



GROW YOUR COMMUNITY

The image features a solid orange background with several white leaf silhouettes scattered across it. The leaves are of various sizes and orientations, some pointing upwards and others downwards, creating a natural, organic feel. The text is centered and written in a bold, white, sans-serif font.

WE BELIEVE

THAT LASTING PERSONAL

AND SOCIAL CHANGE

CAN ONLY COME ABOUT

WHEN WE ALL

WORK TOGETHER TO

INVEST IN OUR KIDS,

OUR HEALTH, AND

OUR NEIGHBORS.





LETTER FROM THE BOARD CHAIR & PRESIDENT & CEO

Dear Friends:

Nationally and locally, 2010 was an exciting year for the Y, filled with ever-growing resources and readiness to address our community's needs. Last year marked the unveiling of a national brand revitalization that will help us clarify who we are and what we stand for. The Y's holistic approach to well-being has created an unparalleled breadth and diversity of programs, services, initiatives, and individuals served. This new brand platform provides a framework that will allow us to clearly communicate our cause and impact within three areas of focus: Youth Development, Healthy Living, and Social Responsibility. The YMCA of Metropolitan Washington has a tremendous opportunity to substantiate our purpose and share a powerful account of the lives we have transformed and those we have only just begun to touch.

Throughout history, mythology and religion have upheld the tree as having deep and sacred symbolism. It represents growth, knowledge, nourishment, and protection. Its roots, trunk, and limbs provide an unwavering connection to mental, physical, and spiritual growth. Similarly, as an organization that enables growth in all that is health and wellness, the Y holds a very unique significance to every person we serve. There isn't a better metaphor for all that we stand for than the tree.

- Our deeply-rooted values have served as an anchor for innumerable generations and cultures, ensuring that everyone has the resources they need to learn, grow, and thrive.

- Our tenacity in creating a safe and nurturing environment has allowed us to instill hope in those who weren't given life's basic necessities, such as love and shelter.

- Our diverse programs and services help our members grow tall and strong from infancy through seniority.

- Our operations are always adapting to the needs of our community, giving us the opportunity to branch out and reach more individuals and families.

We hope this report demonstrates the impact of the YMCA of Metropolitan Washington and how you can help us continue to build a strong and supportive foundation for our community.

In Health and Happiness,



Angie L. Reese-Hawkins
President & CEO



Mike Repass
Chair of the Board

2010 HIGHLIGHTS

April 17, 2010: Healthy Kids Day takes place all across the region

January 28, 2010: First Lady Michelle Obama gives a press conference at YMCA Alexandria to address the national childhood obesity epidemic



July 12, 2010: YMCA of the USA unveils new brand strategy



March 19-20, 2010: 132 Youth & Government students attend Legislative Weekend to experience a two-day working simulation of the government

June 2010: A communications audit is launched to analyze the effectiveness of our online and print communications



September 30, 2010: A deal is inked with Perseus Realty on the construction of a new Anthony Bowen YMCA

October 27, 2010: Timmy Harris is honored as Employee of the Year and Barbara Ott, Ex. Dir. for YMCA Youth & Family Services, receives the Community Spirit Award at the Annual Celebration

November 3, 2010: The Fit & Well Seniors program is officially launched at the Colony House in Washington, DC



July 29, 2010: 16th Annual Thingamajig Invention Convention

December 4, 2010: Angie Reese-Hawkins celebrates her 10-year anniversary as President & CEO



December 10, 2010: Leigh Taylor-Kron is recognized by the Washington Business Journal as the nonprofit CFO of the Year



FOR YOUTH DEVELOPMENT: NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

At the Y, we are joined together by a shared commitment to nurture the potential of youth. The programs, services, and initiatives that corroborate this pledge are as follows: Child Care, Education and Leadership; Swim, Sports, and Play; and Camp.

