



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRENGTHENING COMMUNITY

**YMCA OF GREATER HOUSTON**  
2023 ANNUAL IMPACT REPORT



## OUR MISSION:

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

## VISION

As a result of YMCA programs elevating the degree of connectedness, belonging and achievement experienced by residents of the Greater Houston region:

1. A community transformation will occur resulting in empowered youth, healthier families and more inclusive communities.
2. The YMCA of Greater Houston will be positioned for long term sustainability and impact.
3. The YMCA of Greater Houston will be recognized broadly for its innovation, transformational community impact, and leadership development.

## YMCA Family and Friends,



As we reflect on our journey over the past year, we are overwhelmed with gratitude for the unwavering support and dedication of our incredible community. Together, we have made a significant impact on the lives of those we serve.

At the YMCA, we believe that strong communities are the backbone of society. Through our programs and services, we are building healthier families, empowering youth and fostering more inclusive communities. We know that belonging, relationships and achievement are key contributors to thriving communities and as we move into the second year of our 10-year vision we remain steadfast in our commitment to strengthen the foundations of community. To build bridges and connect people. To give everyone a place where they can belong.

2023 was an impactful year with more than 380,000 people served. None of this would have been possible without the tireless dedication of our staff, volunteers, donors, and supporters. Your passion, commitment, and generosity have been instrumental in driving our mission forward, and for that, we are profoundly grateful.

Thank you for being a vital part of this effort.

Stephen Ives | President & CEO

Lee Lahourcade | Board Chair





## WHAT WE DO

The YMCA is committed to building strong communities by providing resources for families to live their fullest and healthiest lives.

As a result of YMCA membership and programs elevating the degree of connectedness, belonging and achievement experienced by residents of the Greater Houston region, a community transformation will occur resulting in empowered youth, healthier families and more inclusive communities.

### EMPOWERED YOUTH

- Sports
- Camp Cullen
- Teen Programs

### HEALTHY FAMILIES

- Aquatics
- Health and Wellness
- Out of School Time
- Seniors

### INCLUSIVE COMMUNITIES

- Adaptive
- Outreach
- International

## FOR ALL

**380,485 People** served in YMCA programs or membership in 2023

**110,000 People** served through membership financial assistance

**\$28.9 MM** Awarded in financial assistance

**\$81MM** Value of programs and services provided to the community at no cost

## YMCA OF GREATER HOUSTON AT A GLANCE

For more than 135 years the YMCA has created inclusive communities to ensure that everyone has equal opportunity.

The YMCA of Greater Houston is the 4th largest YMCA in the country with an expansive 10,000 square mile service area that spans 11 counties.

- 23 Membership centers
- 1 Overnight camp
- 4 Adaptive sites
- 45 Outreach sites
- 206 After-school and early-care sites
- 3,356 Staff and more than 370 board members
- 5,984 Donors who were inspired by our community and our work

Our donors, staff and volunteers are a vital part of strengthening the bonds that form our community.

