BUILDING A RESILIENT BAY AREA

ACCESSIBLE TO ALL
CREATING OPPORTUNITIES
HEALTHY EMPOWERED LOVE LIVING INTEGRITY BALANCE
HERE SUPPORTIVE SAFE
FOR GOOD FRIENDSHIPS
GOOD FAMILY
A PLACE FOR ALL DISCOVER
LEADERSHIP A VALUE CONNECT WITH ALL
ANTI-RACIST HOLISTIC RESOURCEFUL
EQUITABILITY APPRECIATIVE
TRANSFORMATIVE PASSION PERCEPTIVE
ENDLESS POSSIBILITIES
YMCA OF SAN FRANCISCO

HEALING HOPE YOUTH DEVELOPMENT
FAMILY FRIENDLY NURTURING TOGETHER
WELLNESS DIVERSE IMPACTFUL
WELCOMING ENGAGING COLLABORATIVE
RESPECT MIND BODY SPIRITUAL
FUN CHANGE BELONGING DRIVEN
FRIENDSHIPS STRONG STARTS MIND BODY SPIRITUAL
A BETTER FUTURE
BELONG BECOME
COMMUNITY
COMMITMENT PERSONAL GROWTH
RELIABLE
BUILDING A RESILIENT BAY AREA LOVE DIFFERENCES
Dear Friends and Community Members,

Since 1853, the YMCA of San Francisco has been the premier place in Greater San Francisco for you and your family to come and be the very best that you can be. Whether to maximize physical and mental health at any age; to provide social, physical, and educational development for our community’s children; or to receive a helping hand when it is needed most – the Y is here for you.

The Y not only provides a robust community that welcomes and celebrates you as you are, we also offer a variety of programs and services that enable you to reach your greatest potential. People join the Y community from all walks of life and circumstances – and we are committed to ensuring a safe and welcoming environment where every individual can be their authentic self, belong to something greater, and find support to become the best version of themselves.

Despite the fact that the most challenging aspects of the pandemic are behind us, there is so much more that we can and must do together to strengthen and uphold our community. All this critical work cannot be delivered without the robust community partnerships and generous donations of time and financial support provided by you – members of our Bay Area community.

To that end, the YMCA of San Francisco is proud to share our refreshed mission statement, informed by our community: to build healthy, equitable and sustainable communities for all generations - where you can be, belong, and become. We are in the process of developing our aligned strategic plan. Until then, in this annual report, we are excited to share highlights of the amazing impact you have helped us achieve this past year. We could not do this without you.

We thank you for continuing to partner with us as we collectively engage in our important work.

JAMIE BRUNING-MILES  
President and CEO  
YMCA of San Francisco

JON EBERLY  
Chair, Board of Directors  
YMCA of San Francisco

Our YOUTH DEVELOPMENT programs are famous for their one degree of separation.

Either you or someone you know has participated in a YMCA youth program within your lifetime. Our youth programs take place at over 120 locations across three counties and extend well beyond traditional sports and summer camps.

Our HEALTH AND WELLNESS programs are renowned.

Whether you like to walk, run, bike, swim, dance, or anything else, we have the right program close to you throughout our 14 branch locations in Marin, San Francisco and San Mateo.

Our SOCIAL SERVICES programs have seen the most extensive expansion.

Philosophically, we believe the YMCA of San Francisco has a responsibility to make our community better and healthier.

We deliver services that feed hungry individuals of all ages, connect community members to stable housing, provide meaningful workforce development skills and job placement, improve pathways to graduation, and many, many other services.
A CHILD’S KINDERGARTEN READINESS IS A CRITICAL DETERMINANT IN FUTURE EDUCATIONAL SUCCESS.

Chinatown residents often face many challenges to getting their children ready to succeed in school, including the cost and availability of preschool.

Across San Francisco, the average annual cost for preschool is $26,000

33% of Chinatown’s residents live below the $30,000 Federal Poverty Level

The Chinatown YMCA tackled these challenges head-on.

