LOCATIONS

Family Branches

BARCO-NEWTON FAMILY YMCA

2075 Town Center Boulevard Orange Park, FL 32003 904.278.9622

BROOKS FAMILY YMCA

10423 Centurion Parkway North Jacksonville, FL 32256 904.854.2000

DYE CLAY FAMILY YMCA

3322 Moody Avenue Orange Park, FL 32065 904.272.4304

FLAGLER CENTER YMCA

12735 Gran Bay Parkway West, Suite 201 Jacksonville, FL 32258 904.370.9622

JOHNSON FAMILY YMCA

5700 Cleveland Road Jacksonville, FL 32209 904.765.3589

MCARTHUR FAMILY YMCA

1915 Citrona Drive Fernandina Beach, FL 32034 904.261.1080

PONTE VEDRA YMCA

170 Landrum Lane Ponte Vedra Beach, FL 32082 904.543.9622

ST. AUGUSTINE YMCA

500 Pope Road St. Augustine, FL 32080 904.471.9622

WILLIAMS FAMILY YMCA

10415 San Jose Boulevard Jacksonville, FL 32257 904.292.1660

WINSTON FAMILY YMCA

221 Riverside Avenue Jacksonville, FL 32202 904.355.1436

YMCA AT THE BANK OF AMERICA TOWER

50 North Laura Street Jacksonville, FL 32202 904.356.9622

YMCA AT BAPTIST NORTH

11236 Baptist Health Drive Jacksonville, FL 32218 904.592.9622

YMCA AT FLAGLER HEALTH+ VILLAGE

98 Turin Terrace St. Augustine, FL 32092 904.500.9622

Corporate Extension

YMCA AT UF HEALTH JACKSONVILLE

580 West 8th Street First Floor, Tower II Jacksonville, FL 32209 904.244.9350

Other Facilities

ATLANTIC KIDS CAMPUS

1205 Atlantic Avenue Fernandina Beach, FL 32034 904.261.1080

BAKER COUNTY AQUATICS CENTER

136 West Lowder Street Macclenny, FL 32063 904.259.0898

YMCA CAMP IMMOKALEE

6765 Immokalee Road Keystone Heights, FL 32656 352.473.4213

JESSIE BALL DUPONT YOUTH DEVELOPMENT CAMPUS 7373 Old Kings Road South

Jacksonville, FL 32217 904.731.2006

TIGER ACADEMY

6079 Bagley Road Jacksonville, FL 32209 904.309.6840

YULEE KIDS CAMPUS

86029 Pages Dairy Road Yulee, FL 32097 904.548.0820

METROPOLITAN OFFICE

40 East Adams Street, Suite 210 Jacksonville, FL 32202 **P** 904.296.3220 **F** 904.296.4744

YMCA OF FLORIDA'S FIRST COAST

FCYMCA.org

STRENGTHENING THE FOUNDATIONS OF COMMUNITY



FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY



2019

ANNUAL COMMUNITY IMPACT REPORT

YMCA OF FLORIDA'S FIRST COAST

THE Y IS A POWERFUL ASSOCIATION OF MEN, **WOMEN AND CHILDREN** OF ALL AGES AND FROM **ALL WALKS OF LIFE** JOINED TOGETHER BY A SHARED PASSION: TO STRENGTHEN THE **FOUNDATIONS OF** COMMUNITY.

dear friends,

Today and every day, the Y strengthens communities by connecting people to their potential purpose and each other.

We are the leading nonprofit focused on empowering young people, improving health and wellbeing and inspiring action in communities across the country, and right here on the First Coast. Since our doors opened in Northeast Florida in 1908, we've fostered environments where individuals and families can find encouragement, guidance and support. Our work is needed now more than ever. Our nation is increasingly divided. Places where common ground is found are a rarity, and digital bubbles further separate us. We are polarized, lonely, and craving real human connection.