- **19,014** children explored new interests, discovered new passions, and learned core values in our camps
- **1,574** children ages 6 weeks to 15 years were enrolled in our curriculum-based child care programs
- **61,365** children have participated in our nationally renowned youth wellness program, PHD (Physical, Health and Driven), to date
- **8,636** children learned how to swim at the Y
- **3,728** local children explored the fields of science and technology, and learned the importance of protecting the environment at our 16th annual Thingamajig Invention Convention
- **312** teenagers learned the importance of civic engagement and became young leaders in the YMCA's Youth & Government program

OPEN ARMS CAN OPEN MINDS



Carlotte is the great aunt and now guardian to five dynamic children, ages 4 to 16. Twelve years ago, the mother of those five children was merely a teenager... one that was too irresponsible and immature to care for them. Constantly moving and switching responsibilities with the father, the kids did not have the structure they needed to grow. Carlotte could not bear to let them go into foster care, so she graciously opened her home to them. She was also later contacted by the courts to take custody of the children's newest sibling, who was born with drugs in his system.

As you can imagine, Carlotte had her hands full. With minimal resources, she did the best she could to provide them with security, values, education, and the basic necessities such as food and clothes. Try as she might, she knew she couldn't give them the individual attention they wanted and needed. As soon as they were old enough, she contacted the YMCA of Metropolitan Washington to inquire about camp scholarships. Carlotte sought to involve the children in values-driven programs that are designed to promote character and development. The Y was happy to offer assistance, and the four older children were able to attend Camp Letts' resident camp.

As Carlotte describes, "the children were greeted with such warmth and care on their first day of camp," that any nerves they had diminished. They were finally able to explore and discover all that childhood should be: making new friends, participating in interactive activities, challenging themselves, becoming more confident, and developing security with their family unit. When Carlotte saw the kids again, she knew immediately that the Y had cast a new light on their lives. They were more confident and interactive with each other. They developed enthusiasm and interest in constructive activities, such as swimming, nature, and arts and crafts. They had positive role models and were more engaged with the world around them.

**"The Y has made
my family stronger."**

After six years of going to camp, the oldest is now training to be a camp counselor while the others volunteer whenever possible. They have acquired a passion for demonstrating how good it is to help others. Carlotte is thankful that she received the support she needed to create a cohesive family that has strong values, cares for others, and enjoys the simple pleasures in life. "Without the Y, I would have been lost," she recounts. "They honestly care about us and took us in like we were family."

PROGRAM HIGHLIGHT: PHYSICAL, HEALTHY & DRIVEN (PHD)

The YMCA of Metropolitan Washington's renowned PHD (Physical, Healthy & Driven) program is combating childhood obesity and teaching kids how to stay healthy. This program was put into action in 2004, just as sobering statistics on the region's obesity epidemic were hitting the airwaves. Up to 70 percent of D.C. children do not meet recommended levels of physical activity, and more than 25 percent of children in the metropolitan Washington region are either overweight or obese. With challenges from increased TV and video game usage, lack of access to healthy foods, oversized portions, reduced recess time, and lack of sidewalks and safe parks, kids just aren't getting the physical activity they need.

**31,000 children
engaged in
2010 alone**

The PHD program is a nationally recognized childhood obesity program that has paved the way for our youth wellness programming and enabled us to become a national voice on child wellness. It has even garnered the attention of First Lady Michelle Obama with a feature event on the White House lawn in 2009.

It is designed for children ages 6-14 and combines assessment tools, fun games, exercise, nutrition education and family involvement to teach local children how to be healthy... and to inspire a love for it! Through the continued support of CareFirst BlueCross BlueShield, it has already expanded to incorporate a PHD on the Move van, the region's first traveling playground that brings healthy play and wellness education right to our kids' doorsteps.

Since 2004, nearly 62,000 children have taken part in PHD through YMCA after-school programs, summer day camp, in-school programs, specialized events and well-being programs. With 31,000 lives touched in 2010 alone, the awareness of childhood obesity is growing, as is the demand for engaging programs that will help kids develop and sustain a healthy lifestyle.





FOR HEALTHY LIVING: IMPROVING THE NATION'S HEALTH AND WELL-BEING

At the Y, we uphold healthy living through strong engagement and focus on Family Time; Health, Well-Being, and Fitness; Sports and Recreation; and Group Interests.

