



# STRENGTHENING COMMUNITY

**YMCA OF GREATER HOUSTON**  
2024 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 area, a community transformation will occur resulting in empowered youth, healthier families, and more inclusive communities.

The YMCA of Greater Houston will be positioned for long-term sustainability and impact, and will be recognized broadly for its innovation, transformational community impact, and the development of cause-driven leaders who will create the kind of community we all want to live in.

## YMCA Family and Friends,



As we look back on the past year, we are deeply inspired by the incredible impact we have achieved together. The unwavering support, dedication, and generosity of our community propels our mission forward, transforming lives, and strengthening the bonds that unite us.

At the YMCA, we recognize that the strength of our community lies in the connections we build and the opportunities we create for everyone to thrive. Our commitment to fostering achievement, connection, and belonging remains steadfast. In the coming year, we will expand our efforts to measure and evaluate the true impact of our programs, moving beyond participation numbers to meaningful outcomes that reflect individual and community-wide transformation.

We know that when people feel connected and valued, they are empowered to achieve their full potential. In 2024, we served more than 390,000 individuals, providing opportunities for growth, learning, and connection. Behind these numbers are stories of lives changed—youth discovering their potential, families building stronger bonds, and individuals finding a place where they truly belong.

As we move forward, we are committed to deepening our impact by focusing on outcomes that matter most. We are measuring success not only in numbers but in the smiles, confidence, and resilience of those we serve. Together, we are creating a ripple effect that extends far beyond our walls, building stronger, more inclusive communities where everyone has an opportunity to thrive.

This work would not be possible without the tireless dedication of our staff, volunteers, donors, and supporters. Your passion and commitment inspire us every day, and we are profoundly grateful for your partnership.

Thank you for being a vital part of this journey.

Stephen Ives | President & CEO

Paula Mendoza | Board Chair



## WHAT WE DO

The YMCA of Greater Houston is dedicated to fostering vibrant communities by equipping families with the tools they need to lead fulfilling and healthy lives.

Through its membership and programs, the YMCA elevates connections, belonging, and achievement among residents in the Greater Houston area. This commitment will drive a transformative impact, empowering youth, promoting healthier families, and cultivating more inclusive communities.

### EMPOWERED YOUTH

- Out of School Time
- Early Care
- Camp Cullen
- Teen Programs

### HEALTHY FAMILIES

- Aquatics
- Sports
- Health and Wellness
- Seniors

### INCLUSIVE COMMUNITIES

- Adaptive
- International
- Outreach

## FOR ALL

**392,266 People** served in YMCA programs or membership in 2024

**107,000 People** provided access at a reduced cost

**\$34 Million** awarded in financial assistance

**\$84 Million** value of programs and services provided to the community at no cost

# YMCA OF GREATER HOUSTON AT A GLANCE

For almost 140 years, the YMCA of Greater Houston has been dedicated to building inclusive communities where everyone has equal access to opportunities.

As the 4th largest YMCA in the nation, the YMCA of Greater Houston serves an expansive 10,000-square-mile area across 11 counties, ensuring our impactful programs reach diverse populations and foster a sense of belonging for all.

- 22 Membership centers
- 1 Overnight camp
- 3 Adaptive sites
- 19 Community Impact Outreach sites
- 179 After School and Early Care sites
- 3,400 Staff and 380 board members
- 6,402 Donors who drive and inspire us to strengthen and uplift our community through our programs

Our donors, staff, and volunteers play a vital role in strengthening the bonds that unite our community.