Together with you and your neighbors, we are making a meaningful difference. By bringing together people from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive. In 2019, our Y provided a place to play, to learn, to be healthy, to eat well, and to give back. We gave newcomers belonging, cancer survivors hope, seniors a way to connect, teens empowerment and children life-changing experiences.

We are so thankful for those who advocate for and contribute to our important work. We believe that every person, family and neighborhood has the potential to bring about positive change. And together, we have the power to do so much more.

f you are not already a part of our cause-driven community, we hope you become motivated to oin in, get involved and take action for the greater good.

For a Better Us.







SHELLY BOYNTON Chair, Board of Directors

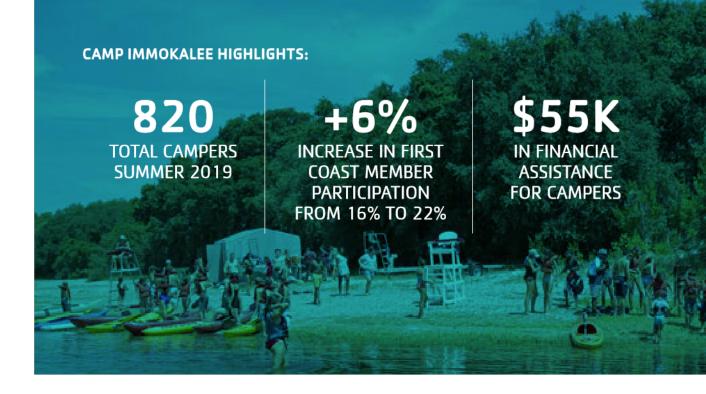


YOUR HOME

FROM ALLISON EAST, EXECUTIVE DIRECTOR & ABBI PITTMAN, PROGRAM DIRECTOR, **CAMP IMMOKALEE**

When YMCA Camp Immokalee began in 1909, the founders pulled from the Mikasuki language and chose a word that describes our camp perfectly. "Immokalee" means "your home," and that is what we strive to be.

We often ask our campers what they love about camp. and more than anything, we hear that camp allows them to be themselves. Because it allows campers to free themselves from the roles they play in their everyday lives at home and school, overnight camp is uniquely powerful. Campers can decide who they want to be and test that person out in a safe, judgment-free environment. They can shuck technology, responsibility. and expectations for a week, and they can play on acres of woods and water. They can become the one who's great at archery, the one who told that joke, the one who crushed the talent show, the one with the cool t-shirt, and so much more. The opportunities for success at camp are nearly endless, and having that one success at camp can be truly life-changing for a camper.



Camp takes campers out of the hustle, bustle, and scheduled busyness of their everyday lives and gives them a gift we forget they need: the gift of play. Camp runs on a schedule, but within that schedule, campers have the flexibility and imagination to make camp their own. Under the supervision of our counselors.

campers can embark on an Arctic Expedition in the middle of summer, take part in the Triwizard Tournament in the

"Camp is the best experience for kids to learn to grow and find who they are and what they're interested in!"

- CAMERON BROWN, Counselor In Training

While campers learn that they can change themselves and the world around them, they're supported by a community of staff and campers who experience similar things right alongside them. They understand the pain of losing Capture the Flag, the joy of being asked to the dance, and the sadness of saying

goodbye. Sharing these moments and emotions bonds people together in a way most campers don't experience outside of camp.

From the outside

looking in, camp seems like fun and games, and while that's definitely a part of it, camp is so much more. It's a place for kids to be themselves, to learn life lessons, to see the world differently, to meet people from different walks of life, and so much more. Camp Immokalee is a home.

2020, and so much more. These wild games and ideas do more than entertain our campers. They teach our campers how to turn a pool noodle into a sword and a ball into a zombie virus – and these things teach

middle of Keystone Heights, capture a dinosaur in

them that the world is what they make it.

