



BUILDING STRONG FUTURES



YMCA of Superior California
2024 Annual Report





Dear Friends, Supporters, and Members of the YMCA Community,

As we reflect on 2024, I am filled with pride and gratitude for the resilience, compassion, and unity that continues to define the YMCA of Superior California. This year, we have grown stronger—not just in numbers, but in our impact, our reach, and our unwavering commitment to the communities we serve. We celebrated the opening of the Capital YMCA and saw increased services and program participation across all our location.

Throughout the year, we expanded critical programs that support youth development, promote healthy living, and foster social responsibility. From afterschool enrichment and summer camps to wellness initiatives and community partnerships, our Y remained a safe, healthy, and supportive space for all.

These achievements were made possible by the collective efforts of our staff, volunteers, donors, and partners. Your belief in our mission fuels our work and inspires us to keep pushing forward. Together, we are not just responding to needs—we are building a stronger future for our YMCA and for every individual and family who walks through our doors.

As we move through 2025, we do so with optimism, vision, and a deep sense of responsibility. There is more to be done—and with your continued support, we will meet every challenge and embrace every opportunity to make a lasting difference. We have a bold future planned for our YMCA and communities in the year ahead. We will need your help to make it happen!

Thank you for being part of the YMCA family.

Sharna Braucks
President & CEO
YMCA of Superior California





253,696

Member Check-Ins in 2024

\$156,403

Given to individuals and families to provide access to programs and services through Y-Assist

4,141

Kids learned teamwork through Youth Sports programs

103

Teens participated in Youth & Government and Model UN

1,948

Kids learned how to be safe around water

3,067

Seniors were taught Falls Prevention

170,000

Meals served to children in the summer through our Food Program

250

Children with developmental disabilities learned to swim in our adaptive swim program

OUR IMPACT IN 2024

WHY IT MATTERS

Stronger Together: Stories Made Possible by You

"I just turned 73, and my health is better now than it was in my 60s. I take ten classes a week – like water exercise and falls prevention, and they've made a huge difference in my mobility and strength. The staff are always cheerful and supportive. Being at the Y has truly transformed my life."



"The community that the YMCA builds, especially among the retired community, is so amazing, and the rest of us get to enjoy it. Whenever you come in, everyone is so friendly and outgoing. It's just an incredible experience."



"Our whole family feels at home at the Y. The staff are friendly, the pool is great, and swimming has really improved our health. We love staying active together and supporting a place that gives back to the community."



2024 Presidents Club Donors (\$1,500+ Given)

Nicolas Anderson
Monika Bassel
Ryan Becker
Lyndie Boulton
Sharna Braucks
Tracy Brown
Tiffany Davidson
Ulrike Delling
Christiana Dominguez
Barbara Durst
Justin Emery
Alan Fung
Alexis Garcia
Alexander Goldberg

Isaac Gonzalez
Scott Hagel
Mark Hanzlik
Ken Iritani
Robin Kren
Rita Leahy
Shirley Liu
Kimberly Lucia
George Lytal
Tarah Martin
Erin McDonough
Louise Mehler

Robert Orr
Daniel Pskowski
Richard Ruby
Mark Shope
Nancy Shulock
Dan Smith
Eric & Araceli Solis
Dave Swartz
David Triche
Ted White
Wendy & Scott White
Barbara Zimmer

Youth Development

In 2024, the YMCA of Superior California strengthened its commitment to nurturing every child's potential through a wide range of Youth Development programs that support growth, learning, and exploration.

From our Early Learning Program for infants through preschoolers to our School Age Programs offering safe, enriching care before and after school. The Y remains a trusted partner for families. **Over 1500** kids experienced adventure and connection through Summer at the Y and Bear Valley Resident Camp, while our free Kids Club available at select YMCA locations, provided families with accessible, high-quality care during workouts.

Driven by our commitment to safety, inclusion, and character development, each program is designed to help youth thrive. **By removing barriers and promoting equity, the YMCA continues to create spaces where all kids can learn, grow, and succeed.**



Healthy Living

At the YMCA of Superior California, healthy living is more than just fitness—it's a way of life. Whether someone is new to exercise, recovering from an injury, managing a condition, or looking to stay active, our programs are inclusive, supportive, and sustainable.

With support from Kaiser Permanente, we've expanded preventative health education through our Falls Prevention initiative, serving **3,067** seniors in 2024. These free classes for older adults focus on improving strength, balance, and confidence to move safely and independently.

In 2024, we partnered with UC Davis to offer a family-focused nutrition program for youth. The class supported healthy eating, goal setting, and family engagement in a welcoming, non-judgmental setting.

From group fitness and nutrition to personal training and disease prevention, our branches offer something for every age, ability, and fitness level. By creating accessible spaces for movement and connection, the Y helps individuals and families build lifelong wellness habits.





