

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

BUILDINGA STRONGER, HEALTHIER & SAFER COMMUNITY FOR ALL

The Y. For a better us.[®] www.ymcadallas.org





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Dear YMCA Family and Friends,

With each year that passes, it gets more difficult to deny the incredible rate at which North Texas is growing. At the Dallas Y, we know that means we must also grow to continue to meet the needs of our community. 2023 saw several new projects to help us do exactly that.

The expansion and renovation of our Lake Highlands Family YMCA was completed and through March membership is up 40% from this time last year. Renovations at our Semones Family YMCA were also finished, and the total teardown of our Park South Family YMCA also took place at the end of last year. We will be excited to share with the community a fresh new space for connection and well-being when the new Park South Y opens in 2025. We are truly grateful to the foundations, community partners, and hundreds of individual donors who made these projects possible.

We are also looking ahead to engage emerging communities with the work of the Y. As new cities continue to sprout across North Texas, the Y stands eager to help build a foundation for healthy kids, healthy families, and healthy communities in these areas. In 2023, we hired a Chief Growth Officer to help start those conversations. Elise Back joined us in September, and we are excited to see where her work takes us.

And while we look forward with anticipation, we also celebrate the impact our programs made throughout the year. Over 5,800 individuals learned life-saving water skills in our Safety Around Water program, almost 500 guests attended our Key Leaders Luncheon to hear about the food insecurity and nutrition challenges our communities are facing, and almost 18,000 runners participated in our 56th Annual Dallas YMCA Turkey Trot. As we look ahead to the remainder of 2024, we thank you for your continued support of the YMCA of Metropolitan Dallas. We are excited for another great year.

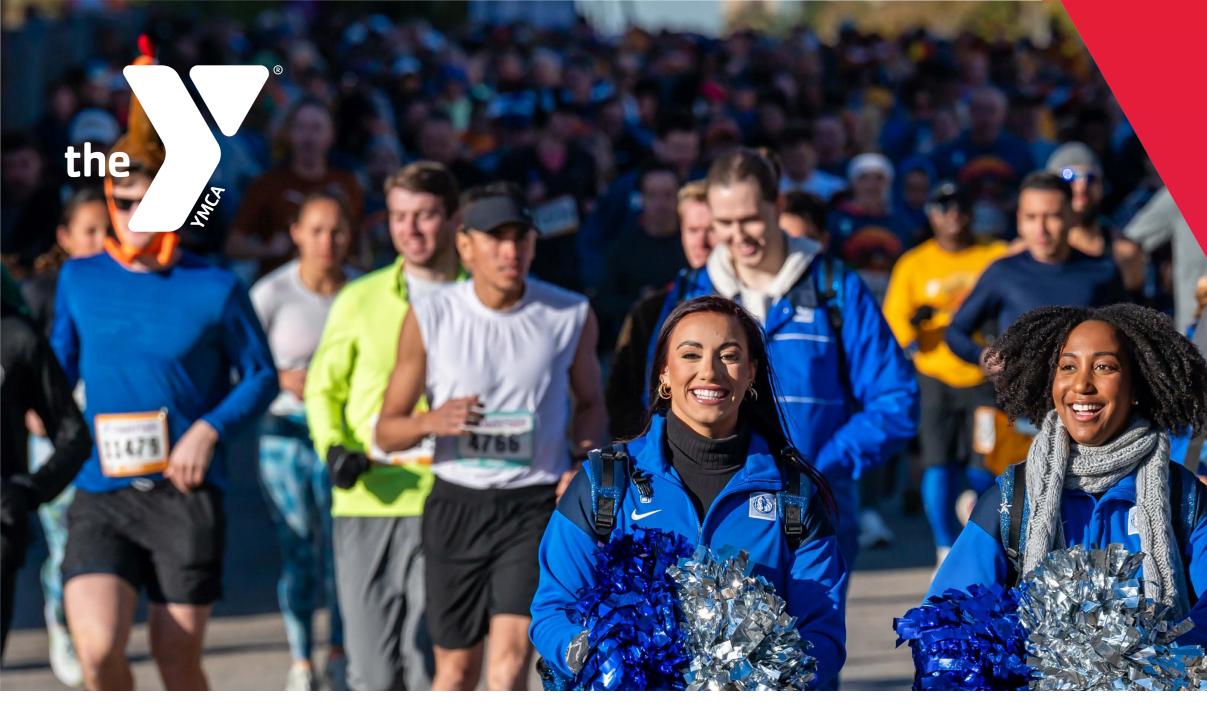
Best regards,

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Curt Hazelbaker President and CEO

Felix J. Lozano, III **Chief Volunteer Officer**





THEYMCAOF METROPOLITAN DALLAS IS FOR ...