YOUTH DEVELOPMENT IMPACT STATS

204 TEENS

served in summer offerings at Barco-Newton, duPont, Johnson and Ponte Vedra YMCAs

TAKE STOCK IN CHILDREN

100% graduation, 16 scholarships. \$110,000 awarded: 171 Teens employed at First Coast Ys in 2019

SUMMER DAY CAMP

3.764 campers in summer 2019: **64,151** free meals: 2,071 campers at Thingamajig, 362 presidential challenge participants

TIGER ACADEMY

Over 450 students served: 24 students headed to college after graduating May 2019

BEFORE & AFTERSCHOOL PROGRAM

42 sites. 2.985 served. \$308,325 in financial assistance, **242,500** free meals

SWIM TEAM

Recreational: 388 participants. \$2,329 in financial assistance to 90 participants: Competitive: 318 participants -134 Flyers, 184 Flyers in Training





It seems impossible these days to find someone who has not been touched by cancer. If and when treatment ends, the cancer journey does not. Survivors face numerous unique physical, psychological, social, spiritual and financial circumstances throughout their diagnosis, treatment and remaining years of their lives.

The First Coast YMCA is now helping adult cancer survivors reclaim their health and well-being through LIVESTRONG® AT THE YMCA. This evidence-based, 12-week program helps participants improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life.

When Emma Greenhill started the program at the Dye Clay Family YMCA, she was nervous but determined to regain her self-confidence. The YMCA coaches and other participants helped put her at ease. "Right from week one, everybody was so friendly and so supportive. I feel very comfortable here," says Emma.

After struggling to get back into his normal routine, Michael Shaeffer discovered the program gave him the motivation he needed. "I'm moving things that I need to move and it's getting me out of this lackadaisical attitude that's not good for me," says Michael.

Certified personal trainer Ibrey Hudgens is a LIVESTRONG® AT THE YMCA coach at the Dye Clay Y.

She's inspired by the perseverance of the participants. "These survivors come to us at different stages of their cancer journey. Being able to help them get back on a fitness path really helps them mentally and

physically," Ibrey says. "It's a beautiful thing to watch their confidence improve and see them form bonds with each other through this shared experience."

"That camaraderie of being with people that are all going through something similar. I mean we all kind of have the same but different situation," says Emma. "What I am really enjoying is how we are really coming together. I feel like we are really supporting each other and getting behind each other."

"It's a beautiful thing to watch their confidence improve and see them form bonds with each other through this shared experience." Ibrey is now leading the LIVESTRONG® AT THE YMCA Alumni program. Former participants meet once a month at a restaurant of their choosing. "It has been a blast," says Ibrey.

"Seeing what they are conquering now in everyday life is rewarding, and I am privileged to still be a part of their lives."

HEALTHY LIVING IMPACT STATS

2,500 INDIVIDUALS

visited Healthy Living Centers across the First Coast; 1,812 people attended Nutrition Services

OVER \$160,085

received in grant funding to support Healthy Living programs in 2019

FIRST COAST GAMES

33 teams and **over 3,000** people participated in activities including Basketball, Camp Day, a Healthy Living Challenge and more. 2020 will celebrate our 15th anniversary and launch a southern version of the Games in St. Johns County.

50 & BETTER

2,958 SilverSneakers® members made 242,293 visits to the Y;
928 Renew Active members made 61,340 visits

CELEBRATE LIFE 5K

362 Participants ran and walked in the annual Celebrate Life 5K at the Johnson Family YMCA—the most it has ever had!

YMCA AT FLAGLER HEALTH+ VILLAGE

had its Grand Opening on July 2, 2019. Since then, it has had over 75,000 visits.



ALL ARE WELCOME

The Y has a long history of welcoming and engaging immigrants – from launching the nation's first English as a Second Language class in 1856 to providing aid to thousands of new arrivals at Ellis and Angel Islands in the early 1900s. We believed then as we do now, that offering our newest neighbors the support and care to thrive creates stronger, more connected communities for all.