## OUR YMCA FAMILY

**392,266**  
People served

**179K+**

People were members of the YMCA in 2024

## GENDER\*



45%

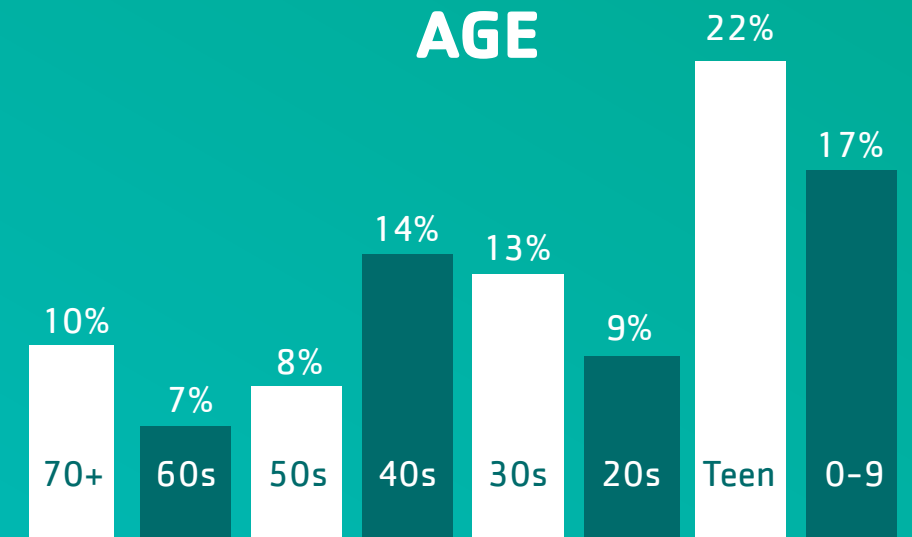


52%



\* 3% did not disclose

## AGE





## EARLY CARE & OUT OF SCHOOL TIME

From infancy onward, children in the YMCA's Early Care programs are immersed in daily instruction that emphasizes enrichment. This crucial programming meets each child's growth and developmental needs. By nurturing skills and a love of learning, the Y ensures children are prepared for future academic success.

Out of School Time programs are more than safe spaces for children to spend their after-school and summer hours; they play a pivotal role in shaping their futures. These high-quality, interest-based activities support development and foster confidence. By engaging in these programs, youth gain essential life skills and experiences that establish a foundation for lifelong success.

### CHILD CARE BY THE NUMBERS

**175**  
After School sites

**30**  
Summer Day Camps

**4**  
Early Care sites

**8,100**  
Youth participated in After School programs across 19 school districts and charter schools

**4,300+**  
Campers learned belonging, achievement, empowerment, and social and emotional learning in Day Camp

**680**  
Young learners in Early Care

# EMPOWERED YOUTH

Children and teens can unlock their full potential through enhanced educational readiness and the closing of achievement gaps. By building and instilling confidence in today's youth, the YMCA ensures our young leaders develop into engaged and contributing adults in the future.

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

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



EARLY CARE



OUT OF SCHOOL TIME



TEENS



YMCA CAMP CULLEN

# TEEN PROGRAMS

Through Y Teen L.I.F.E. (Leadership, Inspiration, Fellowship, Education) programs, the YMCA empowers youth ages 12 to 18 through opportunities that help unlock their full potential. In fostering leadership skills, promoting a culture of service, offering college preparation resources, and equipping participants with essential workforce skills, the YMCA ensures that every teen has access to experiences that encourage growth, resilience, and meaningful impact in their communities. Through their involvement, our teens gain valuable life skills and become agents of change, building a stronger, more tightly knit community.

**More than 65,000 of the people served at the Y annually are youth ages 10 - 19.**

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

**230+ Teens** participated in Achievers: College and Career Readiness programs

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

## IMPACT IN ACTION:

"Attending the YMCA Achievers College and Workforce Readiness Summit was a life-changing experience for me. It opened my eyes to the possibilities that lie ahead and gave me the tools and confidence to pursue my dreams. The workshops and sessions were not just informative but inspiring, pushing me to think critically about my future and what I need to do to achieve my goals. One of the most valuable aspects of the summit was the opportunity to meet and network with my mentors and other teens who share my ambitions."

- Jade I. Y Teen L.I.F.E. Achievers Summit attendee

# YMCA CAMP CULLEN

YMCA Camp Cullen offers children an opportunity to engage in a variety of fun, structured, and educational activities. Campers not only cultivate independence and build self-worth but also forge lifelong friendships. Through these experiences, campers enhance peer engagement and develop essential leadership skills during summer camps, and weekend retreats. The impact of this experience resonates far beyond the campfire, empowering participants to thrive socially and academically.



## YMCA CAMP CULLEN BY THE NUMBERS

**250 Campers** with active military parents participated in Operation Purple

**2,346 Campers** from 27 schools participated in Outdoor Education

**8,600+ Youth and adults** impacted through overnight camp, weekend family retreats and outdoor education

# HEALTHIER FAMILIES

The YMCA of Greater Houston plays a vital role in enhancing community health by addressing chronic diseases and reducing the risk of drowning through targeted programs. Through inclusive programming designed for all—regardless of economic circumstance or location—the Y offers mindful activities and guidance on active living. A holistic approach empowers all community members to work toward a healthy spirit, mind, and body, ensuring that every individual has the opportunity to thrive.