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YOUTH DEVELOPMENT HEALTHY LIVING SOCIAL RESPONSIBILITY







YOUTH DEVELOPMENT

We believe that all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, thousands of youth today are cultivating values, skills, and relationships that lead to positive behaviors, better health, and educational achievements.

YMCA AFTERSCHOOL





www.ymcadallas.org

Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

2023 ANNUAL REPORT YMCA OF METROPOLITAN DALLAS

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YMCA AFTERSCHOOL

At the Y, we believe all children deserve a safe place to go after school to explore the arts or science and technology, engage in physical activity, get help with homework, and learn the importance of giving back to their community.

268 KIDS

received free math and literacy lessons along with fun, structured camp-like activities in our **Summer** Learning Academies

283 KIDS

practiced creativity, learned self-esteem and independence at three

YMCA PRESCHOOLS

6,911 KIDS

were inspired to learn, play, and grow in one of our

99 AFTERSCHOOL PROGRAMS





YMCA CAMP

Like many Y programs, Camping is all about learning skills, developing character, and making friends. The Dallas YMCA has served North Texas kids with life-changing summer experiences for more than 100 years.



7,110 YOUTH

tried new activities, made lasting friendships, and gained independence at **Day Camps**

2,774 KIDS

gained confidence and independence at Camp Grady Spruce & **Collin County** Adventure Camp

21,144

elementary and middle school students in **Outdoor Education** experienced hands-on learning in nature at Camp Grady Spruce & Collin County Adventure Camp







YMCA TEENS

At the Y, we develop teens in a safe place to explore who they are, find their voice and prepare for their future.

1,199 TEENS

Entra para GANAR

honed leadership and public speaking skills in Youth & Government

488 TEENS

engaged in solving pressing global problems with the art of compromise and diplomacy through **Model United Nations**

17,948 FFNS served and found a sense of belonging through, leadership programs and

membership







SWIM, SPORTS & PLAY

The Y is a starting point for many kids to learn about becoming and staying active. When kids play sports or learn to swim, they can build confidence, discover their personal best, and have fun being part of a team.

58,034 YOUTH

gained new skills and learned about the importance of sportsmanship through **YMCA Youth Sports**



18,605 YOUTH

learned invaluable water safety and swimming skills in the YMCA swim programs





HEALTHY LIVING

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of North Texas youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FAMILY TIME



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Improving the nation's health & well-being

COMMUNITY HEALTH

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VESTRONG





FAMILY TIME

Parents want what's best for their families and to have fun. That's why, at the Y, our mission is centered on the balance of spirit, mind, and body. We bring families closer together through quality time in fun and healthy activities.

115 attended the Y's FATHER **OF THE YEAR**

event celebrating dads from each branch



created memories of a lifetime in the **Adventure Guides Program**





COMMUNITY HEALTH

The Y aims to improve the nation's health and well-being by providing programs and activities that reduce risk for disease, and help others reclaim their health. These programs can create a path for helping individuals prevent, delay, or live better with chronic conditions.

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in LiveStrong at the YMCA, **Diabetes Prevention Program**, FIT for Health, Get Up and Go, YMCA Weight Loss Programs, or Healthy Cooking Classes

13 TEENS CONQUERED

their weight management issues while having fun, making new friends, and building self-esteem at Kamp K'aana







SOCIAL RESPONSIBILITY

We know that when we work together, we move individuals, families, and communities forward. The Y responds to society's most pressing needs by developing innovative, community-based solutions to help those in need to reach their full potential. We are also committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.

SAFETY AROUND WATER

THE ASHFORD RISE SCHOOL OF DALLAS

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Giving back and providing support to our neighbors

GIVING BACK



the





SAFETY AROUND WATER

Teaching children how to be safe around water is not a luxury, it is a necessity. In Texas, drowning is the leading cause of accidental death among children. According to the Center for Disease Control, formal swimming lessons can reduce drownings by 88%.