Our commitment is evident every day at the New American Welcome Center (NAWC) at the duPont YMCA Youth Development campus, It's a place where immigrants and refugees unite and bond around a shared love for art, learning new techniques, practicing English and sharing stories. Participants are from dozens of different countries including Iraq, Afghanistan, Syria, Lebanon, Cuba, Venezuela, Colombia, Burma, Congo and Sudan.

The NAWC provides complimentary resources and classes that help newcomers integrate into American society. Favorites include citizen preparation classes, community gardening, sewing lessons, family swim lessons and a first-time home buyers' seminar. Our staff also connect participants with community partners to acquire health insurance, make doctor appointments and enroll their children in school. Newcomers also meet new friends and find common ground through NAWC special events that celebrate different cultures.

"Our participants know that the door is always open," says Amber Dodge, Senior Program Coordinator at the NAWC. "Some stop by just to say

hello and hang out while others want to talk about deeply personal matters

that they would hesitate to share elsewhere. I love the relationships that we have built and that the participants have built with each other."

The goal for staff is to make a positive impact in participants' lives every day. Some have benefited in significant ways, like Naw, a mother of 8 from Burma, She lived most of her life in a refugee camp in Thailand and never had the opportunity to go to school. Naw was determined to become a naturalized citizen and attended the citizen preparation class regularly. Although she didn't pass the exam on her first try, the NAWC gave her support and helped



her find the strength, knowledge and determination to pass on her second attempt. She is now looking forward to voting in the upcoming presidential election, which will be the first time she has ever been allowed to vote in her lifetime.

"The best part of this work is being able to celebrate accomplishments and milestones alongside newcomer families," Amber says. "We are there with them as they become citizens, get their first job, buy their first house or have the first child in the family graduate

> from high school. I'm so grateful to be involved in an organization that embraces the newcomer community and welcomes everyone without expecting anything in return."

In Jacksonville, nearly one in ten residents is an immigrant.



We are one of 18 Y-USA supported NAWCs around the country and the first and only location in Florida.

SOCIAL RESPONSIBILITY IMPACT STATS

1.600 VISITS

by 222 participants to New American Welcome Center (NAWC) at duPont Family YMCA Youth Development Campus

ONE NATION

Six NAWC participants became naturalized citizens in 2019

40 Muslim women and girls completed Safety Around Water classes. By the end of their 8-week course, all of them were swimming and to show their gratitude, they hosted a thank you party for the instructors and lifequards.

SAW & SWIM LESSONS

2.954 Total SAW participants. **3,787** Swim Lessons participants, 213 lessons were given. and \$6.389 was awarded in financial assistance

FAMILY TIME

Nearly 350 people took advantage of our new Parents' Night Out at First Coast YMCA branches

WELCOMING WEEK

at the Brooks Family YMCA served 6.345 individuals in Diversity and Inclusion activities that demonstrate our role in uniting people from all cultures and all walks of life.



JOINING FORCES

MILITARY IMPACT ON THE FIRST COAST

- More than 2,400 military families were supported across the First Coast. A total of \$1.5 million in scholarships were awarded to help them achieve their health and wellness goals.
- During our annual Back-to-School Bash, 953 military family members attended the event across the association. 678 backpacks were collected, filled with school supplies, and distributed to military families. Our event partners included over 19 community-driven organizations like Wounded Warrior and Military Museum in Green Cove Springs.
- The 13th Annual Josh Watkins Tennis Tournament was held on Veterans Day Weekend. Marine Corporal Josh Watkins grew up going to the Y and eventually became a counselor, lifeguard, and also helped with tennis maintenance. He was killed in action during a deployment in Iraq. The tournament honors his life and legacy. Since its inception, 21 veteran students have received scholarships at UNF through the money raised at the tournament. Participants were also among the first to utilize the newly renovated tennis courts that were also dedicated to longtime YMCA tennis pro, John Dister.