## AQUATICS

Swimming is a crucial life skill for people of all ages. The YMCA's Aquatics programs play a vital role in the Greater Houston community by equipping individuals with essential skills that save lives and provide a healthy form of exercise. Beyond group and private lessons, the YMCA's Safety Around Water (SAW) program specifically aims to prevent drowning by fostering awareness and education through foundational swim skills. By partnering with local apartments, school districts, and other organizations, the Y actively works to create a safer environment for everyone and strives to provide all community members with the opportunity to feel confident around water.

## AQUATICS BY THE NUMBERS

11,500+ Participants  
in swim programs

3,400+  
Participants in SAW

600+ Participants  
on swim teams



AQUATICS



YOUTH  
SPORTS



HEALTH &  
WELLNESS

### IMPACT IN ACTION:

"Upon moving to Houston because of the war in Ukraine, a family was looking for extracurricular activities for their 14-year old daughter, Kellan, and discovered the YMCA's swim team programs. Kellan was timid at first, but quickly grew more comfortable through the support of her coach. Before long, Kellan made friends with several other members of the team, finding a second family."

- YMCA Team Member



88%

According to the Office of Disease Prevention and Health Promotion, 88 percent of parents believe sports benefit their child’s physical health and 73 percent of parents believe that sports benefit their child’s mental health.

Organized sports help youth consistently interact with others to develop communication and conflict resolution skills, in addition to a sense of empathy. \*

Youth program participation is a positive indicator for mental well-being in terms of self-confidence connection to others, and academic performance. \*\*

## YOUTH SPORTS

The YMCA of Greater Houston empowers youth by providing sports programming designed to better prepare them 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, YMCA sports programs help establish healthy habits and the importance of teamwork.



In 2024, the YMCA strengthened its partnership with the Houston Texans by expanding the NFL Flag Football program which included more than 1,100 participants across 17 YMCA locations.