- **66,495** children, adults, and seniors pursued a healthy lifestyle in our seven local wellness centers
- **14,292** individuals participated in an aquatics class or camp at the Y
- **20,372** children, adults, and seniors participated in programs and classes at the Y that helped them build stronger minds, bodies, and spirits
- **4,237** individuals got active and involved through a Y sports league or program
- **494** seniors became regular participants in our newly-launched Fit & Well Seniors program
- **2,733** individuals and families received \$553,799 in membership scholarships, affording them access to a healthy lifestyle

GETTING YOUNGER BY THE DAY



Pete is no stranger to discipline. At the age of 88, he has spent his life protecting and serving our country through medical and civil services for the U.S. Air Force. Having spent thirty-five years supporting the health of our Armed Forces, Pete is well aware of the importance of a good diet, exercise, and a healthy spiritual relationship. While he has the discipline to stay healthy and active, he hit a speed bump when he couldn't find the support he needed during a time of transition.

**"I can now move
around like I did when
I was 20 years old!"**

In May 2009, Pete moved to Washington, DC, taking up residency at the Armed Forces Retirement Home. During this shift, he went without exercise for over a year due to the disheartening lack of access to senior wellness programs. In the fall of 2010, a YMCA Fit & Well Seniors instructor came to his community and put on demonstrations for the residents. The program immediately captured Pete's interest.


As Pete describes, "[Fit & Well Seniors] is more thorough than any other exercise program I've been in... it's a work out for your whole body." After only seven months in the program, he has had dramatic changes in his cholesterol levels, his flexibility, and his bowling game. During a recent check-up, his physician informed him that his good cholesterol was off the charts, exclaiming "Whatever you've been doing, keep it up!" Pete has also noticed an increase in range of motion and stamina. At a recent city-wide tournament with bowlers of all ages, he proudly came in 52nd place out of 780 total bowlers.

The Fit & Well Seniors program has given Pete the wellness tools he needs as his body ages. "The instructor is the best I've had in the past fifteen years as far as professionalism, knowledge, and compassion," he expresses. There is also more camaraderie among the participants at the Armed Forces Retirement Home. Not only are they more concerned for each other's well-being, but they continuously encourage others to join. Through Pete's improved health, he now has the vibrancy and physical ability to enjoy life to its fullest.

PROGRAM HIGHLIGHT: FIT & WELL SENIORS




The YMCA of Metropolitan Washington formally introduced a new, fun and interactive wellness program unique to the needs of the senior residents of the District of Columbia: Fit & Well Seniors, sponsored by CareFirst BlueCross BlueShield. There are 100,870 seniors who reside in DC, many of whom are widowed, living on a modest income, and have limited access to activities. Not only is companionship an important concern, but we must also think about their health, personal growth, and access to resources. This demographic makes up an ever-growing part of our population, and needed a customized program that will keep them physically and emotionally fulfilled.



We have already reached 1,149 seniors since September 2010

YMCA's Fit & Well Seniors program is a wellness, education, and socialization program unique to the needs of the senior residents of the District of Columbia. In cooperation with Ward 4 Councilmember Muriel Bowser, DC Department of Parks & Recreation, The Salvation Army, and DC's Office on Aging, this program offers land and water-based fitness classes, from the traditional to the latest craze, in all eight Wards of DC. It also incorporates health and lifestyle assessments, inter-generational activities, social clubs, and an upcoming Fit & Well Seniors mobile unit, which will bring our services to community centers and retirement homes. Since the inception of the Fit & Well Seniors program in September 2010, we have already reached 1,149 seniors, helping them rediscover the vibrancy in their lives.





FOR SOCIAL RESPONSIBILITY: GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

At the Y, we stand together to foster a sense of social responsibility. Our impact in this area is demonstrated through Social Services; Global Services; Volunteerism and Giving; and Advocacy.

- **\$1,827,248** was provided in scholarships and subsidies to local children and families who turned to the Y for help
- **8,726** children and adults were able to participate in life-enriching programs and services they otherwise could not afford because of our scholarship program
- **3,536** volunteers contributed **52,340** hours of their time to help the Y achieve its mission
- **189** Board and Committee members volunteered **2,389** hours of their time to help lead the Y
- Over **2,400** adults, children, and families were served by the Y's social services branch, Youth and Family Services (YFS). YFS support includes counseling and early intervention for some of our region's neediest families. All services are provided free of charge.