To address the needs of military children, the Barco-Newton Family YMCA launched Operation Hero. In partnership with the Armed Services YMCA, Operation Hero is an evidence-based afterschool enrichment program that is designed to address the concerns faced by our military youth and families. In 2019, the Barco-Newton Y served 60 military kids over five sessions and placed 30 on a wait list due to the growing needs in our community. Recently, one session reported over half of the students participating had a parent currently deployed. Operation Hero's outcomes are measured by pre and post survey data results from the parent and child and directly reported to the Armed Services YMCA in Washington D.C. During 2019's pilot program, every child and parent reported improvements in both academics and behavior. Parents also shared that their relationships with their child had strengthened and their child better expressed their emotions as a result of the program.



riven by its founding mission, the Y has served as a leading nonprofit committed to strengthening community for more than 175 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide.

Join our cause and donate online at FCYMCA.org/give







A BETTER US
IS WITHIN
REACH



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANNUAL CAMPAIGN PLEDGE FORM

Name (Company):
Contact:
Address:
City:
State: Zip:
Home Phone:
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E-mail:
Formal name(s) for recognition:
I wish to pay my pledge over years via
 Quarterly Annual installments beginning on
I pledge:
□ \$30 □ \$60 □ \$429 □ \$450
□ \$580 □ \$1,000 □ \$1,500 □ \$
My balance will be paid by:
☐ Gift payment now
Remind me during the month of:
☐ Bankdraft (authorization form needed if not currently on bankdraft)
□ Visa/Mastercard
Card No:
Exp. Date: Security Code:
Signature:
Contributor Signature:
Date:

Your donation makes all the difference.

THANK YOU.

LET'S DO THIS TOGETHER.

\$30 | GIVE A MONTH OF ADAPTIVE WELLNESS TO A WOUNDED WARRIOR, A STROKE SURVIVOR OR A BRAIN INJURY PATIENT

Participants receive guidance and resources to aid in their recovery through individualized exercise plans and group interaction.

\$60 | SAVE A CHILD'S LIFE

Help an at-risk child build confidence and be safe in and around the water with Safety Around Water instruction.

\$429 | HELP PREVENT DISEASE

Endorsed by the CDC, the year-long YMCA Diabetes Prevention Program helps participants adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight to reduce their chances of developing the disease.

\$450 | PAVE THE WAY FOR TOMORROW'S LEADERS

Provide a scholarship to State Assembly for a Youth In Government (YIG) high school student, enabling him or her to build leadership skills, self-confidence and learn first-hand how our state government operates.

\$580 | BUILD CONFIDENCE IN OUR YOUTH

By spending a week at our resident Camp Immokalee, kids can discover who they are, achieve their goals, learn about the outdoors and make friendships and memories that last beyond the summer.

\$1,000 | PROVIDE AN ENRICHMENT EXPERIENCE FOR AN ENTIRE GRADE AT TIGER ACADEMY

Cultivate children's imaginations and broaden their learning horizons. Many of our YMCA charter school students in Northwest Jacksonville have never experienced a tour of an art museum or a theatrical performance before.

\$1.500 | GIVE A SUMMER TO REMEMBER

Provide 10 weeks of summer day camp full of exciting activities to keep minds and bodies engaged and support healthy lifestyle behaviors. Our focus on reading time prepares students to head back to school by the end of the summer with a fresh set of skills.



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Total Volunteers

25,961
Hours Invested

\$660,188
Estimated Work Value

For Fiscal Year ending September 30, 2019

FINANCIAL OVERVIEW

BALANCE SHEET All Funds

DOLLARS IN THOUSANDS - (AUDITED)

ASSETS		
Cash and cash equivalents	\$	8,613
Accounts receivable		1,016
Pledges receivable		3,959
Land, building and equipment	6	8,470
Other assets		338

TOTAL ASSETS	\$82,396
IOIVE VAREIA	402,330

LIABILITIES

Accounts payable	\$ 2,266
Deferred revenue	1,250
Long term debt	32,147
Other liabilities	2,963