## OUR YMCA FAMILY

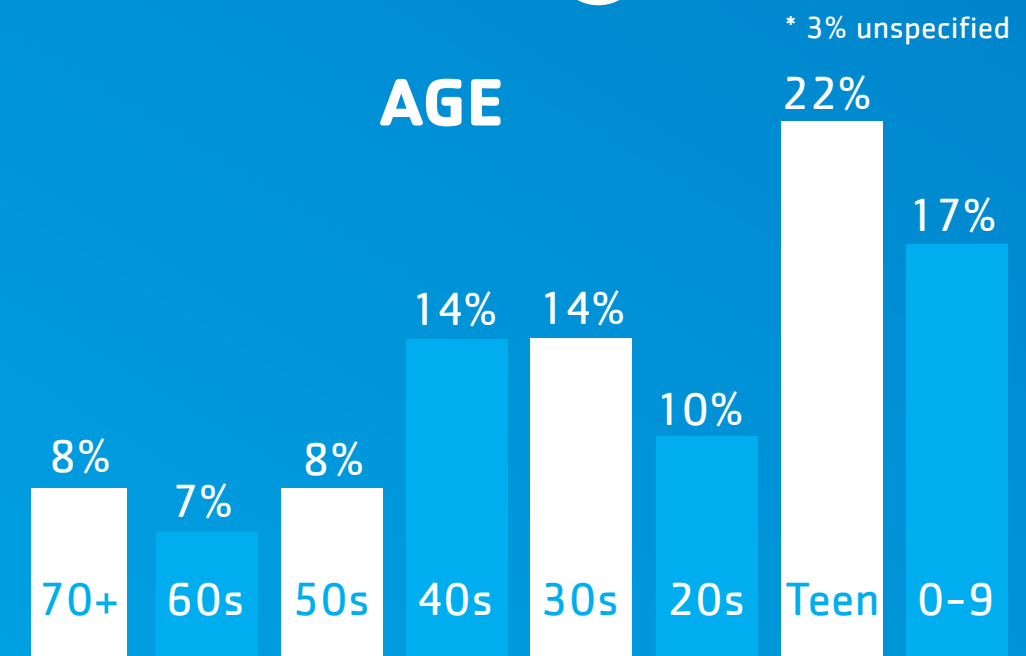
**380,485**  
people served

**175,000+**  
people were members of the YMCA in 2023

### GENDER\*



### AGE





# EMPOWERED YOUTH

Children and teens are better able to reach their full potential by improving educational readiness and closing achievement gaps. By building confident kids today, the Y helps assure they grow into contributing and engaged adults tomorrow.

15%

Physically active children are 15 percent more likely to go to college, according to Project Play.

Adults with strong youth connections are 48-66 percent less likely to experience or engage with mental health issues, violence and risky behaviors, according to the CDC.

A 2022 collaborative study by the American Camp Association and the University of Utah suggested youth participants of camp experienced an increased affinity for nature, willingness to try new things and child friendships.



YOUTH  
SPORTS



TEENS



YMCA CAMP  
CULLEN

## YOUTH SPORTS

The YMCA of Greater Houston empowers youth by providing programming designed to better prepare youth for their futures with skills, confidence and social awareness. In a 2020 report by Health.gov, the President's Council on Sports, Fitness & Nutrition Science Board suggested **youth sports aid mental, emotional and social health**. Whether it's soccer, flag football, basketball, volleyball or baseball, the YMCA's sports programs help establish healthy habits and the importance of teamwork.

## YOUTH SPORTS BY THE NUMBERS

800+

YOUTH SPORT COACHES/  
VOLUNTEERS

14,800+

PARTICIPANTS IN  
YMCA LEAGUES





# TEEN PROGRAMS

Through Y Teen L.I.F.E. (Leadership, Inspiration, Fellowship, Education), the YMCA remains committed to engaging youth ages 12 through 18 with opportunities engineered to help them realize what they're capable of achieving. Whether through cultivating leadership, encouraging a culture of service, helping them with college prep or ensuring they're equipped with workforce skills, the YMCA helps ensure all teens receive an equitable opportunity to learn, thrive and affect change in their community.

63,000+ of people served at the Y are ages 10 through 19

600+ Teens participated in Texas State Youth & Government and YMCA Texas Model United Nations programs

200+ Teens participated in Achievers: College and Career Readiness programs

100+ Teens participated in Leaders Club: Leadership Development & Service Learning programming

## IMPACT IN ACTION:

"Attending the Freedom Tour provided so many eye opening experiences and authentic views on history, history not taught in school. During the trip, I discovered that young people my age have so much power and ability to make true change in the world; and when we put our mind to work for the greater good we become the change that Dr. King spoke about many times. After having experienced the Freedom Tour I am committed to using my voice and platform to teach and inspire other teens."

- Kendriale J. - Participating Teen -

# YMCA CAMP CULLEN

In an effort to provide fun, structure and educational opportunities for children outside of school, the YMCA Camp Cullen experience is an opportunity for young campers to gain independence, build self-worth and create lifelong friendships. Camp Cullen serves children with emotional and adaptive needs, encourages peer engagement and develops leadership skills through summer camps and weekend retreats.

## YMCA CAMP CULLEN BY THE NUMBERS

200+ Operation Purple campers with parents in active military

2,680 Campers from 31 schools participated in Outdoor Education

8,000 Youth and adults impacted through overnight camp, weekend family retreats and outdoor education



# HEALTHIER FAMILIES

While the YMCA of Greater Houston helps communities minimize chronic diseases and the risk of drowning, the organization also strengthens families in other vital areas. In providing mindful programming, guidance on active living, out-of-school enrichment and early-care locations, the Y helps all community members achieve a healthy mind, body and spirit.