## YOUTH SPORTS BY THE NUMBERS

840+

Volunteer Youth Sports coaches

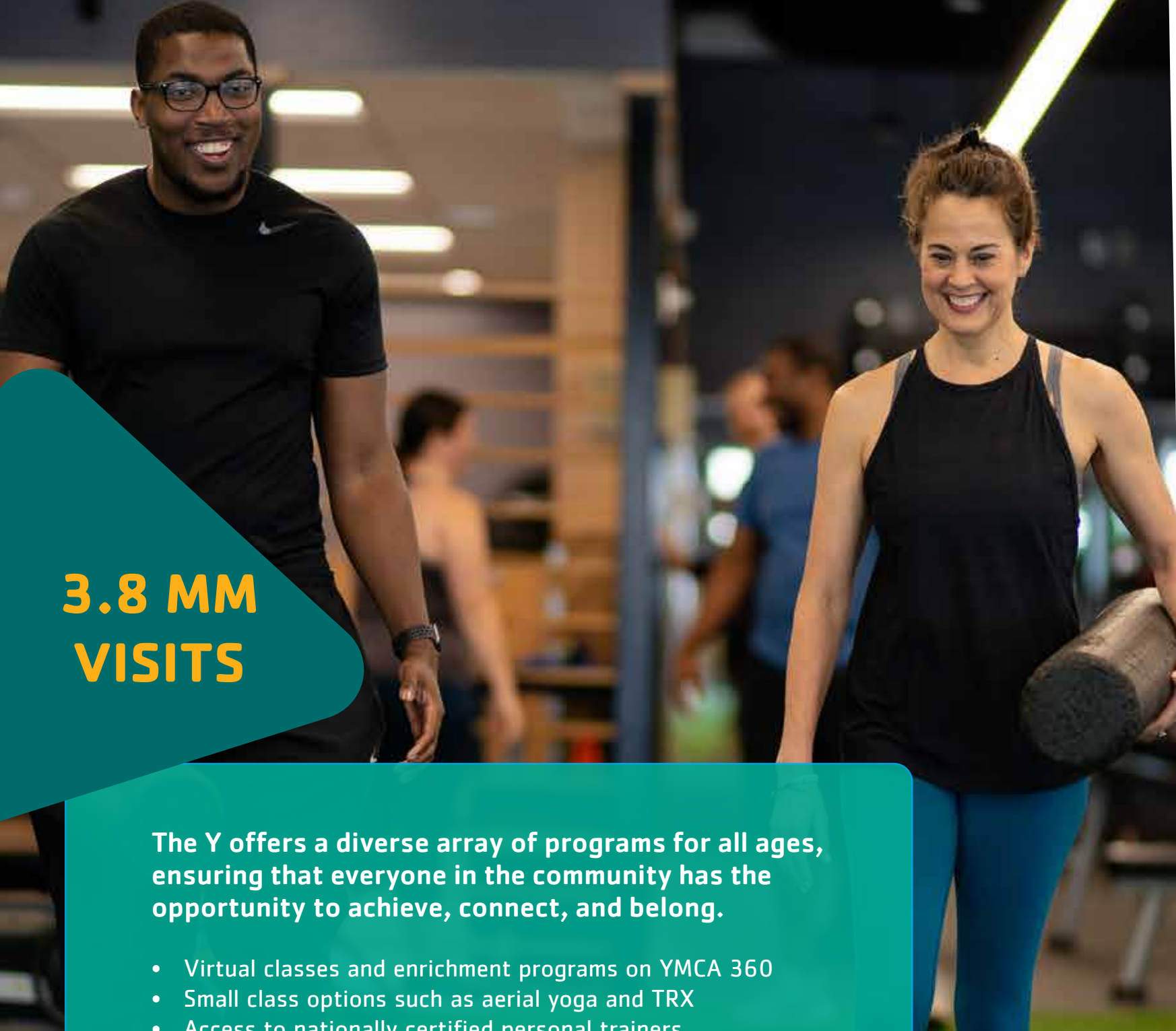
15,500+

Participants in YMCA leagues



\* Council on Sports Medicine and Fitness

\*\*University of Chicago Press



**3.8 MM  
VISITS**

**The Y offers a diverse array of programs for all ages, ensuring that everyone in the community has the opportunity to achieve, connect, and belong.**

- Virtual classes and enrichment programs on YMCA 360
- Small class options such as aerial yoga and TRX
- Access to nationally certified personal trainers
- Group exercise classes for all ages and abilities
- Enrichment program offerings like sports clinics, art classes, tutoring for teens, and family-focused activities and events

As we strive to make Y programming available for all, financial assistance is available to community members, making these valuable resources accessible so that everyone can thrive and enjoy a healthy, active lifestyle.

## HEALTH & WELLNESS

Through a variety of health and wellness initiatives, the YMCA plays a crucial role in uniting individuals and fostering community strength. By promoting active and healthy lifestyles, the YMCA enhances not only physical well-being but also mental health, which is vital for a thriving community. This commitment to strengthening community foundations helps bridge gaps, connect people, and cultivate a supportive environment where everyone can flourish. When individuals prioritize their health, the entire community benefits, leading to a more vibrant, resilient, and engaged society.

[See our Impact in Action](#)



## SENIOR PROGRAMS

The YMCA commits to community members at every stage of life. Recognizing that social participation leads to healthier outcomes for older adults, the YMCA encourages connection and engagement through its ForeverWell programming and membership. Ranging from technology classes and group training sessions to enriching field trips and other activities designed to foster meaningful relationships, the YMCA takes an active role in combatting social isolation. Through these opportunities, older adults can stay active, engaged, and connected.

## FOREVERWELL BY THE NUMBERS

**2,600+**

Older adults who participated in ForeverWell programming

**50K+**

Older adults who were members of the YMCA in 2024





# INCLUSIVE COMMUNITIES

Communities thrive when everyone has the chance to succeed and enhance their quality of life. At the YMCA of Greater Houston, we are committed to celebrating the rich diversity within our community, recognizing how all people contribute to the social fabric of our community. By offering inclusive membership and financial assistance, we strive to unite all our neighbors, creating a stronger, more vibrant community for all.



**660+**

Adaptive sports / Miracle League participants

**800+**

Individuals served through YMCA adaptive programs



ADAPTIVE



INTERNATIONAL SERVICES



OUTREACH

## ADAPTIVE PROGRAMS

As an inclusive organization, the YMCA is dedicated to providing opportunities for everyone through all our programming. In the Greater Houston area, nearly 1 in 10 residents—more than 400,000 people—live with a disability. Nationally, projections show that by 2050, up to 21 percent of households will have at least one member with a disability. We aim to support families by offering adaptive programs and services, ensuring that both youth and adults with disabilities have the chance to learn, grow, and thrive in safe, enjoyable environments.

