



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUR MISSION IN ACTION



7,873



YMCA Members

3,671



Program
Enrollments

277,965



Facility Visits

950/week



Group Exercise
Attendance

Dear Friends of the Y,

2016 was a great year to be involved with the YMCA of Sumter! We've experienced another outstanding year of growth. Membership and After-school are at all time record highs. We introduced the Base2Base Race supporting our military members and their families. Our partnerships that we've had continue to strengthen and lead the Y to new partnership opportunities. Most importantly, our impact in the community is expanding which is evident through the personal life-changing stories that are shared with us.

It's obvious from the moment you open the door that the YMCA of Sumter is a special place; it's a wonderful facility, filled with a friendly staff and great members. Our YMCA is led by cause-driven leaders that are here to serve others. This YMCA has thrived for 100+ years not only because of its unwavering commitment to its core values, but also because the volunteers, staff, members and donors are united in their commitment to strengthen this community.

Our Y is for everyone. Our programs, services and initiatives enable kids to realize their potential, offer ways for families to have fun together, and empower people to be healthier in spirit, mind and body. 2016 was a great year, filled with many blessings, and we look forward to seeing what is in store for 2017!

Together we can create a better us!

Respectfully,

John Hoffman, CEO

YMCA of Sumter



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

HEALTHY LIVING

Meet Sam

Sam came to the YMCA for the YFIT programs. Weighing 521lbs when he walked through the doors in April, he is now down to 504 lbs. Not only has he lost weight but he has made changes to his daily behavior. He says, "I used to wake up and play video games all day. Now I take the time to work out at the Y four times a week and walk my dog three times a day. I am slowly changing my habits to include eating on a regular schedule and incorporating healthier options. My fitness pal has been a great tool to be able to track and see the nutritional information on the food I eat."



Sam, a former over the road truck driver carrying hazardous materials and tankers from Flint, Michigan, moved to Sumter in 2002 to be with family. He enjoys traveling and collecting sports cards. He He has developed a passion for lifting weights and shares, "I leave every workout with the satisfaction of knowing I can do it. Squats have been a big part of my workout program prescribed through the YFIT program. Working the large leg muscles have aided me not only in my workout, but in my daily activities. "

"Knowing that I have the support of Y staff and members has been a huge step in my success. I have never had a place like this before. If you see me in the Y, don't be afraid to say hi."

Healthy Living Highlights

- Partnered with Brookdale Senior Services and the Shepherd Center to provide Silver Sneakers classes
- Introduced Warriors to Wellness Membership program
- Partnered with McEntire JNGB and Shaw AFB for the 1st annual Base2Base Race
- 247 participants in YFIT programs: 154 physician referrals
- Partnered with DHEC to offer Cooking Matters classes for low income families
- Hosted 2nd annual WNBF SC Bodybuilding Championships
- Engaged 107 members in personal training; 950 weekly in group exercise classes
- Trained instructors to offer new classes: TRX, WAR and RIP
- Partnered with SFHC to offer YFIT as part of the DHHS statewide Obesity Intervention Initiative
- Became a credentialed organization to offer ACSM's Exercise is Medicine



YOUTH DEVELOPMENT

Meet Shermya

Shermya Johnson is seven years old and started participating in our Follow My Lead Dance Program in March. Her mother, Jilita, said that since Shermya is an only child she was very shy and would cling to or hide behind her when they would speak to people. Jilita said that since starting FMLD Mya has come out of her shell. She is now more confident, she is able to communicate better with other kids, and she is taking on more responsibility at home. She practices her dances each night and she even has Jilita doing the dances with her. Her passion used to be basketball, but she is finding that dance is helping her to be more coordinated and less clumsy.