## AQUATICS

No matter the age, swimming is a vital skill. Whether ensuring people know how to survive in emergency situations or in offering an alternative form of exercise, the YMCA's Aquatics programs have a profound impact on the Greater Houston community. Apart from group and semi-private swimming lessons, the YMCA's Safety Around Water (SAW) program aims to eliminate drowning by promoting awareness and education through basic swim skills through community partnerships, such as apartments, school districts and other organizations.

## AQUATICS BY THE NUMBERS

**13,000+ participants**  
in Swim programs

**3,800+ participants**  
in Safety Around Water (SAW)  
drowning prevention initiative

**700+ participants**  
on Swim Teams



AQUATICS



EARLY  
CARE



OUT OF  
SCHOOL TIME



HEALTH &  
WELLNESS



# EARLY CARE & OUT OF SCHOOL TIME

Starting at the infant level, youth in the YMCA’s Early Care programs are introduced to daily instruction that focuses on routines and experiences. As a first-step in the path to educational progression, early-care activities are designed to meet the growth and developmental needs of each child with a whole-child approach.

Out of School Time programs are more than a place to go as these after-school hours shape children for the rest of their lives. These high-quality, interest-based activities support development and help to develop confidence, strong character and opportunities to discover interests.

## IMPACT IN ACTION:

“As we were coming to the community from another country, speaking a foreign language, it took us a while to adapt to our new accommodations, including the search for a job to make enough to pay our bills. We needed our daughter to be taken care of at a safe place. We are thankful about the financial aid and opportunities the YMCA have given us. The After School experience has made a difference for my daughter’s life in that she has adapted quicker to a new culture and has learned the language in a positive environment. We are thankful for her experience in the After School programs.” – Mae - YMCA parent

12

Early Care sites

The YMCA is the largest child care provider in the Greater Houston area\*.

\* This includes early care, before-and after-school care and camp programs.

8,000+

youth participated in After School programs across 22 school districts and charter schools

194

After School sites

5,000

campers learned belonging, achievement, empowerment, and social and emotional learning in Day Camp







4.17 MM  
VISITS

The Y offers a variety of programs for all ages to provide everyone in the community an opportunity to achieve, connect and belong.

- Virtual exercise classes on YMCA 360
- Small class offerings such as aerial yoga, kettlebell and other specialty classes
- Nationally certified personal trainers
- Family Group Exercise programs, Home School programs and Martial Arts programs

## HEALTH & WELLNESS

With a number of health and wellness initiatives, the YMCA brings people together. The YMCA is committed to **strengthening the foundations of communities** while bridging gaps, connecting people and increasing the region's physical and mental well-being.

## SENIOR PROGRAMS

In 2023, the YMCA of Greater Houston continued our commitment to providing opportunities for all community members in every stage of life. According to a study, social participation for seniors is associated with **healthier outcomes**, and the YMCA provides social opportunities ranging from technology classes to group training classes and field trips.

## FOREVERWELL BY THE NUMBERS

2,500+

PARTICIPATED IN  
FOREVERWELL  
PROGRAMMING

40,000+

OLDER ADULTS  
PARTICIPATED IN  
YMCA PROGRAMS





# INCLUSIVE COMMUNITIES

Over the course of 2023, we proved communities are stronger when everyone has an opportunity to succeed and improve their quality of life. The YMCA of Greater Houston strives to serve all segments of our collective society by unifying our community through membership and scholarship for all. The YMCA is not a place but a purpose, and everyone is welcome.

**540+**

Miracle League  
Participants



## IMPACT IN ACTION:

"We feel like we've done something and it's done amazing things for our child's confidence and he loves baseball. As soon as he gets on the field, it's his favorite place. To see them grow from how small they were and barely hitting the ball to now just powering it over the fence. He was in the original group in 2012 and it's important to him. Typical kids have other things to look forward to, and this is what he looks forward to it. It's his thing."

- Eric - Miracle League parent -



ADAPTIVE



INTERNATIONAL  
SERVICES



OUTREACH

## ADAPTIVE PROGRAMS

As an inclusive organization, the YMCA strives to provide opportunities for all throughout all of its programming. In the Greater Houston area, there are more than **430,000 households that have someone living with a disability**. Our organization aims to serve these families through adaptive programs and services, ensuring both disabled youth and adults enjoy ample opportunities to learn, grow and thrive in safe, fun atmospheres.

**650+** individuals served through  
YMCA Adaptive Programs



# INTERNATIONAL

YMCA International Services restore hope and well-being through client-centered assistance including services to refugees, survivors of human trafficking and other vulnerable newcomers. **Houston is one of the most diverse cities in the United States** (25 percent of Harris County residents were born outside of the U.S.). YMCA International Services aids with advanced economic independence, social integration and civic participation.