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5,834 CHILDREN

received free or reduced-cost lessons throughout the Dallas community







THEASHFORD RISE SCHOOL OF DALLAS

The Ashford Rise School of Dallas certainly highlights two of the most important words of the YMCA's mission statement, "for all." The Rise School provides the highest quality of early childhood education services to children with Down Syndrome or other developmental disabilities and traditional learners in an inclusive classroom environment.

78 CHILDREN

ages 6 months to 5 years have learned, played, and thrived together at The Ashford Rise School of Dallas



RUNWAY FOR **RISE**

Annual fundraiser to support families with children who attend The Ashford Rise **School of Dallas**





GIVING BACK

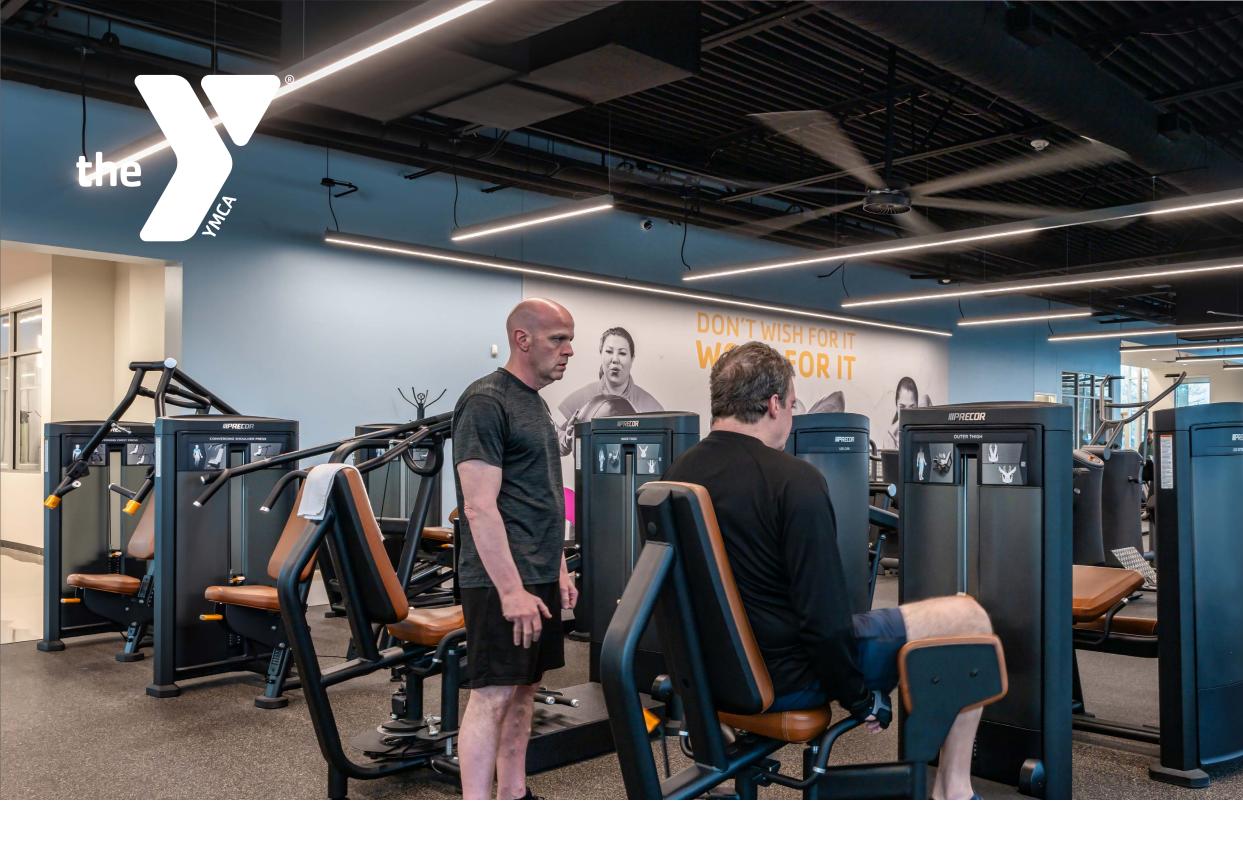
The Y is a cause for strengthening community. Over 8,800 individuals across North Texas give back and support their neighbors by volunteering at the Y. Whether coaching a team, raising funds, working an event, or serving on a board or committee, these volunteers are taking an active role in bringing about enduring change right in their own neighborhood.