Our Youth Department continues to grow as we provide a safe environment for young people to create life-long experiences through the following programs:

- Total of 177 participants in Afterschool
- Hosted 11 Kid's Night Out program sessions with an average of 56 children
- Served 471 kids in summer camp; averageing 164 a week
- 339 children played Youth Basketball
- 455 participants in Swim Lessons
- 63 girls and fathers enjoyed the annual Princess Ball
- Spring soccer had 73 participants
- Hosted the 2nd annual Easter Egg Hunt
- Youth Nutrition Camps - 13 kids
- Introduced Follow My Lead Dance with 22 kids



Psalm 139:14 "I will praise You, for I am wonderfully made."

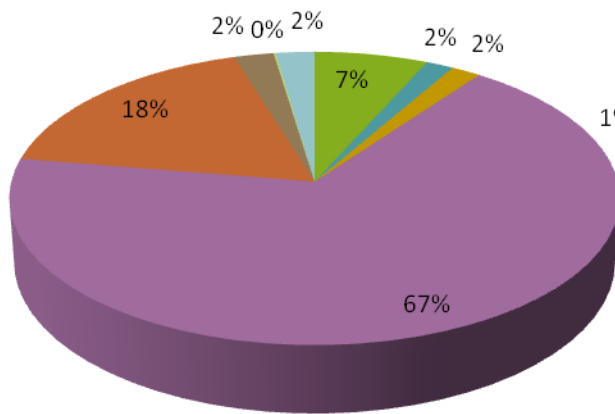
2016 FINANCIALS

BUDGET

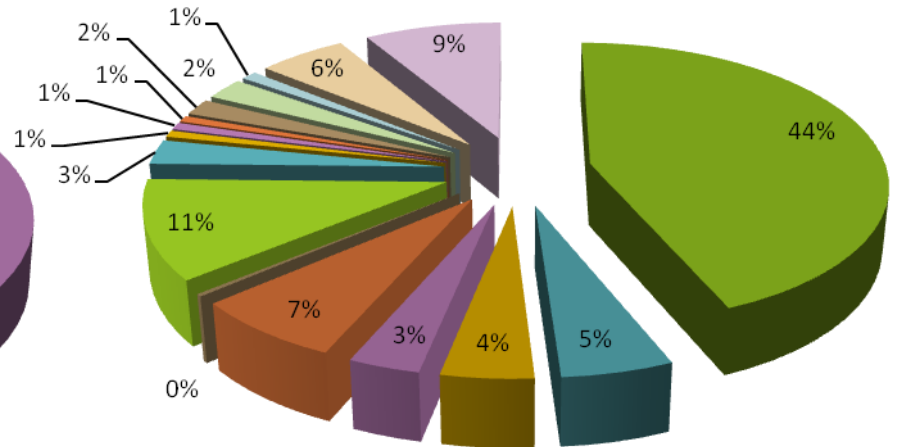
Income \$2,513,676
Expense \$2,513,676
Net \$0