54,000+

Individuals served through YMCA International Services\*

## INTERNATIONAL BY THE NUMBERS

2,400+

UNACCOMPANIED MINORS  
SERVED BY THE POST  
RELEASE SERVICE PROGRAM

200+

SURVIVORS ASSISTED  
BY THE TRAFFICKED  
PERSONS ASSISTANCE  
PROGRAM

25,000+

COMMUNITY MEMBERS RECEIVED ASSISTANCE  
FROM IMMIGRATION LEGAL SERVICES

# OUTREACH

The YMCA of Greater Houston is dedicated to building healthier families, connected communities and empowered youth in areas where resources are limited. YMCA Outreach teams actively meet community members where they are, working with them to identify needs, and deliver high-quality programming, such as out of school enrichment, senior wellness and other supportive services.

Y on the Fly, a Mobile Makerspace, brings STEM, coding and robotics to families unable to access Y facilities. Through this program, we aim to empower today's children to solve tomorrow's problems.

## OUTREACH BY THE NUMBERS

6,400+

PARTICIPANTS IN  
OUTREACH PROGRAMS

1,400+

CHILDREN SERVED AT Y  
ON THE FLY

2,800+

PEOPLE SERVED AT  
AREA FOOD PANTRIES

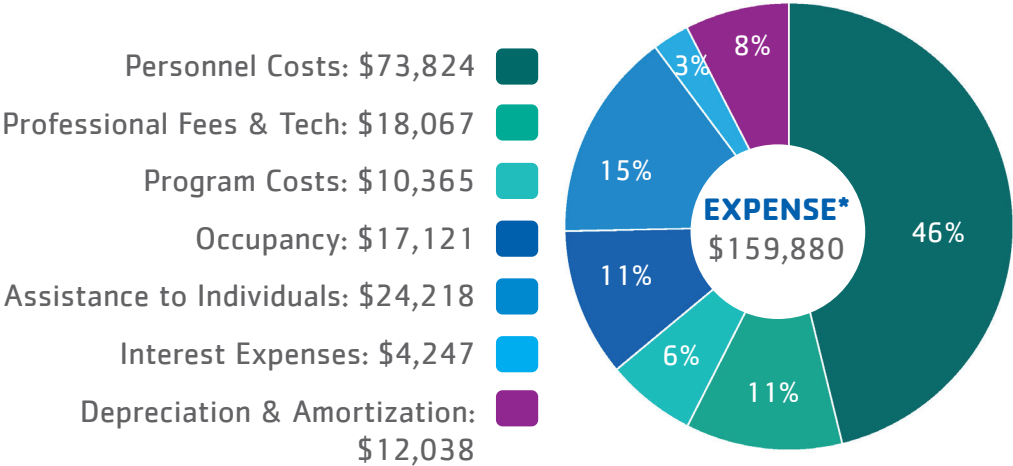
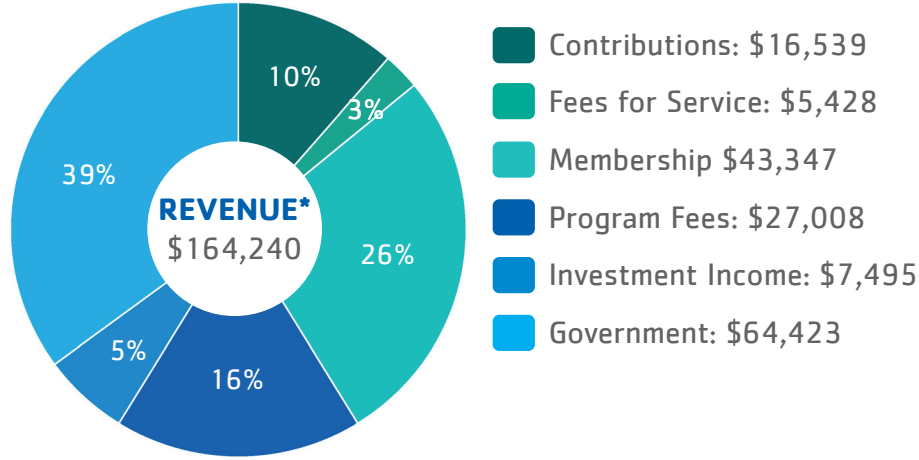
\*Includes duplicate individuals across different services\*





Thanks to the commitment and generosity of partners and donors, 2023 was an impactful year.