8,830 VOLUNTEERS SERVED across all YMCA communities









MEMBERSHIP MATTERS

While our programs are based on the unique needs and interest of our communities, every Y has one thing in common: our people. The members, volunteers, staff, and donors of the Y are all united by a deep commitment of strengthening community.

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220,427

individuals experienced a class, program or event at the Y, helping them grow in spirit, mind, and body

2.35 MILLION VISITS to our **16** YMCA branches





LEADERS IN THE COMMUNITY

2023 YMCA KEY LEADERS LUNCHEON

The YMCA of Metropolitan Dallas and over 450 community and business leaders gathered to hear how culinary education shapes healthier choices, how innovative programs bridge the gaps in food access, and how advocacy initiatives are reshaping policies for a healthier North Texas. Moderated by FOX4's Shannon Murray, the panel featured the unique perspectives of: Dr. Jaclyn Albin, M.D., CCMS, DipABLM, Associate Professor in the Departments of Internal Medicine and Pediatrics at UT Southwestern Medical Center, Benaye Wadkins Chambers – President & CEO of Crossroads Community Services, and Timmy Newsome – Children At Risk Advocate and Former Dallas Cowboys football player.

YMCA Key Leaders Luncheon

is designed to connect key community and business leaders with the timely local issues that have regional impact while also sharing a few accomplishments and priorities of the YMCA

OVER 450 ATTENDED

Host/Moderator: Shannon Murray **CEO Address:** Curt Hazelbaker





CELEBRATING OUR VOLUNTEERS

2023 YMCA OF METROPOLITAN DALLAS DISTINGUISHED LEADERSHIP AWARDS

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BRUCE KLINGMAN

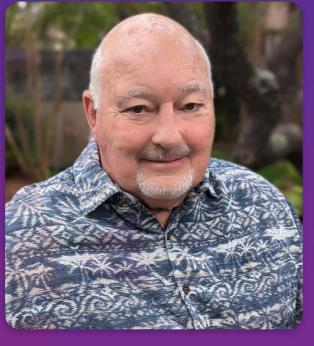
CHARLES P. STOREY Strong Communities Award

HOWARD ETHERIDGE

THEODORE P. BEASLEY Distinguished Leadership Award







CAMP GRADY SPRUCE

Harry has been volunteering with the summer camp sailing program at Camp Grady Spruce for the last five years. While at the Y, he repaired several sailboats for campers to enjoy. Harry's always gone the extra mile to help and commits to help train the next generation of volunteers. He's demonstrated commitment and passion for the organization's mission and has influenced others with his positive attitude. Our staff and campers are incredibly grateful for all the long hours and hard work Harry has contributed, making a significant and positive impact on the organization and the individuals we serve together.

Sam Winstead **Volunteer of** the Year Award

presented every year to a volunteer at each branch of the Dallas YMCA who has demonstrated exceptional commitment to a program or has helped further the goals of the YMCA in his or her community.

CELEBRATING OUR VOLUNTEERS



COPPELL FAMILY YMCA

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CROSS TIMBERS FAMILY YMCA

Adrian has been a YMCA volunteer coach in basketball and soccer over the last couple of seasons. He commits his time and energy to coach multiple teams in both leagues. Adrian reaches so many young athletes with a mission to support their development and growth, no matter their background. He has excellent communication skills, a positive attitude, and a willingness to learn and grow as a coach. Additionally, he's always worked well as part of a team and is committed to upholding the YMCA's values of honesty, respect, responsibility, and caring. Adrian has made a difference in our community's young people's lives. He's helped inspire and motivate the next generation of athletes while building lasting memories with the players. Adrian has always supported the Cross Timbers YMCA, and the parents of kids on his team have nothing but amazing things to say about Coach Perez.

Rickey has volunteered with the Y for four years. During this time as a volunteer coach, kids enjoyed learning and being around him. He created a safe and supportive environment for all participants, ensuring that everyone felt valued. He has generously given his time and energy to supporting his team, contributing to a positive and enriching experience for all. Rickey implemented new practices and programs that encouraged players and went above and beyond his responsibilities, often taking on additional tasks and offering support wherever it was needed. He's passionate and committed to supporting the development and growth of young athletes in his community. As a volunteer coach, he worked with YMCA staff to design and deliver high-quality sports programs that promoted teamwork, sportsmanship, and skill-building to individual athletes to help them improve their skills and reach their full potential. The Y is grateful for amazing volunteers like Rickey.