Social Responsibility

Rooted in our mission to inspire all to a healthy life in spirit, mind, and body, the YMCA of Superior California continued to expand its impact through socially responsible programs and partnerships that meet real needs and remove barriers to access.

Through our Y-Assist Scholarship Program, we provided over **\$156,000** in financial support, allowing individuals and families to participate in YMCA programs at little to no cost. We partnered with Vitalant to host blood drives at multiple YMCA locations, giving members and neighbors the opportunity to support local healthcare efforts. Additionally, our Youth & Government program empowered teens to get involved in civic engagement, learn about local and state government, and become changemakers in their communities.

These efforts reflect our deep commitment to equity, community health, and ensuring that everyone has the opportunity to thrive, regardless of age, income, or background.



A YEAR OF EXPANSION AND IMPACT

In 2024, the YMCA of Superior California experienced transformative growth, not just in square footage, but in impact, access, and opportunity. We proudly opened two facilities that reflect our expanding ability to serve our local communities. **The Capital YMCA in Downtown Sacramento became our newest branch, offering state-of-the-art wellness spaces and inclusive programs designed to meet the needs of a dynamic and growing urban population.** This facility is a symbol of our growth into the heart of the city, making it easier than ever for individuals and families to prioritize health, connection, and community.

In Yolo County, **growth took shape through the launch of our new Early Learning Program, made possible by the generous support of the Yocha Dehe Wintun Nation.** Their investment in this program revitalized our College Street building, transforming it into a vibrant space where our youngest community members can thrive. By providing free, high-quality childcare to qualifying families, we are expanding access to early education and supporting working parents—planting the seeds for a healthier, stronger future. These two openings represent more than just new buildings—they are a testament to the YMCA's growing capacity to serve, include, and uplift.



GROWTH IN 2024



This year, youth sports participation **grew 5%**, from 3,899 in 2023 to over 4,100 in 2024. We added flag football at Gold Country YMCA with 100 players and launched a mini summer sports camp at Yolo County YMCA with 123 participants. The new Capital YMCA expanded basketball from Pre-K–7th grade to include grades 7–9, adding 41 players. With more leagues and volunteer coaches, **we provided hundreds of kids opportunities to build skills, confidence, and friendships**. Our focus remains on creating programs where all kids can thrive on and off the field.

The Rollingwood Rockets swim team had a standout year following the reopening of the outdoor pool. Despite the hardships of running practices out of two different sites during the pool's reconstruction, the team grew to its largest size ever with **210 swimmers**. With expanded coaching and new training opportunities, the Rockets competed in multiple regional meets and earned top finishes across Northern California. More than medals, **they built a supportive, team-first environment where swimmers advanced in technique and confidence**. As one of the strongest swim teams in the area, the Rollingwood Rockets are a shining example of what happens when young people are given space to grow

Through facility expansion, program enrichment, and a relentless focus on community needs, the YMCA of Superior California is growing stronger—together.





YMCA of Superior California FINANCIAL POSITION

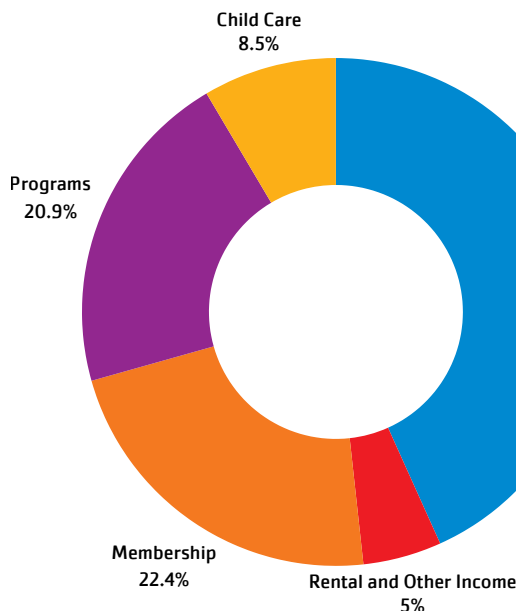
Assets

Cash and cash equivalents	691,056
Accounts receivable, net	767,096
Prepaid expenses	116,323
Total current assets	1,574,475
Long-term investments	2,504,650
Property and equipment	6,472,183
Other non-current assets	311,296
Total non-current assets	9,288,129
Total Assets	10,862,604