### IMPACT IN ACTION:

“The impact The Miracle League has had on our son Richard has been one of the most significant in his life. As parents, witnessing our son’s joy, progress, and self-development over the years has been truly remarkable. Richard, affectionately known as “The Gentle Giant” by his team, was diagnosed with autism at the age of four. We struggled to find a place where he felt safe, welcomed, and embraced for who he is. One day, we discovered The Miracle League. We were thrilled to learn about it and signed up, never imagining it would become such a significant and blessed part of our lives. Words cannot express our gratitude. Being a part of The Miracle League has meant so much to our family, especially to our precious angel. We are eternally grateful to all the volunteers and beautiful souls who make this possible.”

—Robert and Liliana N., Miracle League parents

# INTERNATIONAL

YMCA International Services brings hope and well-being through personalized support for refugees, survivors of human trafficking, and other vulnerable newcomers. As one of the most diverse cities in the U.S., with more than 25 percent of Harris County residents born outside the country, Houston embodies a rich tapestry of cultures. YMCA International Services helps these individuals achieve independence, social integration, and active civic participation. Together, we strive to build a stronger, more inclusive community for all.

**54,228+**

Individuals served through YMCA International Services

## INTERNATIONAL BY THE NUMBERS

**3,300+**

Unaccompanied minors served

**300+**

Survivors assisted by the Trafficked Persons Assistance Program

**25K+**

Community members received assistance from Immigration Legal Services



## IMPACT IN ACTION:

“One gentleman, originally from Congo, recently arrived in the United States. In September, he enrolled in an older adult class, where his skills improved rapidly. The client works night shifts, from 10 p.m. to 7 a.m., and still manages to attend classes at 10 a.m. He’s an excellent student who often helps his classmates. The client takes two buses to get to work and uses public transportation to return home. Despite his demanding schedule, he’s always willing to participate in classroom events whenever asked.”

-YMCA International Services Team Member



# OUTREACH

The YMCA of Greater Houston is transforming lives by addressing basic needs, fostering family stability, and empowering youth in under-resourced areas.

Through innovative and responsive outreach, YMCA teams meet individuals where they are, working together to address unique community challenges and deliver impactful programs. These efforts include connecting people with resources for basic needs like food and mental health support, offering out-of-school enrichment to enhance learning opportunities, and providing senior wellness initiatives that combat isolation and improve quality of life. Additionally, youth sports clinics promote physical activity and teamwork, while Safety Around Water programs teach critical water safety skills to prevent drownings and build confidence. Together, these programs create stronger, more resilient communities.

Y on the Fly: A Mobile Makerspace bridges the gap for families unable to access Y facilities by bringing STEM, coding, and robotics to neighborhoods. Four Y on the Fly hubs serve 30 program sites, making the impact of this initiative far-reaching. This outreach program sparks curiosity and equips young minds with the skills to tackle tomorrow's challenges, creating a generation of confident problem-solvers ready to thrive in an ever-changing world.

## OUTREACH BY THE NUMBERS

**7,400+**

Participants in Outreach initiatives

**2,100+**

Children served through Y on the Fly

**2,200+**

People served through Outreach Support Services

### IMPACT IN ACTION:

"I truly admire how the YMCA consistently goes above and beyond to make each of my children feel comfortable to speak their minds in an honest way. When the YMCA offered counseling, I didn't hesitate to have my kids participate. As a grieving family, we are always searching for our voices to be heard. It makes me proud that my kids feel at ease and experience very fun and adventurous activities and are able to make friends. It makes my heart warm that the YMCA cares for my kids' well-being. I feel honored that we are part of the YMCA program every year."

- The Ortega Family



Thanks to the commitment and generosity of partners and donors, 2024 was an impactful year.

