OUR 2020 VISION

The healthiest children in America will live in the Bay Area, building the skills and habits for a healthy life, being empowered to reach their highest potential and make valuable contributions to the common cause.

REAL CHANGE ALWAYS STARTS ON THE GROUND.

For it needs to be rooted in an understanding of what people face in their daily lives and of the actual barriers, which prevent them from reaching their potential.

Today, more than ever, the Y’s mission of service continues to be executed on the ground, in the neighborhoods where people look to us for support in their efforts to improve their lives. Some of our neighbors struggle mightily against forces, which we grasp and appreciate more deeply by our work on the ground. And, by our engagement together in these tough places, our safe physical space can act as a vibrant hub that teaches and models tolerance in environments, which are rich in diversity and potential. From this work can spring the strongest, healthiest—and actually most enlightened—elements of our society; as, we often see, true character is forged from adversity. So our goal is clear: to do our small part, with great love, to give each person in our community the opportunity to be healthy, secure, informed, connected, creative and compassionate.

Our call is to continue being the dreamers that we are and to act in service of our dreams, creating change, and taking steps toward empowerment and cohesiveness. This year, our call to action is to redouble our values and deepen our commitment to respect all people and to build bridges instead of walls. We embrace all of the variations by which people are born into this world, and all of the ways in which we can create a positive, nurturing space for self-expression and human potential.

So today, as you set out on your path, just look into the eyes of everyone you see, and speak a language of love, compassion and humanity. Work for the common good and nourish the common ground. Keep on lighting the path, showing love to all humankind and building bridges. That’s the only way forward.

“Not all of us can do great things. But we can do small things with great love.”

–Mother Theresa
The Y serves healthy meals to youth in underserved communities and delivers numerous physical activity and nutrition programs year-round. In addition, we provide trauma informed care and our synergy of mental health disciplines have resulted in positive outcomes for clients each year demonstrating improvements in personal development, academic performance, and social relationships.

YOUTH WILL BE WELL PREPARED TO SUCCEED ACADEMICALLY
The Y’s academic support and school re-engagement programs help students discover the resources, personal strengths and relationships that will help them close achievement gaps and move on to positive futures.

YOUTH WILL BE PREPARED TO SUCCEED IN COLLEGE & CAREERS
The Y leverages programs and opportunities for youth and adults through targeted workforce development strategies including skill building, job readiness training, and job placement.

YOUTH WILL VALUE & UNDERSTAND THEIR CONNECTION TO NATURE
The Y leverages our program expertise, broad community reach, and depth of cross-sector partnerships to provide healthy outdoor programming opportunities for all members of our communities.

YOUTH WILL ACTIVELY CONTRIBUTE TO A HEALTHY COMMUNITY
The Y provides a wide variety of leadership and service learning programs, engaging youth as active agents of change in their communities. These programs provide youth with the skills, resources, and support to initiate real change.

Learn more about our impact at ymcasf.org/initiatives.
“I’d never put my feet in the ocean. I’d never been hiking before. Now, I want to go on more adventures and do more things with my family.”

YOUTH DEVELOPMENT
Getting Kids Outside

Do you know the incredible feeling of being in nature? It’s the beauty of California redwoods, and the calm and thrill of the Pacific Ocean. We believe that time spent outdoors helps us become our healthiest, best selves.

At the Y, we’re a leader in programming connections to nature, and providing natural spaces, educational experiences, and healthy fun for the families, seniors, adults and youth we serve.

This looks like summer field trips where kids who have never seen the ocean can experience its majesty led by Y naturalists in national parks.

This year, we pioneered access to the outdoors through leadership opportunities and camp for teens. Camp Jones Gulch kicked off the BOLD & GOLD Program (Boys/Girls Outdoor Leadership Development). The curriculum intentionally develops the traits of confidence, courage, community awareness, emotional intelligence, and wonder through backpacking and other outdoor adventures.

Read more: ymcsf.org/blog

LET’S MOVE! OUTSIDE
This outdoor exploration camp began its first year by serving 450 youth, 50% of whom were from underserved neighborhoods, facilitating transformative experiences in national parks.

Children are enjoying half as much time outdoors today as they did just 20 years ago, while spending more than 7½ hours every day in front of a screen.
HEALTHY LIVING
A Life Without Diabetes

29.1 million people in the U.S. have diabetes—that’s about one out of every 11 people. Diabetes is a leading cause of death in the United States; the good news is that prediabetes and type 2 diabetes may be delayed or even prevented.

Preventing diabetes isn’t easy, but it is possible. Studies find that maintaining a healthy lifestyle is the single best way to prevent or delay the onset of type 2 diabetes. Public-private partnerships like the YMCA’s Diabetes Prevention Program (DPP) are proving to be a model that works.