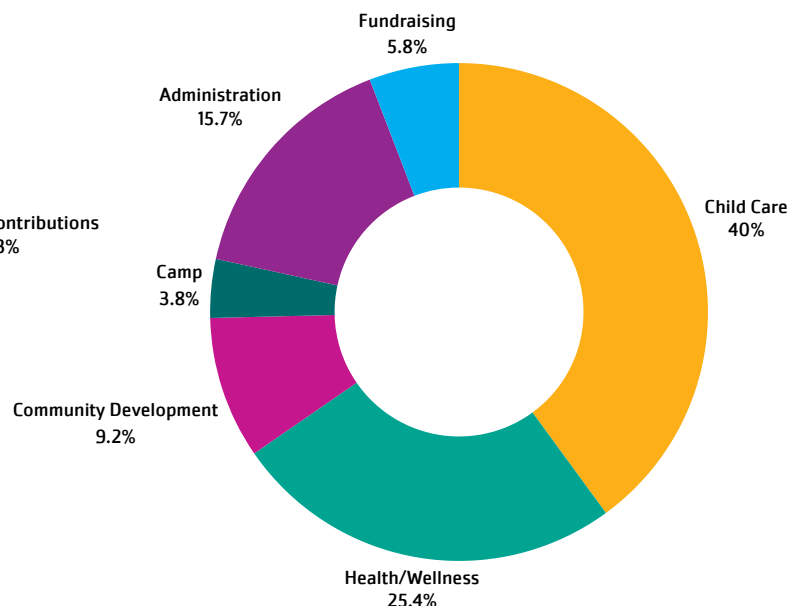
Liabilities & Net Assets

Accounts payable	161,248
Accrued expenses	337,051
Deferred revenue	378,790
Current portion of long-term debt	31,993
Lease liability, current – operating and finance	113,815
Total current liabilities	1,022,897
Long-term debt	1,031,295
Lease liability, less current – operating and finance	218,150
Total non-current liabilities	1,249,445
Total liabilities	2,272,342
Total net assets	8,590,262
Total Liabilities and Net Assets	10,862,604

Revenue Breakdown (Total Revenue \$11,123,769)



Expenses Breakdown (Total Expenses \$11,555,972)





YMCA of Superior California Board of Directors

Andrea San Miguel

Angel Martin
Properties & Facilities Committee Vice Chair

Bill Knowlton
Finance Committee Chair

Bob Miller
Board Development Committee Chair

Chantel Johnson
Financial Development Committee Chair

Christiana Dominguez

CJ Lynch

Conner Johnston
Board Chair, Audit Committee Chair & Executive Committee Chair

Dan Smith

Dave Swartz
Past President/Secretary

Erin McDonough
Board Development Committee Vice Chair

Ivan Rostami

John Rice

Kelley Lincoln

Mark Shope
Properties & Facilities Committee Chair

Michelle McCauley

Nicolas Anderson

Nkiruka Ohaegbu
Audit Committee Vice Chair

Paul Stokes
Finance Committee Vice Chair

Pete Schroeder

Renatto Guerra

Rita Leahy

Tarah Martin

YMCA of Superior California Senior Staff

Sharna Braucks
President & CEO

Josh Priester
Chief Operating Officer

Stephani Leigh
Executive Director
North District

Valeria Tenreiro
Executive Director
South District

Tiffany Davidson
Executive Director
Youth Development

Rene Muinos
Facilities Management
Executive

Sarah Hodge
Executive Director
Financial Development

Sierra Bamsey
Marketing & Communications
Director

Nora Shigemoto
Special Projects Director

Gabrielle Hurtado
Human Resources Generalist

YMCA OF SUPERIOR CALIFORNIA

ASSOCIATION OFFICES

1926 V Street
Sacramento, CA 95818
916-452-9622

SACRAMENTO CENTRAL YMCA

2021 W Street
Sacramento, CA 95818
916-452-9622

CAPITAL YMCA

1515 8th Street
Sacramento, CA 95814
916-231-7293

ROLLINGWOOD YMCA

9373 Winding Oak Drive
Fair Oaks, CA 95818
916-988-1727

YOLO COUNTY YMCA

1300 College Street
Woodland, CA 95776
530-666-9623

GOLD COUNTRY YMCA

350 Race Street
Grass Valley, CA 95945
530-274-4739

OROVILLE YMCA

1200 Myers Street
Oroville, CA 95965
530-533-9622

YOUTH DEVELOPMENT SITES

Bear Valley YMCA Resident Camp
East Sacramento YMCA
Sacramento Central YMCA Early Learning Program
YMCA at Bridgeway Elementary
YMCA at Cowan Fundamental Elementary
YMCA at Del Paso Manor Elementary
YMCA at Leataata Floyd Elementary
YMCA at Oakview Community Elementary
YMCA at Southport Elementary
YMCA at Spring Lake Elementary
YMCA at Zamora Elementary
Summer at the Y at Higher Learning Academy
Summer at the Y at EPIC Charter
Summer at the Y Kinder Readiness Program
Summer at the Y at Nelson's Grove
Yolo County YMCA Early Learning Program



YMCA of Superior California
1926 V Street
Sacramento, CA 95818