**2024 BUDGET ACTUALS** (\* unaudited in thousands)

**NEARLY \$84 MM IN 2024 PUBLIC/PRIVATE SUPPORT**

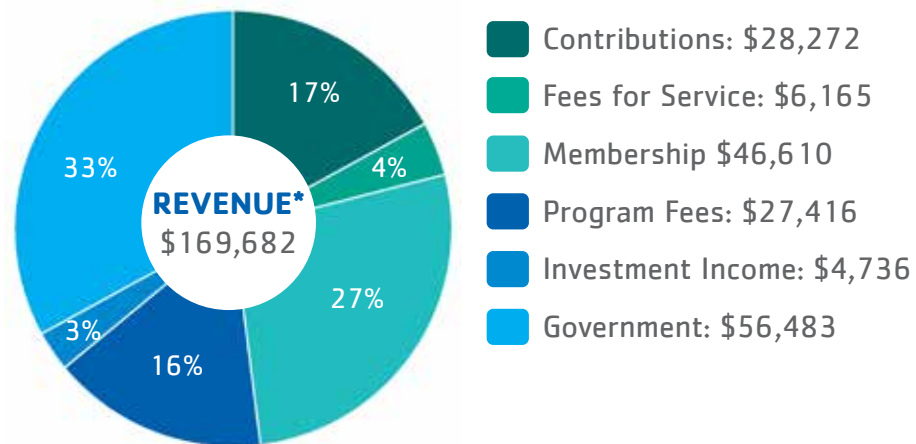
Capital Projects  
**\$8,083,000**

Program Support / Financial Assistance  
**\$10,532,000**

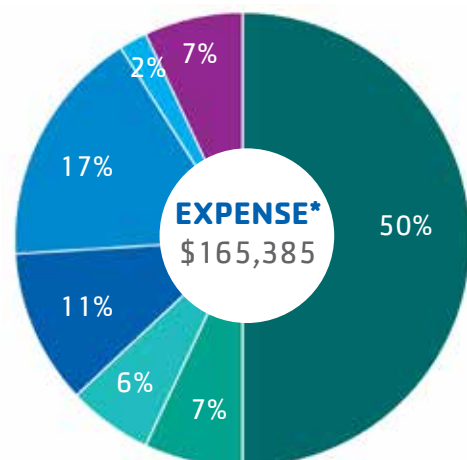
Endowment Contributions  
**\$639,000**

United Way  
**\$1,654,000**

Government Grants & Other Support  
**\$56,483,000**



- Personnel Costs: \$83,368
- Professional Fees & Tech: \$10,907
- Program Costs: \$9,354
- Occupancy: \$18,390
- Assistance to Individuals: \$28,000
- Interest Expenses: \$4,101
- Depreciation & Amortization: \$11,265



# OUR IMPACT IN ACTION

In 2024, the YMCA of Greater Houston supported the community with a wide array of programs. This achievement would not have been possible without the invaluable support of our partners and donors. Thank you for helping us make a difference.

**MENNINGER CLINIC:**

In coordination with the Menninger Clinic, YMCA Camp Cullen offers on-site mental health services including education and training for camp staff, as well as personalized therapy and group sessions for the camp community.

**HOUSTON TEXANS NFL FLAG FOOTBALL:**

The YMCA strengthened its partnership with the Houston Texans by expanding the NFL Flag Football program, which included more than 1,100 participants across 17 YMCA locations, helping to increase community access to fundamental life skills and teamwork in a fun, engaging environment.

**COOLING AND WARMING CENTERS:**

In extreme summer and winter conditions, the YMCA opened its doors to 305 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.

**YMCA OPERATION BACKPACK:**

With the help of 60 community partners, YMCA Operation Backpack filled a critical need by providing 30,000 H-E-B supply kits and 9,000+ backpacks to 31,158 children across more than 40 school districts.

**HOUSTON DYNAMO FUTBOLITO IN THE CITY:**

Youth ages 6 to 14 were invited to register and participate in Futbolito in the City, powered by Shell Energy. The program offered free soccer coaching by the Houston Dynamo FC and the Houston Dash.

**AVIATION/DRONE PILOT PROGRAM:**

In partnership with CenterPoint Energy and Bridging the Digital Divide at the West Orem Family YMCA, drone and aviation classes were offered for HISD Sunrise Center students, combining theory with hands-on learning, covering drone technology, and flight principles; 52 students received their drone license.

**UTHEALTH HOUSTON PEDIATRIC PARTNERSHIP:**

The YMCA of Greater Houston partnered with UTHealth Houston on the Pediatric Health Initiative, a program that helps first-year pediatric residents connect with the community through shadowing and volunteering with regional organizations. In the first year, residents rotated at four YMCA locations, with plans for expansion in the coming years.