FRISCO FAMILY YMCA

Michele started as a board member with the Frisco Y in 2017 and became Campaign Chair the next year. Michele helped drive our campaign and inspired others to volunteer. She always went above and beyond to meet fundraising goals ahead of time and was a great team player during her efforts. In 2020, Michele graciously accepted the Board Chair position and provided leadership and guidance to the board, members, and staff. Michele's passion for the Y's mission is evident in all her work here. Michele arrives to work out at the Frisco Y every morning at 5 am, and while exercising, she shares he incredible Y story with others. She is constantly meeting and helping all the new members and is ALWAYS looking for potential new board members. Michele's heart of gold shows in her contagious smile and hard work that motivates others to do the same. We are grateful for Michele's commitment.



GRAND PRAIRIE FAMILY YMCA

Sandi was the annual campaign chair in 2020 and 2021, served on the executive committee, and strongly supported our mission. She shared her passion with the entire community daily with anyone she could. Sandi has led the push to focus on Christian Initiatives, resulting in a formally organized committee of the Board of Managers. Sandi is our greatest champion of the Grand Prairie Y's Christian mission! Her selfless service is a reminder that our efforts have impacted the lives of countless individuals and families in the community. She plays a crucial role in leading the organization's fundraising efforts to ensure the community's needs are met through the programs and services provided by the Y. Her dedication to creating positive change in the community is recognized and celebrated. She puts her time, talent, and treasure into grow and spreading our values to others. Sandi is a true blessing to the Y family.



J.E.R. CHILTON FAMILY YMCA AT ROCKWALL

Chief Cullins from the Rockwall Fire Department has been a part of the Board of Management, served as the Chair of Christian Emphasis, and involved in the Committee Food for Kids Program. Chief Cullins is a leader who inspires all those around him! His dedication to service is truly moving, and he has significantly impacted many people's lives. He comes in with a can-do spirit that is infectious. He's volunteered for the Y for the past four years and has generously given his time, resources, and expertise to support the YMCA's mission, and his efforts have helped to create a stronger, more connected, and more resilient community. During his time as a board member, he has volunteered with the YMCA to take on new initiatives and programs to better serve the needs of our community. Cullins has been a part of the Y in many capacities, and we are grateful for his support.

Sam Winstead **Volunteer of** the Year Award

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CELEBRATING OUR VOLUNTEERS





John has been a long-time member, donor, and volunteer at the Lake Highlands Family YMCA. John visits the YMCA twice daily, Monday – Friday. While there, he works out but also spends time helping around the facility. John moves bikes for cycle classes; he sets up chairs for senior workout classes. He is always excited to set up or tear down for YMCA community events, and John has even been the grill master for many Y pool parties! John also plays a vital role in the Annual Campaign by making rounds on the fitness floor with his campaign folder asking for donations! In addition, he is a fantastic relationship builder and helps to connect our staff team with new members at the Y. We are lucky to have John and are very thankful for all the above and beyond he does at the Lake Highlands Family YMCA.

MCKINNEY FAMILY YMCA

Carolyn has served the McKinney YMCA as Youth & Government advisor, coach, section leader, and YG (Youth and Government) board member since 2015. She has impacted the lives of many kids in McKinney, Dallas, Texas, and across the nation, as she has served at all levels of Youth & Government and CONA (Conference on National Affairs). In 2019, she joined the McKinney YMCA Branch board to help us widen our reach in the community. In 2020, during Covid, Carolyn took over leadership of the Community Outreach Committee. The ittee worked to figure out the best way to serve the community. Carolyn led the committee and the board in finding partners in the community that was collecting food, coats, toiletries, hats, gloves, etc. and the Y joined in to help.