THE AMERICAN DREAM

In 2000, Zabenay, a native to Ethiopia, immigrated to the United States with her husband to find a better life. This was a very difficult transition for her as she left her entire family behind and had only her husband to rely on. She got her first job working in a fast food restaurant, continuously reassured that once she understood the American Way, she would one day reach her dreams.

“I know I can go
somewhere like the
Y and receive the
help I need.”

Ten years later, her husband suddenly abandoned her and her two young sons with no concern for their safety or security. He had managed the money throughout their marriage, and was now refusing to provide any support. As Zabenay portrays, “While I was looking for a job, I asked him to babysit the kids for me for at least three hours... he told me no.” As fate would have it, her home went into foreclosure shortly after her husband left. Zabenay was lost and confused, with nowhere to turn.

Panic-stricken, Zabenay was referred to the YMCA Youth & Family Services’ Linkages to Learning (LTL) program from a parent coordinator at her son’s school. LTL is a school-based service that provides social, economic, health, and emotional support to at-risk children and their families. Concerned for the welfare of Zabenay and her children, Case Manager Zaida offered a sympathetic ear and helping hand so that she could put her life back together.

With Zaida’s support and companionship, Zabenay was able to fill out papers for a home modification loan and obtain a pro-bono lawyer for her divorce. “I could count on [Zaida] to be there when I needed her the most,” she reflects. Only a year and a half later, her court case is nearly over and her home is no longer being foreclosed on. Zabenay has also finally achieved the American dream: owning her own day care business. When asked what the greatest thing the Y’s LTL program has done for her, Zabenay states, “The best thing is I feel safe.”

PROGRAM HIGHLIGHT: THINGAMAJIG INVENTION CONVENTION

On July 29, 2010, the YMCA was honored to welcome children and parents from all over the metropolitan Washington region to experience the 16th Annual Thingamajig Invention Convention. Created in 1994, this environmentally-friendly competition is the largest diversity and inclusion event in the region which has grown from twenty children in a backyard to nearly 3,800 participants. With the help of nearly 400 volunteers, this "learning carnival" allows children ages 5-14 to stretch their minds and imagine the future with unbound energy, utility, and environmental respect.

Largest diversity and inclusion event in the region

Thingamajig combines STEM (Science, Technology, Engineering, and Mathematics education), active fitness and play, creative eco-art, organic gardening, team challenges, performing arts, and much more into a full-day of creativity and character that you have to see to believe! The ultimate activity challenges kids to create one-of-a-kind inventions using recyclable materials. In 2010, this event featured 48 interactive workshops and received over 900 invention submissions. From gadgets and gizmos to robots to funky fashion, these challenges stimulate the minds, laughter, and ecological behavior of all ages.



THINGAMAJIG INVENTION CONVENTION



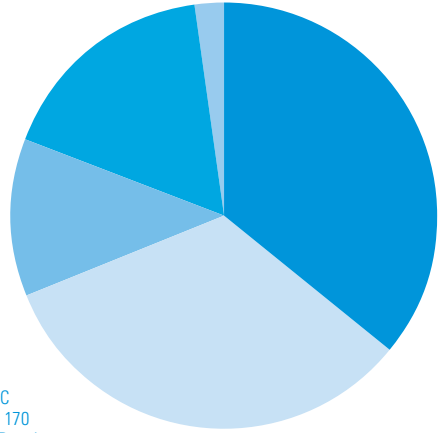
FINANCIALS

(AUDITED FIGURES FOR YEAR-ENDED DECEMBER 31, 2010)

REVENUE & SUPPORT

Membership Dues: \$21,160,790 (36%)
Program Fees: \$19,617,540 (33%)
Contributions and Grants: \$7,317,391 (12%)
Gain on Sale of Property: \$10,270,354 (17%)*
Net Investment Income & Other: \$666,927 (2%)