# STRATEGIC COMMUNITY PARTNERSHIPS

The YMCA of Greater Houston is dedicated to collaborating with local organizations to support individuals and families in under-resourced neighborhoods. Through six strategically chosen YMCA locations, the Y addresses critical needs such as food resources, ESL classes, employment support, housing assistance, financial literacy, mental health services, and computer literacy—identified through surveys of over 3,000 community members. Together, we strive to uplift and empower all. Program locations include:

- Alief Family YMCA
- Brenda and John Duncan YMCA
- Houston Texans YMCA
- M.D. Anderson Family YMCA
- West Orem Family YMCA
- W.D. Ley Family YMCA

## PARTNERSHIP IMPACT

### SECOND SERVINGS

In collaboration with Second Servings, five YMCA locations across the region tackled food insecurity by hosting monthly pop-up grocery stores, distributing fresh vegetables, fruits, and other essentials to more than 6,600 people.

### HARRIS COUNTY PUBLIC HEALTH

In partnership with the Y, Harris County Public Health has provided registration assistance with government and state programs, health prevention programming for chronic diseases, and care kits to community members.



## 38th Annual Prayer Breakfast

Through an intentional effort to elevate Christian principles in the communities we serve, the YMCA of Greater Houston helps people to develop their spirit, mind, and body while strengthening the bonds that tie us together. To commemorate the National Day of Prayer, on May 2, 2024 the YMCA hosted its 38th Annual Prayer Breakfast, uniting members, donors, staff, and community leaders in faith and fellowship, featuring keynote speaker David Newman. The event celebrated shared values and strengthened the bonds that inspire more connected and compassionate communities.



# HERE FOR COMMUNITY

## YMCA of Greater Houston Capital Projects

### HOLCOMB FAMILY YMCA

In March 2024, the YMCA opened The John M. O'Quinn Foundation Aquatic Center at the Holcomb Family YMCA. This state-of-the-art facility features an eight-lane pool and dedicated teaching lanes. The center offers swim lessons, water safety programs, recreational swimming, and fitness opportunities for all ages.

### M.D. ANDERSON FAMILY YMCA

Following a community needs assessment, the YMCA of Greater Houston has initiated planning and fundraising efforts to rebuild the M.D. Anderson Family YMCA. This project will include a wellness center, group exercise studios, new gymnasium, child care, an outdoor pool, and other amenities.

### T.W. DAVIS FAMILY YMCA

For more than 30 years, the YMCA has served Fort Bend County as a hub of community support and engagement. The YMCA has raised \$11.8 million toward a \$16.8 million dollar goal to re-imagine the T.W. Davis Family YMCA. The new facility will include pickleball and tennis courts, multipurpose rooms, recreational fields, expanded parking, and other amenities.

## CELEBRATING EXTRAORDINARY CONTRIBUTIONS

In 2024, the YMCA of Greater Houston recognized three outstanding individuals who exemplify the Y's mission of service, leadership, and community impact.

**DAVID D. ALLEN MEMORIAL AWARD** – Rodney Finke, honored for his exceptional leadership, dedication, and contributions that have had a lasting impact on the YMCA of Greater Houston.

**JAMES GALLOWAY AWARD** – James Holcomb, honored for his exemplary volunteerism and commitment to strengthening YMCA programs through corporate and civic leadership.

**JESSICA LOVERICH TEEN AWARD** – Sydnei Sisney, honored for her impactful volunteerism, strong leadership, and embodiment of YMCA core values. She also received a \$2,500 scholarship in recognition of her contributions.

# 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. TELLEPSEN 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. YMCA CAMP CULLEN
26. YMCA OF GREATER HOUSTON ADMINISTRATIVE OFFICE
27. YMCA INTERNATIONAL SERVICES
28. YMCA INTERNATIONAL SERVICES
29. YMCA INTERNATIONAL SERVICES



See a full list of our locations and program sites.

## YMCA OF GREATER HOUSTON 2025 BOARD OF DIRECTORS

Paula Mendoza – Board Chair  
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Daniel A. Bates  
Dan Bellow  
Gabriela (Gabby) Boersner  
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Charles E. Comiskey  
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### LIFE MEMBERS:

John S. Arnoldy  
Robert J. Doyle  
D. Bradley McWilliams  
Robert McFadden

Beth Shea  
Howard Tellepsen  
Richard W. Weekley



**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.