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MOODY FAMILY YMCA

Dane began his volunteer service with a cold call to the Moody Family YMCA sports director asking if he could volunteer to coach a youth sports team. Dane signed up to coach a football team and has not looked back. In the last two years. Dane has coached two seasons of tackle football and one basketball. and the spring flag football season is coming up. Dane's enthusiasm and push to do more led to an invitation to join the Board of Management in the Fall 2022. Dane led an initiative within the Board to show our gratitude to all volunteer coaches and reiterate how important that role is to the community by organizing and hosting the Y's first Coaches Breakfast in the fall. He is also spearheading an effort to target youth sports families for our Annual Campaign. We are excited he has chosen to volunteer with us! **Congratulations Dane!**

LAKE HIGHLANDS FAMILY YMCA



MOORLAND FAMILY YMCA AT OAK CLIFF

Sandra is a dedicated and committed volunteer. She has an open heart and mind with a willingness to serve in any aspect that is needed. Sandra is the lead volunteer with event management. She is given the event calendar at the beginning of the year and communicates well in advance what she needs for each. She ensures everything is set up fabulously. The environment she creates is warm and welcoming. She hand-selects her team of volunteers for each event. Regardless of the occasion, Valentine's Day style show, Senior Showcase, or Lunch & Movie, she is there to ensure everyone feels at home. Sandra Brewer keeps the Y BREWING. Sandra is a dedicated and committed volunteer who demonstrates a willingness to serve in any way she can! She has always created a warm, welcoming environment for any event/occasion she has participated in, and we are grateful she calls our Y home.



PARK SOUTH FAMILY YMCA

Shanay has served in so many capacities. She began as a parent volunteer with preschool and afterschool programs and provided a safe and fun environment for children to learn and grow outside of the traditional classroom setting. When she launched her catering business, she would ensure sweet treats and goodies were regularly provided for kids' and seniors' events and board meetings. Shanay is always looking for ways to engage the kids and we've seen the impact that she's has on the children. She has incredible energy, and this year is leading our Annual Campaign. She and her children have bene Y programs, and with her steadfast dedication, volunteering for the Park South Family YMCA has become a family affair. Shanay has a heart for the Y in many ways. From her sweet treats to her sweet spirit, she is the best!



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CELEBRATING OUR VOLUNTEERS





PLANO FAMILY YMCA

Patrick is a real-estate financier with 35 years of experience. He is the President of Capital Markets and Chief Real Estate Officer (CRO) for Southside Bank. Patrick has been involved with the Plano Family YMCA for over 20 years, first engaging with Adventure Princess Campouts. He has served the Board for over 14 years, has presided as Board Chair, and has been involved in several committees. His support for the YMCA in Plano is unmeasurable. He has focused on supporting our mission through his hard work and dedicated efforts in supporting the Annual Campaign. Without question, Patrick is a significant factor in our continued success. Over his tenure, he has raised more than \$650,000. Donations come from his business colleagues, friends, and family. He's even raised donations through hours on the treadmill with the help of his daughters. When they were younger, they would help their dad solicit donations at the branch, calling his contacts to say, "my dad can't get off the treadmill until we reach our goal"! His cardiologist appreciates his efforts, and our community is incredibly grateful for his perseverance.

RICHARDSON FAMILY YMCA

Joel has been a member of the Richardson Family YMCA community for the past 15 years. His daughters participated in multiple YMCA activities, from swimming lessons to soccer to Adventure Guides. Through Adventure Guides, he took his first volunteer leadership role as a member of the Base Camp volunteers. In 2019 he became a member of the Board of Management. While serving, he helped start and run an Annual Cornhole Tournament to share the YMCA mission with the community. This event started small but has slowly grown each year and is now a standalone fundraiser. This past fall's tournament had over 100 players and raised over \$5,000 for the Annual CampaignHis initiative with the Boy Scout troops has resulted in many improvements to our local YMCA facility and its fields. Joel is an integral part of the Y, and we are lucky to have him!

SEMONES FAMILY YMCA

Joe has been a member of the Semones Family YMCA since 1985. From the start, we did not know much about him. Fast forward 30 years, and Joe befriended two Semones Board Members who thought he would be a great addition to our Board Team. They were spot on. Joe has been on the Semones Board of Management for eight years. He is always the first person to raise his hand when a job needs to be done. Need a Committee Chair? Joe is the man. Campaign Division Leader? The first person to step up is Joe. If you want hands-on help with a special event, try to arrive before Joe. Service to his fellow humans is central to his life. Joe is a gentle, humble servant leader. He shares that he improves his life by helping others. The YMCA is grateful to have Joe Mazza on our team.