In partnership with The John Stewart Company and BRIDGE Housing Corporation and a generous donation from the Edwin and Margaret Lee Foundation, the Chinatown Y opened the Edwin & Margaret Lee Tung Lok Early Childhood Learning Center.

The Edwin & Margaret Lee Tung Lok Early Childhood Learning Center Grand Opening

<table>
<thead>
<tr>
<th>CLASSROOMS</th>
<th>AGE GROUP</th>
<th>CHILDREN</th>
<th>FAMILIES</th>
<th>PROFESSIONALS</th>
<th>ENGLISH</th>
<th>CANTONESE</th>
<th>MANDARIN</th>
<th>SPANISH</th>
<th>PROGRAM IMPACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>3-5 years</td>
<td>57</td>
<td>57</td>
<td>10</td>
<td>85%</td>
<td>90%</td>
<td>86%</td>
<td>89%</td>
<td></td>
</tr>
</tbody>
</table>

In its first year of operation, 49 children, who would not otherwise have had the opportunity, received daily supportive care and education.

Across San Francisco, the average annual cost for preschool is $26,000

33% of Chinatown’s residents live below the $30,000 Federal Poverty Level

The Edwin & Margaret Lee Tung Lok Early Childhood Learning Center

is just one of six YMCA of San Francisco Early Childhood Education Centers.

Over the last year, nearly 550 future leaders participated in our program, realizing similar developmental results across all centers.
Research shows that economically disadvantaged youth enter each new school year at an academic deficit of 2 months from the previous year. By fifth grade, summer learning loss typically leaves these students 2.5 to 3 years behind more affluent peers, and the results are alarming:

- 52% K-8 students in San Francisco Unified School District (SFUSD) are considered economically disadvantaged
- 61% SFUSD students are not meeting state ELA/literacy and math standards
- 42% K-8 students in San Mateo County School Districts are economically disadvantaged
- 60% San Mateo County students are not meeting state ELA/literacy and math standards

To tackle this challenge, the Power Scholars Academy was created. The YMCA of San Francisco pulled together a network of diverse partnerships, including:

- BellXcel
- San Francisco Unified School District
- Jefferson Elementary School District
- San Bruno Park School District
- Bellmont-Redwood Shores School District
- Biden Institute at University of Delaware
- University of San Francisco
- KIPP Schools

Generous donations from the Koret Foundation, supporting school districts, private donors and grant funding from SF Department of Children Youth & their Families allow us to fund our annual 6-week summer learning program for economically disadvantaged students from Pre-K through rising 9th graders. Provided to students at no cost. Daily instruction by certified teachers, focused on math and reading comprehension. Families engaged as partners in their scholar’s learning. Weekly field trips expose children to learning outside the classroom.

Power Scholars Academy mitigates the impact of out-of-school time (OST) learning loss.

Power Scholars, on average, experienced 1.5 months of academic growth in Reading and 2.5 months in Math, reversing the expected 2-month loss in typical summer learning by 3 months.

YOUTH DEVELOPMENT PROGRAMS IMPACT

Power Scholars Academy is just one of the many YMCA of San Francisco Youth Development programs focused on:

- Improving academic engagement
- Enabling a clear path to graduation

This year, our Youth Development programs helped over 10,000 youth discover the resources, personal strengths and relationships that will help them close achievement gaps and move on to positive adult futures.
IN A RECENT SURVEY, 56% OF SAN FRANCISCO 9th AND 10th GRADERS REPORTED NOT HAVING A CARING ADULT RELATIONSHIP.

Youth who do not have a positive role model are often predisposed to:

- LOW SELF-ESTEEM
- PEER CONFLICTS
- POOR ACADEMIC PROGRESS

leading to higher risk of:

- DROPPING OUT OF SCHOOL
- SUBSTANCE USE AND ABUSE
- ENTERING THE JUVENILE JUSTICE SYSTEM

In response, the YMCA of San Francisco founded the REACH & RISE® program in 1992 identifying, training and matching caring adult mentors to at-risk youth.