This year, our successful Diabetes Prevention Program made it easier for participants to access services. We are now working directly with the City of San Francisco and Kaiser Permanente to supplement participants’ costs. Direct referrals from doctors’ offices help patients better manage their own health. In the last year, DPP has completed thirteen program cohorts, teaching healthy habits and remarkable lifestyle changes to 103 participants.

“I will continue to live healthy and be a role model for my teenage children, and as they grow older I will share with them what I’ve learned from this program.”

–Jeffry, Diabetes Prevention Program Participant

Research has shown that modest weight loss and regular, moderate physical activity can prevent or delay type 2 diabetes among adults at risk.
“Participating in youth programs like Youth & Government has helped me reach my goal of serving the community as a youth leader.” —Nasina Chambers, Y For Youth Master of Ceremonies

SOCIAL RESPONSIBILITY
Membership For All

This year, the Y of San Francisco examined the value of Y memberships and how we can welcome an even more inclusive community. With the guidance of our board volunteers, community, and leadership, we have made tremendous improvements.

Now, a member of one branch of the YMCA of San Francisco enjoys open access to all Ys in Northern California! We updated our income-based pricing model to reflect the rising costs of living in the Bay Area, expanding our financial assistance to more adults, seniors, and families.

No one is turned away because they cannot afford to pay. Through a variety of contributions and proceeds, including our annual campaign, special events, major gifts, corporate, foundation and government grants, financial assistance is made available for those in need. The Y is so much more than a gym—we are a cause committed to strengthening the foundations of community.

Learn more at ymcasf.org/join/membership.
The Kids to Camp Golf Classic has been fundraising and providing scholarship funds to send kids to Y camp since 1988!

Every year, the Y provides camp to more than 8,000 kids and gives out more than $465,000 in scholarship funds to low-income families to ensure all kids have access to enriching opportunities in the Bay Area. At camp, kids make a lifetime of memories, and beyond having fun and making friends, they’re also learning skills for a healthy life.

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Y FOR YOUTH LUNCHEON

Y For Youth Luncheon began in 2012 to celebrate the support of youth empowerment and the future leaders of the Bay Area.

Donors invest in the Y’s cause to strengthen community and support the YMCA of San Francisco’s 2020 Vision. Thanks to our community investors, the Y For Youth Luncheon has raised more than $2.4 million in the past five years. These funds further develop the Y’s youth programs throughout our 14 branches and 120 community sites in San Francisco, San Mateo, and Marin counties.
BOARD OF DIRECTORS
We honor and thank the 2,000+ volunteers who are at the heart of the Y. With their valuable contributions of time and talent, the Y continues to deliver high quality programs and services, providing opportunities for all to reach their full potential.

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YMCA LOCATIONS IN OUR COMMUNITY

Each Y hosts community locations, with integrated programs at over 120 community locations across San Francisco, Marin and San Mateo counties.

BAYVIEW HUNTERS POINT YMCA
Takija Gardner, Senior Executive Director
1601 Lane Street, San Francisco, CA 94124
P: 415 822 7728

BUCAXAN YMCA
Rodney Chin, Executive Director
1530 Buchanan Street, San Francisco, CA 94115
P: 415 931 9622

YMCA CAMP JONES GULCH
Andrew Boyd-Goodrich, Executive Director
11000 Pescadero Road, La Honda, CA 94020
P: 650 747 1200

CHINATOWN YMCA
Kari Lee, Executive Director
855 Sacramento Street, San Francisco, CA 94108
P: 415 576 9622

EMBARCADERO YMCA
Mick Hughes, Senior Executive Director
169 Steuart Street, San Francisco, CA 94105
P: 415 957 9622

MARIN & NOVATO YMCA
s
Tim Byrd, Senior Executive Director
1500 Los Gamos Drive, San Rafael, CA 94903
P: 415 492 9622
P: 415 883 9622

PENINSULA FAMILY YMCA
Rachel Del Monte, District Executive Director
1877 South Grant Street, San Mateo, CA 94402
P: 650 286 9622

POINT BONITA YMCA
Lara Hitchcock, Senior Executive Director
Building 981 Fort Barry GGNRA, Sausalito, CA 94965
P: 415 331 9622

PRESIDIO COMMUNITY YMCA
Lara Hitchcock, Senior Executive Director
63 Furston in the Presidio, San Francisco, CA 94129
P: 415 447 9622

RICHMOND DISTRICT YMCA
Andrew Ward, Executive Director
360 18th Avenue, San Francisco, CA 94121
P: 415 666 9622

SHIH YU-LANG CENTRAL YMCA
Leslie Truong, Associate Executive Director
246 Eddy Street, San Francisco, CA 94102
P: 415 885 0460

STONESTOWN FAMILY YMCA
Joshua Leonard, Senior Executive Director
333 Eucalyptus Drive, San Francisco, CA 94132
P: 415 242 7101

URBAN SERVICES YMCA
Evelyn Daskalakis, Senior Executive Director
1426 Fillmore Street, #204, San Francisco, CA 94115
P: 415 561 0631