ACTUAL

Income \$2,778,568
Expense \$2,643,268
Net \$135,300

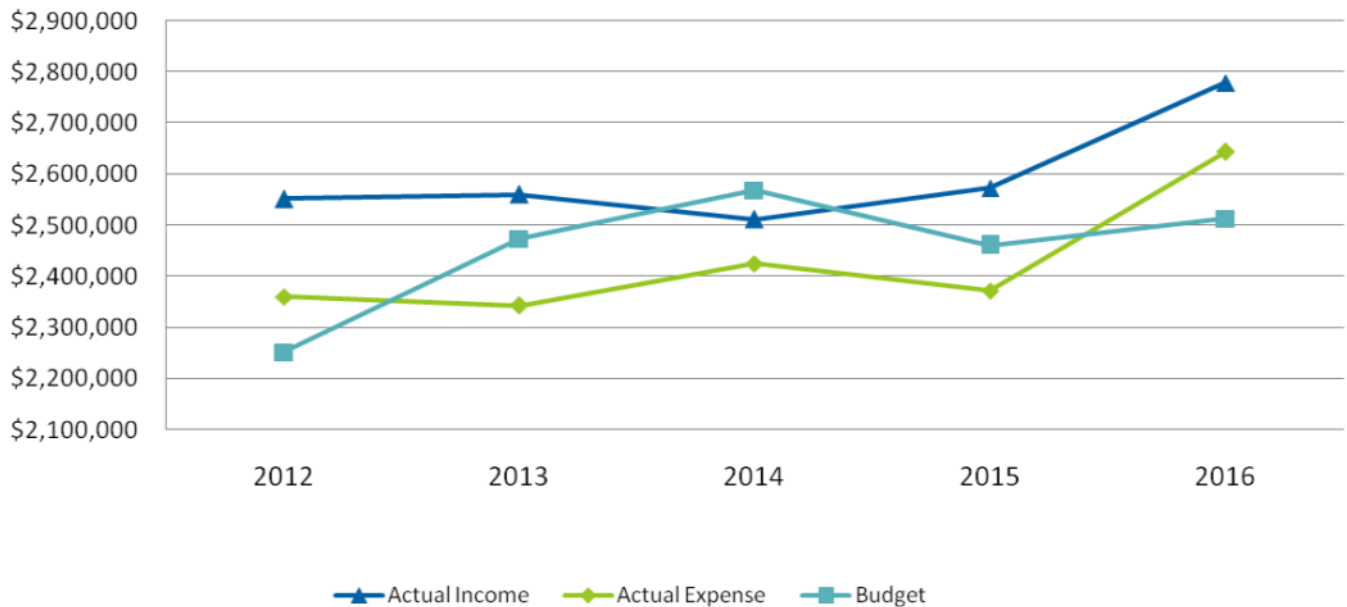


INCOME



EXPENSE

5 Year Actual Income/Expense



RESERVE

Capital & Maintenance \$740,264
Capital Campaign \$269,229
Kneece Endowment \$167,690

SOCIAL RESPONSIBILITY

Building a Stronger Community

Through our Blessings in a Backpack program we have been able to help provide meals for nearly 40 at risk children from Willow Drive Elementary for the past 3 years. We collect kid friendly foods, such as “pop-top” Spaghetti-o-s and soups, microwaveable macaroni and cheese, cereal bars, pop tarts and pudding packs. These basic items ensure these children have the basic nutritional needs that are met when they are not at school.

Recently during the time of Hurricane Matthew passing through our area, our schools were closed for a week. Denise Lewis, director of social responsibility, learned that Rachel Johnston from Willow Drive Elementary was seeking help to pack up and deliver much needed food to these children during this time. Denise Lewis, Daniela Bachmeier, Emily Sorrell along with Lisa Horace, and 11 of the teens in our afterschool program responded to the call for help. Many of our teens had seen the food collection boxes in the past, but packing up the food gave them a real understanding of the need of some of the children in our community. With that many young people working together those bags were packed and ready for delivery very quickly.



