



FOR ALL.



Dear YMCA Members and Volunteers,

I want to express my deepest gratitude for your unwavering support and dedication to the YMCA of Superior California in 2022. Together, we achieved incredible milestones, and made a lasting impact on our community.



Sharna Braucks
President & CEO

Throughout the year, our YMCA provided diverse programs and services, reaching a growing number of individuals through inclusivity and accessibility. Our collaborations with local organizations and businesses allowed us to extend our reach and make a significant difference in the lives of those facing challenges. I would like to thank our volunteers for their invaluable contributions and our donors for their support. Their generosity enabled us to enhance facilities, develop innovative programs, and provide financial assistance to those in need.

Looking ahead, our YMCA will continue to evolve, listen to feedback, and build a healthier, more connected community. I encourage you to stay engaged and continue making a positive impact.

Thank you for being part of our YMCA family. Together, we have achieved great things, and I am excited for what the future holds.

With heartfelt appreciation,
Sharna Braucks

Opportunity shouldn't be a privilege.

OUR STORY

Inspiring all people to a healthy life – in spirit, mind and body, is the mission that guides the work of the YMCA of Superior California. More than a pool or a gym, we are dedicated to the positive development of youth, healthy living for people of all ages, and social responsibility in addressing the critical needs of the communities we serve.

Everything we do is in service of building a better us. With programs from athletics to advocacy, dance to disease prevention, and cycling to child care, the Y doesn't just strengthen individuals, it strengthens communities.

The YMCA of Superior California encompasses five services areas – Sacramento, Fair Oaks, Yolo County, Oroville, and Gold Country; each volunteer-led, and each a powerful advocate for the needs of children, families and individuals in their communities. While our programs are based on the unique needs and interests of the communities in which they reside, each of our Y's has one thing in common: our people. The volunteers, staff, members and donors of the Y are all united by a deep commitment to strengthening community and **ensuring that everyone – regardless of age, income, or background – has the opportunity to reach their fullest potential.**

MISSION:

Inspire all to a healthy life in spirit, mind and body.

OUR VALUES:

Caring · Honesty · Respect · Responsibility





YOUTH DEVELOPMENT

At the Y, we believe all children deserve the opportunity to discover who they are and what they can achieve. Through programs such as early child development, before & after-school enrichment, our resident camp at Bear Valley, youth sports and more, the Y gives kids the opportunities they need to succeed, grow, and realize their fullest potential.

3,341

youth gained skills and confidence while making friends and having fun in youth sports



229

kids and teens made friends, explored new environments and made lifelong memories at our Resident summer camp

A Place to Learn, Grow & Thrive

In 2022, the YMCA of Superior California was proud to open **4 new Before & After School School-Age program sites!** The YMCA School Age program ensures that each child's time is spent creatively and constructively, helping children grow physically and mentally while emphasizing personal development and YMCA core values of caring, honesty, respect & responsibility. Our Y has a deep commitment to strengthening community through our mission, ensuring that everyone, regardless of age, income, or background, has the opportunity to reach their fullest potential. These new sites provide the opportunity for expansion of the programs and services that meet our mission in the communities we serve.



HEALTHY LIVING

Dedicated to inspiring healthy, confident, connected and secure individuals and communities. The Y is a place where people of all ages and abilities can come together to work toward a healthier, more balanced lifestyle in a welcoming and supportive environment.

IMPACT

In 2022, we served

22,750

3,450

children & adults learned the life-saving skill of swimming



3,045

Senior members are living healthier, more confident lives



Over 500

Kids increased knowledge of healthy eating habits through our Nutrition Program

Increasing Skills, Saving Lives

Swim lessons at the YMCA benefit the community as a whole by promoting water safety, physical fitness, and social engagement. With a 50% increase in adult swim lesson registrants in 2022, this program has proven its impact. By equipping individuals with swimming skills, fostering confidence, and creating a safe environment, YMCA swim programming promotes community engagement and unity, and enhances quality of life for participants.





SOCIAL RESPONSIBILITY

At the Y, we believe that personal and social change can only come about when we all work together. That's why, every day, we work side by side with our neighbors to meet the critical needs of our community and ensure that everyone – regardless of age, income or background – has the opportunity to learn, grow and thrive.



109

youth were inspired to get involved in our community through **Youth & Government and Model UN**



470

volunteers donated their time to the YMCA

1,422

kids received free child care as part of our partnership to operate the **Children's Waiting Rooms at the Sacramento County Superior Courts**

Fighting Hunger, Feeding Minds

In the Sacramento and surrounding areas, the YMCA of Superior California served 80,000 meals and snacks to over 400 kids and teens in 2022. This year marked the program's twelfth year and the Y's ongoing commitment to helping kids achieve their full potential by nurturing their physical, mental and social-emotional development

Thanks to support from the Walmart Foundation, the Y is working to keep children healthy and well-nourished. Participating youth received both food and fun through nutritious meals and snacks, while also enjoying recreational and learning activities aimed at keeping both their bodies and minds active.



Serving our community, one meal at a time.

FINANCIAL REPORT

Y-ASSIST

| REVENUE | <u>2022</u> |
|------------------------------------|----------------------|
| Rollingwood Facility Contributions | \$4,483,159 |
| Contributions | \$ 690,642 |
| Membership | \$ 1,783,609 |
| Childcare | \$ 2,942,657 |
| Other Programs | \$1,088,766 |
| Resident & Day Camp | \$ 958,704 |
| Aquatics/Water Safety | \$ 656,299 |
| Investment Gain/(Loss) | \$ (354,039) |
| Financial Assistance | \$ (211,424) |
| Total Revenue | \$ 12,038,373 |

| EXPENSES | |
|-------------------------|---------------------|
| <u>Program Services</u> | |
| Youth Development | \$ 3,659,934 |
| Healthy Living | \$ 2,513,046 |
| Social Responsibility | \$ 396,381 |
| <u>Support Services</u> | |
| Administration | \$ 1,141,137 |
| Fundraising | \$ 519,256 |
| Depreciation | \$ 396,205 |
| Total Expenses | \$ 8,454,959 |
| Operating Surplus | \$ 3,583,414 |
| Assets | \$ 9,731,463 |
| Liabilities | \$2,195,925 |

In 2022, we provided
\$211,424
in scholarships through
our Y-Assist Fund

" We have to manage our
not-for-profit like any
other business. if not, we
will fail to
fulfill our mission."
- *Sharna Braucks, CEO*





OUR COLLABORATIVE PARTNERS:

Cities

Sacramento
West Sacramento
Oroville
Woodland
Grass Valley/Nevada City
Fair Oaks
Orangevale

School Districts

Sacramento City Unified
San Juan Unified
Twin Rivers Unified
Elk Grove Unified
Oroville
Woodland
Washington Unified
El Dorado Union High School

OUR BRANCHES

Association Office

1926 V Street Sacramento | 916.452.9622

Oroville YMCA

1200 Myers Street, Oroville | 530.533.9622

Sacramento Central YMCA

2021 W Street, Sacramento | 916.452.9622

Rollingwood YMCA

9373 Winding Oak Drive, Fair Oaks |
916.988.1727

Yolo County YMCA

1300 College Street, Woodland | 530.662.1086

OUR LEADERS

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Staff Leadership

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Danielle Buffalino, Executive Director– South District
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