



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR A BETTER US

2016 ANNUAL REPORT
SANFORD-SPRINGVALE YMCA



2016 Annual Report SANFORD-SPRINGVALE YMCA

For over 75 years, the Sanford-Springvale YMCA has been a leading nonprofit committed to strengthening community through our focus on youth development, healthy living and social responsibility. More than 10,000 individuals made the Y an important part of improving their lives, through academic achievement, advocacy, child care, exercise, social programs and teen development. The Y.™ For a better us.™

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YOUTH DEVELOPMENT

All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential.

- 258 kids had the best summer ever at Camp Marland located at Bunganut Lake Park.
- 359 youth had a safe place to go before and after school at 10 sites in 3 school districts.
- 1,000 life-saving and confidence building swim lessons were provided.
- 44 preschoolers experienced early literacy and learned about their world.
- 16 high school students earned their PE credit at the YMCA in the ELO Program.
- 60 youth received their SafeSitter® certification.
- All 13 year olds received a free Y membership.
- 116 youth swam competitively on the Titans swim team.



HEALTHY LIVING

At the Y, we believe that being healthy means more than simply being physically active. It is about maintaining a balanced spirit, mind and body.

- More than 6,000 of us made the Y an important part of improving our lives.
- 7 cancer survivors improved strength and quality of life in our free Partners in Recovery Program.
- 49 American Red Cross CPR certifications and 38 American Red Cross Lifeguard certifications were awarded.
- Over 200 seniors stayed active and connected at the Y Trafton Senior Center.

SOCIAL RESPONSIBILITY

At the Y, we believe we have something special—a sense of community— and that everyone should have access to it. With the help of 221 donors, we were proud to share the Y with 519 children, seniors and families last year who otherwise might not have become part of our Y family.



ORGANIZATIONAL FISCAL PROFILE

For fiscal year ending December 31, 2016

REVENUE & SUPPORT

Child Care:	1,159,218
Membership:	606,347
Program Fees:	246,170
Contributed Income:	197,645
Investment Income:	115,053
Other:	<u>14,020</u>
Total Revenue & Support	\$2,338,453

EXPENSES

Youth Development:	\$743,442
Healthy Living:	894,253
Social Responsibility:	<u>182,711</u>
Total Programs:	\$1,704,865
Management:	445,545
Fundraising:	<u>19,007</u>
Total Expenses:	<u>\$2,284,958</u>

Net Increase in Assets: \$53,495

KEY PERFORMANCE INDICATORS

Current Ratio	2.2	Exceeds*
Debt Ratio	10.7%	Exceeds*
Net Asset Ratio	89.3%	Exceeds*
Debt-to-Net Asset Ratio	12.0%	Exceeds*

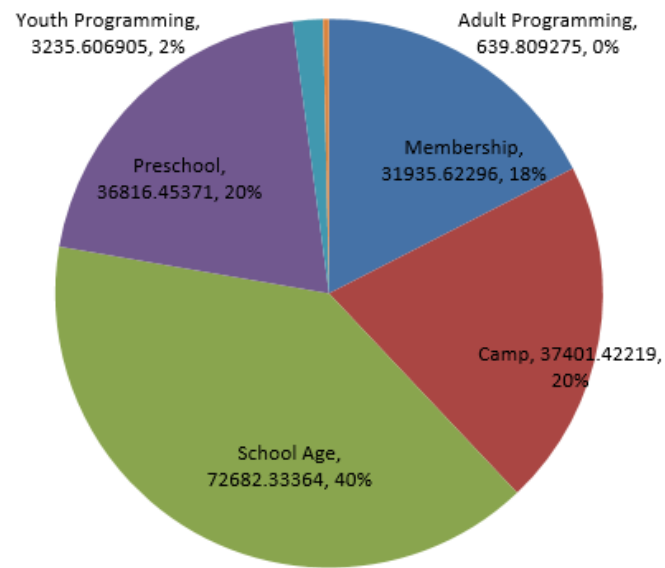
* Y Benchmark

SCHOLARSHIP DOLLARS AT WORK

Kids Out Enrichment Program	72,682
Membership	31,936
Summer Camp	37,401
Owls Preschool	36,816
Youth Programming	3,236
Adult Programs	<u>\$640</u>
TOTAL	<u>\$182,711</u>



2016 SCHOLARSHIPS AND DISCOUNTS



STRENGTHENING COMMUNITY



SCHOLARSHIP DOLLARS AT WORK

- Jusith and her family enjoy their membership at our Y. Her 4 children ages 2—10 learn, grow, and thrive through participation in swim lessons and swim team. One of her two children that swim competitively on the Titans swim team finds that the structure of swim team provides him with personal focus and helps him manage his ADHD.
- Phil and Lil are twins who live in Sanford. Through the generosity of the Sanford Children's Project, Phil and Lil each received a full one week scholarship to summer camp. With help from our financial assistance program, Phil and Lil were able to finish the summer with us at camp. In their mother Susan's words, summer camp "changed the summer for Phil and Lil, allowing them the opportunity to grow and create memories that will last them a lifetime."



I joined the Trafton Center two weeks after I retired from teaching. This was the best decision of my life! The people were so warm and welcoming. I have made many new close friends, and have developed new interests. Watercolors, teaching yoga and volunteering have become an important part of my life. The Center-sponsored trips have brought me a great deal of pleasure and have allowed me to experience travel with other members and learn more about our country. Trafton has become my extended family."

-Karen Ferris, Y Trafton Senior Center Member (pictured left)



For the last four years, the Sanford-Springvale Y has partnered with the Sanford High School Extended Learning Opportunities (ELO) program which is part of Sanford School's Community Based Learning Department. ELOs can be driven by student interest to create personalized experiences that occur outside of the school. They can also be "support-driven" to allow for flexibility in responding to a student's academic or social support needs. The Y provides the means for selected junior and senior students who need social support to earn their physical education credits.

In 2016, sixteen students received their physical education credits that fulfilled their graduation requirements.

Students begin the program with 3 fitness coaching sessions from YMCA staff to development fitness goals and the processes to achieve these goals as well as a free membership for the duration of their credit hours. While Y staff is available for support along the way, students build skills in time management and self-structure by taking responsibility for their 60-90 credit hours of activity.

Samantha Brink, Sanford High School Career Exploration and Personalized Learning Plan manager said, "The YMCA, the PE ELO program allows students who would find it difficult to get through a traditional PE class, a chance to develop life-long workout habits in a real-world fitness center setting. I've watched students that, due to social anxieties had previously struggled through a school PE class, go through this program and develop a love for working out and the ability to associate good feelings with healthy fitness habits."

Madalynn Gagne, a junior in high school who has many different interests including photography and video production also struggles with situational anxiety. "I have anxiety being around a lot of people and working out in front of other people," said Gagne, who participates in the ELO program at the Sanford-Springvale YMCA.

For Madalynn, the Y has become a safe, supportive space for personal growth. Participating in the ELO program has made her more confident and helped her identify exercises like swimming that she can actually enjoy. "It definitely made me feel more comfortable working out in front of people. I feel like no one's there to judge me because I'm just trying to work out and better myself too."

KID TO CAMP

Pamela and Richard Lolley and Celina and Arthur Dumas received the Y's 2016 Youth Development Community Pillar award for their support in establishing the Y's "Kid to Camp" program. This collaboration between the YMCA and the Sanford School System made it possible for 53 Sanford children to attend the Y's Camp Marland for one week, children who otherwise would not have benefited from a summer camp experience. Of the 53 children who attended, 13 returned to Camp Marland for a second week through the Y's financial assistance program.