Total Revenue & Support: \$59,033,002

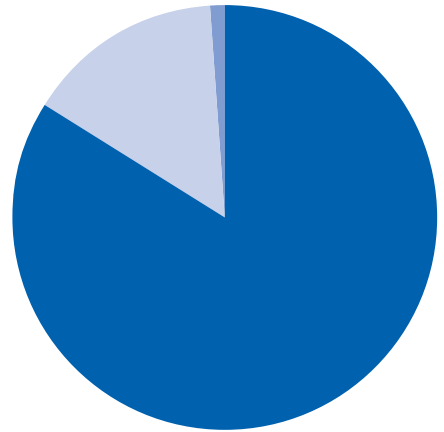


* The YMCA Anthony Bowen property and air rights have been sold to RP Jefferson 14, LLC (the "Developer") to develop a mixed-use project (the "Project"). The Project will include 170 residential units, ground floor retail, and underground parking that will be owned by the Developer along with a 44,000 s.f. full service YMCA facility that will be owned by the YMCA of Metropolitan Washington. The Project is under construction and expected to be complete in 2013.

EXPENSES

Program Services: \$39,424,481 (84%)
Management & General: \$6,957,589 (15%)
Fundraising: \$375,859 (1%)

Total Expenses: \$46,757,929



POSITION AS OF DECEMBER 31, 2010

Assets: \$56,879,505
Liabilities: \$26,400,195
Net Assets: \$30,479,310

2010 BUILDING BRIDGES ANNUAL CAMPAIGN DONORS

Doing Good

The YMCA's commitment is to provide health, education, and social services to anyone irrespective of their ability to pay. Our funders are essential to helping us fulfill our mission – benevolent individuals, corporations and foundations offering hope to our local children and families. As we work together to grow our community and afford access to spiritual, mental, and physical growth, know that your gift personifies your commitment to kinship. The YMCA of Metropolitan Washington extends our sincerest gratitude and appreciation to all of our donors for their continued support of our mission and our community.

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opa.owiye@ymcadc.org with your company's information.**

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LOCATIONS

DISTRICT OF COLUMBIA

1. YMCA of Metropolitan Washington
Association Offices
1112 16th Street, NW
7th Floor
Washington, DC 20036
(202) 232-6700
1-800-473-YMCA

2. YMCA Anthony Bowen
(Under Construction)
14th & W Street
Washington, DC 20009

4. YMCA Capital View
2118 Ridgecrest Court, SE
Washington, DC 20020
(202) 889-0643

3. YMCA Calomiris
Program Center
1906 Allison Street, NE
Washington, DC 20018
(202) 526-4233

5. YMCA National Capital
1711 Rhode Island Ave, NW
Washington, DC 20036
(202) 862-9622

NORTHERN VIRGINIA

6. YMCA Alexandria
420 East Monroe Avenue
Alexandria, VA 22301
(703) 838-8085

8. YMCA Arlington Tennis and Squash Center
3400 North 13th Street
Arlington, VA 22201
(703) 522-1700

10. YMCA Fairfax County Reston
12196 Sunset Hills Road
Reston, VA 20190
(703) 742-8800

7. YMCA Arlington
3422 North 13th Street
Arlington, VA 22201
(703) 525-5420

9. YMCA Woodmont
Program Center
2422 Fillmore Street
(off Lorcom Lane)
Arlington, VA 22207
(703) 527-4966

11. YMCA Loudoun County
26B Fairfax Street SE
Leesburg, VA 20175
(703) 777-9622

MARYLAND

12. YMCA Ayr lawn
Program Center
5650 Oakmont Avenue
Bethesda, MD 20817
(301) 530-8500

14. YMCA Camp Letts
P.O. Box 208
4003 Camp Letts Road
Edgewater, MD 21037
(410) 919-1410

17. YMCA Silver Spring
9800 Hastings Drive
Silver Spring, MD 20901
(301) 585-2120

13. YMCA Bethesda-Chevy Chase
9401 Old Georgetown Rd.
Bethesda, MD 20814
(301) 530-3725

15. YMCA Potomac Overlook
10709 Indian Head Hwy.
Ft. Washington, MD 20744
(301) 203-2302

18. YMCA Youth & Family Services
9601 Colesville Road
Silver Spring, MD 20901
(301) 587-5700

16. YMCA Prince George's County
3501 Moylan Drive
Bowie, MD 20715
(301) 262-4342

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