2023 BUDGET ACTUALS (\* unaudited in thousands)



NEARLY \$81MM IN 2023 PUBLIC/PRIVATE SUPPORT

- Capital Projects \$3,287,000
- Program Support / Financial Assistance \$9,485,000
- Endowment Contributions \$2,175,000

- United Way \$1,592,000
- Government Grants & Other Support \$64,423,000

OUR IMPACT IN ACTION

Throughout 2023, the YMCA of Greater Houston served the Greater Houston community through a diverse range of programming. This would not be possible without the support of our partners and donors.

**YMCA DIGITAL HUB:**  
As part of the YMCA-USA and HP Inc. global partnership, the YMCA aims to serve 5,000 community members with learning and well-being through digital literacy and STEM education programming, culminating in Houston’s first YMCA Digital Hub at the West Orem Family YMCA.

**COOLING AND WARMING CENTERS:**  
In extreme summer and winter conditions, the YMCA opened its doors to 5,300 people in need, offering support and a safe space.

**FREEDOM TOUR:**  
In partnership with the Fort Bend County District Attorney’s Office and Expose Excellence Youth Program, 40 teens made stops at Civil Rights locations pivotal to the movement and gained historical perspective on the significance of these world-changing events.

IMPACT IN ACTION:

“For many years HISD and the YMCA have worked side-by-side to serve HISD students and their families through out-of-school programming, swim lessons, and sports. The Y has always been open and eager to innovate and deepen our shared impact. When the Sunrise Center initiative was established this fall, we wanted to collaborate with partners who are invested in serving the community and aligned to the purpose. This is why the Y was an easy choice.”

- Najah Callander, HISD Senior Executive Director, External Engagement -

**YMCA OPERATION BACKPACK:**  
In partnership with 30 ISDs, 12 apartment outreach sites and 49 other nonprofits, YMCA Operation Backpack filled a critical need providing school supplies for 30,000+ children in our community.

**Y ON THE FLY:**  
In partnership with ExxonMobil, Y on the Fly secured funding to add two new busses to its fleet to expand our ability to provide mobile STEM programming in Harris County.

**SUNRISE CENTER AT THE WEST OREM FAMILY YMCA:**  
In partnership with Houston Independent School District the YMCA of Greater Houston opened the first HISD Sunrise Center, a site designed to provide students and their families with resources, such as case management services, a mental wellness center, food pantry and more.



# IN YOUR COMMUNITY



## MEMBERSHIP CENTERS

1. ALIEF FAMILY YMCA
2. BRENDA AND JOHN DUNCAN YMCA
3. D. BRADLEY MCWILLIAMS YMCA
4. FORT BEND FAMILY YMCA
5. HARRIET AND JOE FOSTER FAMILY YMCA
6. HOLCOMB FAMILY YMCA
7. HOUSTON TEXANS YMCA
8. LAKE HOUSTON FAMILY YMCA
9. LANGHAM CREEK FAMILY YMCA
10. MARK A. CHAPMAN YMCA AT KATY MAIN STREET
11. M.D. ANDERSON FAMILY YMCA
12. MONTY BALLARD YMCA AT CINCO RANCH
13. PERRY FAMILY YMCA
14. THE WOODLANDS FAMILY YMCA AT BRANCH CROSSING
15. THE WOODLANDS FAMILY YMCA AT SHADOWBEND
16. TELLEPSSEN FAMILY DOWNTOWN YMCA
17. TROTTER FAMILY YMCA
18. T.W. DAVIS FAMILY YMCA (reopening plan in progress)
19. VIC COPPINGER FAMILY YMCA
20. WEEKLEY FAMILY YMCA
21. WENDEL D. LEY FAMILY YMCA
22. WEST OREM FAMILY YMCA

## PROGRAM SITES

23. CONNECT YMCA
24. ALDINE-GREENSPOINT FAMILY YMCA
25. BAYTOWN FAMILY YMCA
26. CONROE FAMILY YMCA
27. YMCA CAMP CULLEN
28. YMCA OF GREATER HOUSTON ADMINISTRATIVE OFFICE
29. YMCA INTERNATIONAL SERVICES
30. YMCA INTERNATIONAL SERVICES
31. YMCA INTERNATIONAL SERVICES





**YMCA OF GREATER HOUSTON**  
PO Box 3007, Houston, TX 77253

**[ymcahouston.org](http://ymcahouston.org)**



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.