Since then, with funding from the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and generous donors, the program operation has expanded to twelve states.

A five-year randomized control trial showed that REACH & RISE® mentored youth have been impacted meaningfully.

- YOUTH HAVE RECEIVED SUPPORT NATIONALLY SINCE 2009
- LESS LIKELY TO BE INVOLVED IN JUVENILE DELINQUENT BEHAVIORS
- LESS LIKELY TO USE SUBSTANCES BY DEVELOPING ALTERNATIVE COPING SKILLS

2022 was the 30th anniversary of the Reach & Rise® Program.

Under the leadership of the YMCA of San Francisco, the program has expanded throughout the United States. This year, 1,400 youth experienced therapeutic mentoring.
In 2022, in response to community, we started a five-year partnership with San Francisco Recreation and Parks Department, supported by Amazon and generous private donors, as part of the India Basin Waterfront Park Initiative.

OPERATES OUT OF THE MARTIN LUTHER KING JR. POOL IN THE BAYVIEW HUNTERS POINT NEIGHBORHOOD

PROGRAM PARTICIPANTS ARE PROVIDED WITH FREE SWIMSUITS, TOWELS, GOGGLES AND OTHER NECESSARY EQUIPMENT

SWIM INSTRUCTORS ARE PROVIDED BY BOTH THE YMCA OF SAN FRANCISCO AND SAN FRANCISCO RECREATION AND PARKS DEPARTMENT

DROWNING IS THE LEADING CAUSE OF ACCIDENTAL DEATH IN CHILDREN ONE TO FOUR YEARS OF AGE IN THE UNITED STATES.

The fatal drowning rate of children identifying as black, indigenous and people of color (BIPOC) is five times more than Caucasian children.

When a parent does not know how to swim, there is only a 19% chance that a child in their household will learn to swim.

It is the YMCA of San Francisco’s (YSF) view that drowning can be prevented. YSF is using the Bayview Safety Swim & Splash (BSSS) Program as a model for future programming on how to reach communities most in need of swim lessons and aquatics safety.

In 2022, in response to community, we started a five-year partnership with San Francisco Recreation and Parks Department, supported by Amazon and generous private donors, as part of the India Basin Waterfront Park Initiative.

FREE SWIM LESSONS AND WATER SAFETY EDUCATION FOR K-8TH GRADE CHILDREN WHO LIVE OR GO TO SCHOOL IN BAYVIEW HUNTERS POINT

OPERATES OUT OF THE MARTIN LUTHER KING JR. POOL IN THE BAYVIEW HUNTERS POINT NEIGHBORHOOD

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Since its launch in 2022, the Bayview Safety Swim & Splash (BSSS) program has helped 310 youth become comfortable and confident in the water gaining important skills such as:

SWIM

FLOAT

BREATHE

& GET TO SAFETY IF NEEDED

Our goal is to scale to serve 6,000 youth over the next 5 years.

SAFETY AROUND WATER PROGRAMS IMPACT

BSSS is just one of the many YMCA of San Francisco Safety Around Water programs.

This year, over 4,000 local youth participated in our water safety programs, opening a world of possibilities for youth to satisfy their curiosity around water safety.
The Greater San Francisco population is aging, and therefore, experiencing accelerated physical and mental health declines. The current strain on our public healthcare system is reaching a breaking point, because the 45 and older age segment of the San Francisco population will nearly double by 2030.

The YMCA is the country’s largest in-person provider of Diabetes Prevention Programs. Over the last 10 years, the YMCA of San Francisco has supported over 100 different Diabetes Prevention Cohorts and positively improved the health and reduced the risk of diabetes in over 1,000 people. On average, after completing one-year of Diabetes Prevention Programming, participants experience:

- 4% OF TOTAL BODY WEIGHT LOSS
- 106 ACTIVITY MINUTES PER WEEK

Recognizing many opportunities to positively affect these trends, the YMCA of San Francisco endeavored to improve its members’ “whole health” including physical, mental and emotional well-being. Ten years ago, we began partnering with local healthcare providers, university researchers and YMCA of the USA, to create and deliver evidence-based wellness programs focused on chronic disease prevention.