Serving Our Community

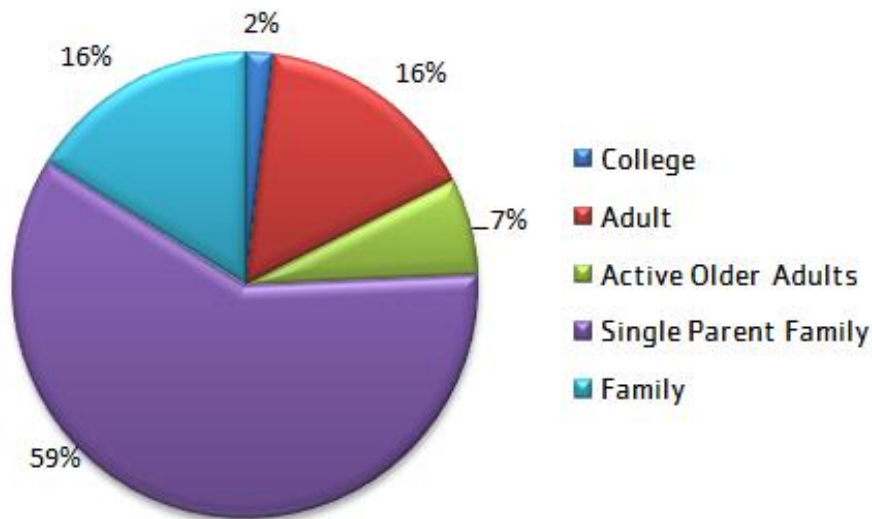
- Offered free swim lessons for families with English as a second language from the First Assembly of God. Sumter Family Health Center provided translators.
- Continued support of United Ministries and the Willow Drive Backpack program
- Partnered with American Red Cross to host monthly blood drives
- We utilized the generous talents of 100+ Volunteers in policy & programs, such as local civic groups, college interns, Shaw AFB ,3rd Army and McEntire JNGB personnel at Camp Mac Boykin, Base2Base and special events, our Board and even our own families
- Participated in Back to School Bash, Safe Kids Day and Sumter Baby Fair
- Attended over 50 community outreach programs: health fairs, career fairs, military appreciation day, nutrition and exercise education presentations
- Led nutrition and exercise education talks at schools, churches and businesses
- Collaborated with CCME to offer free 6-week Diabetes Management classes for older adults
- New Spring Church began hosting Wednesday FUSE youth group and Sunday church at the Y

The Lord has done great things for us, and we are filled with joy. Psalm 126:3

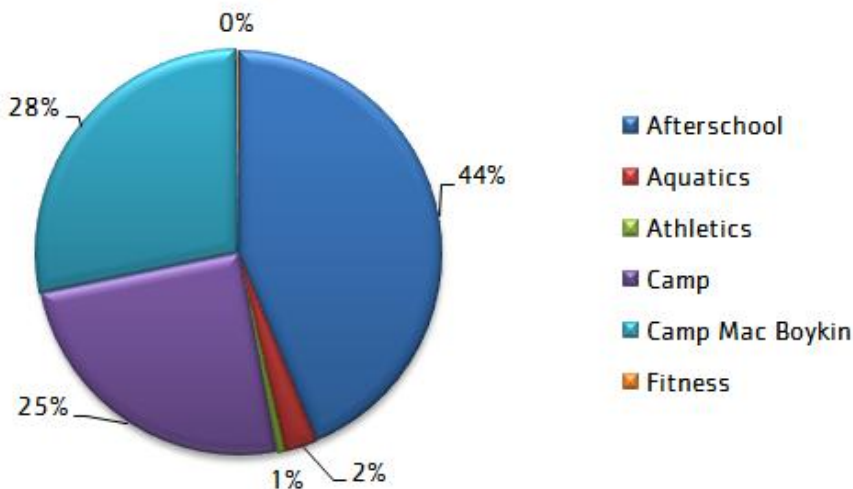
THE Y.TM FOR A BETTER US.TM

The 2016 Annual Campaign raised **\$65,936** to help provide financial assistance for **1512** adults, families and their children. A total of **\$121,677** was provided in assistance throughout the year. Your continued generosity is making a difference for so many families in the Sumter community.

Membership Assistance



Program Assistance



\$65,936



Total Raised

171



Total Donors

32



**Chairman's
Roundtable Members**

1512



Members Served



The Y.™ For a better us.™

The Y is a charity, dedicated to youth development, healthy living and social responsibility. For more than 100 years, we've been proud to help our neighbors grow and thrive.

We have an extraordinary opportunity to ensure a brighter future for Sumter, but we must take action today, and only your support will make it possible. When you give to the Y your generosity reaches children, families and seniors throughout Sumter.

Together, we'll take on many of the greatest challenges facing our young people, our health and our community. From safe spaces to academic achievement to family well-being and more, when you donate to the Y, you're giving those in need the opportunity to thrive.

Give for a better us.

Annual Campaign

YMCA OF SUMTER
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