DONATION

**169
LIFE-SAVING
PINTS OF
BLOOD**
were donated at Y Blood Drives.



SUMMER AT THE Y

**3,000+
CHILDREN**
were able to play and interact in a safe place during our Summer at the Y programming.

COMMUNITY

IMPACT 2021

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"Let us put our minds together and see what life we can make for our children."
- Sitting Bull

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FINANCIALS 2021

Revenue

Fiscal year ending December 31, 2021

PUBLIC SUPPORT

Contributions	474,939
Fees & Grants from Government Agencies	479,798

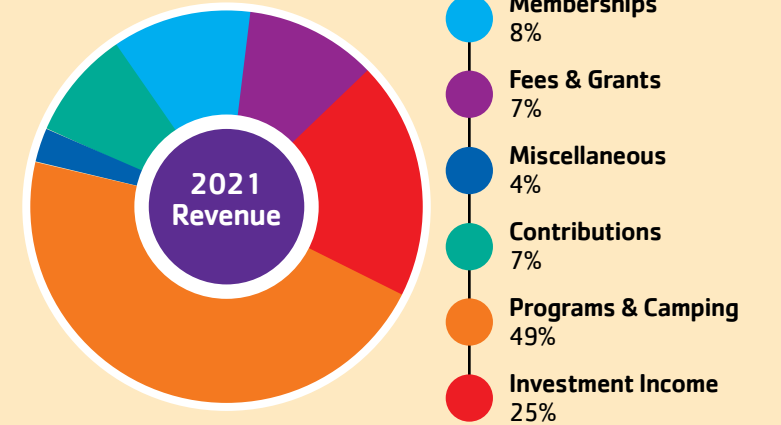
Total Support \$954,736

EARNED REVENUE

Memberships	629,216
Programs and Camping	3,721,044
Investment Income	328,951
Miscellaneous Revenue	1,937,556

Total Revenue \$6,616,767

Total Public Support & Earned Revenue \$7,571,503



Expenses

Fiscal year ending December 31, 2021

PROGRAM EXPENSES

Healthy Living	1,704,299
Youth Development & Families	3,288,102

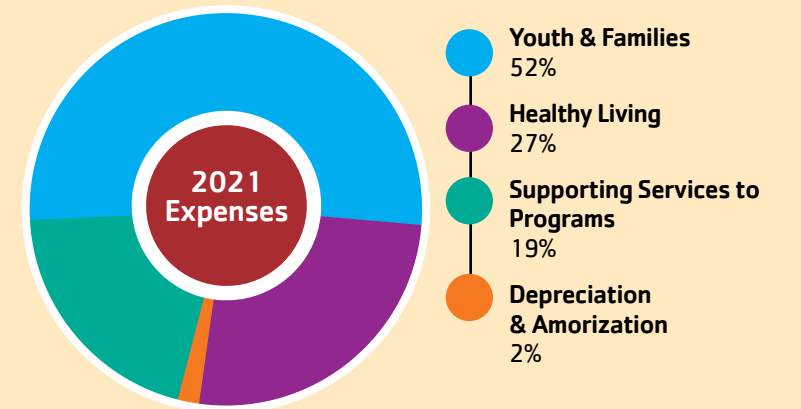
Total Program Services \$4,992,401

ALLOCATED EXPENSES

Supporting Services to Programs	1,223,790
Depreciation & Amortization	150,920

Total Allocated Expenses \$1,374,710

Total Program Services & Allocated Expenses \$6,367,111





2021 GRANT AWARDS

2022 YMCA Afterschool Program | Sacramento County
 YMCA Metro Infrastructure Improvement Project | SMUD
 YMCA Job Placement Workshops | California Community Reinvestment Grants Program
 Parker Family Foundation Grant | Parker Family Foundation
 YMCA Kids and Health Wellness Camp Workshop 2022 | Dignity Health
 Boys and Young Men of Color | Y-USA
 2022 YMCA Afterschool Program | MUFG Union Bank Foundation
 Safety Around Water | Finance of America
 Equity Access Fund | Sereno
 Supporting Growth and Education for Children | State Street

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 Sacramento | *Les Chisolm*
 Yolo | *Samanantha Kynade*
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**“If everyone is moving forward together,
 then success takes care of itself.”**

~Henry Ford





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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SUPERIOR CALIFORNIA | ymcasuperiorcal.org

LOCATIONS

YMCA of Superior California Office

1926 V Street, Sacramento | 916.452.9622

OROVILLE YMCA

1200 Myers Street, Oroville | 520.533.9633

ROLLINGWOOD YMCA

9373 Winding Oak Drive, Fair Oaks | 916.988.1727

SACRAMENTO CENTRAL YMCA

20211 W Street, Sacramento | 916.452.9622

YOLO COUNTY YMCA

1300 College Street, Woodland | 530.662.1086