Our Whole Health Initiatives are examples of our many Health and Wellness programs. This year, nearly 33,500 community members participated in Health & Wellness programming at the YMCA of San Francisco.
This year, we committed to a partnership with the Sempervirens Fund.

To permanently protect Camp Jones Gulch’s 928 acres of inspiring and vital forest, creeks, and habitat from outside logging and development, Sempervirens purchased a conservation easement for $9.625 million. The relationship provides both preservation of Camp Jones Gulch and its surrounding old growth redwood grove in perpetuity.

California’s redwood forests filter trillions of gallons of water, providing clean and sustainable drinking water

Mature redwoods are highly resistant to decay, even dead and fallen trees will store carbon for centuries

Our mature coastal redwood forest is a forest that can withstand most wildfires

Camp Jones Gulch has been the home to YMCA of San Francisco’s Environmental Education & Climate Justice Programs for the last 80 years.

It provides the perfect environment for people of all ages to learn about the natural world around them, especially the vital role of the old-growth California redwood grove in which camp is located, including:

- Mature redwoods are highly resistant to decay, even dead and fallen trees will store carbon for centuries.
- Our mature coastal redwood forest is a forest that can withstand most wildfires.
- California’s redwood forests filter trillions of gallons of water, providing clean and sustainable drinking water.

The partnership enables us to increase our visitorship from 12,000 to 18,000 people including: San Mateo County schools students, families, corporate retreats and private groups.

Upgraded bathrooms, walkways and boardwalks through the forest will make the Camp ADA compliant and provide greater trail accessibility.

Electrical infrastructure is being placed underground to aid in fire prevention.

Solar paneling is being installed to prioritize renewable energy sources and reduce energy cost.

A conservation easement and partnership with Sempervirens and the YMCA will ensure perpetual monitoring and implementation of a Stewardship Plan to:

- Enhance and restore forest health
- Reduce the threat of wildfire
- Promote climate resiliency across multiple wildlife habitats

The deep investment of these partnerships makes it possible to work on envisioning the future sustainability of camp and the property for the next 80 years.

Environmental Education and Climate Justice Programs Impact

Camp Jones Gulch is just one of several different YMCA of San Francisco Environmental Education and Climate Justice programs, including Bold & Gold and Y Rangers.

This year, over 12,400 people of all ages participated in Outdoor Enrichment opportunities to build healthy habits and meaningful connections to nature.
FINANCIAL REPORT

**REVENUE**
- Private Fundraising & Events: $6,881,667
  - Grant/Social Services: $48,773,167
  - Membership: $15,417,199
  - Program: $24,319,216
  - Sale of Easement: $9,626,000
- Public & Private Fundraising: $48,773,167
- Membership: $15,417,199
- Program: $24,319,216
- Sale of Easement: $9,626,000
- *TOTAL: $105,017,249

**EXPENSES**
- Public & Private Fundraising: $3,839,973
  - Grant/Social Services: $43,752,110
  - Membership: $12,288,676
  - Program: $32,942,196
  - Administrative: $9,512,127
  - Other: $241,270
- Membership: $12%
- Program: 32.1%
- Grant/Social Services: 42.7%
- Administrative: 9.3%
- Other: 0.2%

- Public & Private Fundraising: 3.7%
- *TOTAL: $102,576,352

*Unaudited financials*
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Adportas, Inc.

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KPMG LLP

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Founding Member and
Head of Retail Operations
The Eighth Notch (TBN)

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Retired
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Merrill Lynch

JEREMY WELLAND
Chief Data Officer
Gusto

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Retired, CEO
Macquarie AirFinance

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