TOTAL LIABILITIES

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Without donor restrictions	\$ 31,923
With donor restrictions	11,847

TOTAL NET ASSETS \$43,770

REVENUE AND EXPENSE All Funds

DOLLARS IN THOUSANDS - (AUDITED)

REVENUE AND PUBLIC SUPPORT

Contributions	\$ 4,464
Fees and grants from various agencies	4,972
United Way	181
Membership dues	17,752
Program fees	10,553
Other revenue	646

TOTAL REVENUE	\$38,568
AND PUBLIC SUPPORT	

EXPENSES

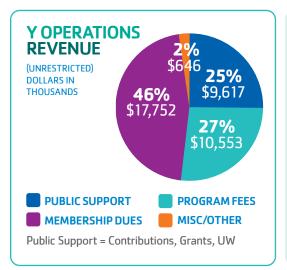
\$38,626

Youth Development	\$ 18,276
Healthy Living	13,613
Social Responsibility	348
Management	6,181
Fundraising	1,037

TOTAL EXPENSES	\$ 39,455
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Change in value of interest rate swaps	\$	(163)
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NET FROM ALL FUNDS	>	1,050
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OUR MISSION

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

2019 FUNDING PRIORITIES

1. Creating Healthy Families and Communities

SUPPORT those in need by giving toward Y scholarships. We provide scholarships to those who cannot afford memberships and programs like Diabetes Prevention and Stroke Wellness.

CONNECT with others in Group Exercise or Small Group Training classes to broaden your Y network.

INVITE your friends to become members of the Y and save on your membership through our 20/20 Member Referral Program.

2. Making Kids of All Ages Safe in the Water

SUPPORT year-round free swim lessons for underresourced youth to help reduce accidental drownings in Northeast Florida.

CONNECT with the Y's Leadership University to enhance your personal knowledge, skills and abilities.

INVITE friends and family to volunteer for First Coast Games or Healthy Kids Day.

3. Academic and Life Achievement for Our Youth

SUPPORT afterschool and camp activities that mold character and promote academic skills in our youth. Sponsor a student at Tiger Academy, our charter school. Provide a scholarship for an underprivileged camper to Camp Immokalee.

CONNECT with the Y's Angel Tree program to give gifts during the holidays to children who live under the poverty line. Donate school supplies for military children in August for Operation Salute.

INVITE a friend or family member to mentor a child in the Y's Take Stock in Children program (Clay County) or YMCA READS! (Duval County).

4. Helping Teens Become Leaders

SUPPORT Youth In Government at new schools and support training for statewide legislative experience. Support YMCA teen memberships and Teen Forward, the Y's initiative in Riverside and Northwest Jacksonville.

CONNECT with the Y's 5K series to raise funds to provide scholarships for teens in need. Visit FCYMCA.org to follow our Youth In Government leaders to Tallahassee.

INVITE someone to join Togetherhood or to volunteer at other teen events at your branch.

VISION 2025 STRATEGIC PLAN

ASSOCIATION Strategic Priorities

- 1. Secure Our Long Term Sustainability Through Philanthropy and Fiscal Management.
- 2. Help Bridge the Gap Between Health Care and Our Community with Our Partners.
- **3.** Enhance Quality of Life for Children Through Sports, Aquatics and Family Programming.
- Help Boomers and Millennials Achieve and Maintain Health.
- Becoming One of the Most Military-Friendly YMCAs in the Country.

BRANCH & DEPARTMENT Strategic Priorities

- **6.** Expand and Grow our Y as a Total Wellness Resource.
- Energize the Y as a Global Center of Excellence for Newto-Jacksonville Residents.
- **8.** Help Prepare Today's Youth for Tomorrow's Success through STEM.
- 9. Uplift Teens Especially in the Urban Core.
- 10. Build a World-Class Workforce.
- 11. Achieve Elite Engagement.



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Y READS!

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United Way of St. John's County

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