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T. BOONE PICKENS FAMILY YMCA

Pam has volunteered countless hours at our YMCA. She started her volunteer journey four years ago as a T. Boone Pickens YMCA Board of Managers member. Pam led the 2022 Annual Campaign to 107% of the goal and to secure 94% campaign collection. Pam brings the utmost enthusiasm, energy, and dedication to every hour of volunteerism she gives to our YMCA. She represents the YMCA's core values of caring, honesty, responsibility, and respect in every sense of these words. Pam's commitment to the YMCA and its cause is contagious to the Board and staff. Pam motivates others around her to give the Y their best regardless of the circumstances. Her friendly yet competitive leadership style created a culture of excellence in everything the T. Boone Pickens YMCA does.

WAXAHACHIE FAMILY YMCA

Kim has been a volunteer coach with the Waxahachie Family YMCA since 2018. Kim began coaching volleyball as a way to make a difference in the lives of her players. Kim routinely coaches multiple teams in different age divisions and has faithfully coached for ten consecutive seasons of YMCA volleyball. She has profoundly impacted many lives. Kim has committed her time, effort, and resources to providing guidance and leadership to her players. We are so grateful to Kim for all of her hard work and commitment to the Waxahachie Y. Furthering the impact of her service, Kim has also included her niece to serve alongside her. In her own words, "My niece and I have an opportunity to encourage these ladies and to teach them more than just a sport. We teach life lessons."



WHITE ROCK FAMILY YMCA

The YMCA has always been a part of Lynn's life for as long as he can rememberlearning to swim at the Oak Cliff YMCA when he was just nine years old. He considers our YMCA his second home and a place where all his friends are. His personal experience with the Y throughout his life has fueled his passion for sharing the Y's values with others. Ten years ago, Lynn started assisting with our Annual Campaign, and he has never disappointed us with his efforts. He's always gone above and beyond with everything he's done, and we are so grateful to him. He's played a critical role in fundraising and has inspired others to join and support our mission. Thank you for your dedication, commitment, and years of service in helping us make an impact on others. Our community and YMCA are better places because of you!.

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CELEBRATING **OUR VOLUNTEERS**





YMCA SERVING THE IRVING COMMUNITY

Renee teaches volleyball programs throughout the year, reaching hundreds of kids and helping them develop their skills. She serves as a role model, mentors her team, and ensures that each player feels valued and included. Renee teaches the players the rules and techniques of volleyball and instills values like respect, cooperation, and perseverance. Her dedication to promoting sportsmanship and teamwork and her emphasis on individual growth and development have been exemplary. She helps players become not only better athletes but also better people. Renee has left valuable life lessons with the players that will stay with them long after they leave the YMCA. Renee constantly gives back to the community, shares her passion for the sport, and positively impacts young players daily. She's gone above and beyond in her role as a volunteer coach. We are so grateful for her time and commitment to the Irving community and the Y!



honors worthy young people who embody the four YMCA core values: honesty, respect, responsibility and caring. The award is to recognize those whose lives and achievements demonstrate an enduring commitment to qualities associated with good character.



CARSON TITTLE J.E.R CHILTON YMCA AT ROCKWALL

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YMCA SERVING THE WEST DALLAS COMMUNITY

Alfonso has been a supporter of the YMCA – Serving West Dallas – for almost three years as a volunteer coach for his son's and daughter's soccer team. He works for Atmos Energy, a company that prides itself on being a good corporate citizen that invests in the communities they serve and that their employees live in. His personal and company contributions have allowed the Y to keep its promise to serve and support families in West Dallas. Mr. Hernandez believes the YMCA demonstrates a commitment to the community and offers programs and opportunities for growth, development, and a safe place for kids and community members, which aligns with his focus areas. The YMCA Serving West Dallas proudly chooses Mr. Alfonso Hernandez as our 2022 Volunteer of the Year for his commitment and passion for the Y.





RYKER DURDEN COPPELL FAMILY YMCA



HIYA SHARMA PLANO FAMILY YMCA



RIA RANA WHITE ROCK FAMILY YMCA





ALEXANDRA SMITH SEMONES FAMILY YMCA



TREY BASS **COPPELL FAMILY YMCA**



KATE MARKHAM COPPELL FAMILY YMCA







The Y can only fulfill its mission through the generosity and support of the community. The Y seeks to always be good stewards of that support.

2023 INCOME*

Contributions Grants Membership Dues Program Fees Interest/Other

2023 FINANCIALS

TOTAL INCOME \$78,960,733

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\$ 10,847,823
\$ 8,408,491
\$ 21,903,796
\$ 33,603,647
\$ 4,196,976

2023 EXPENSES*

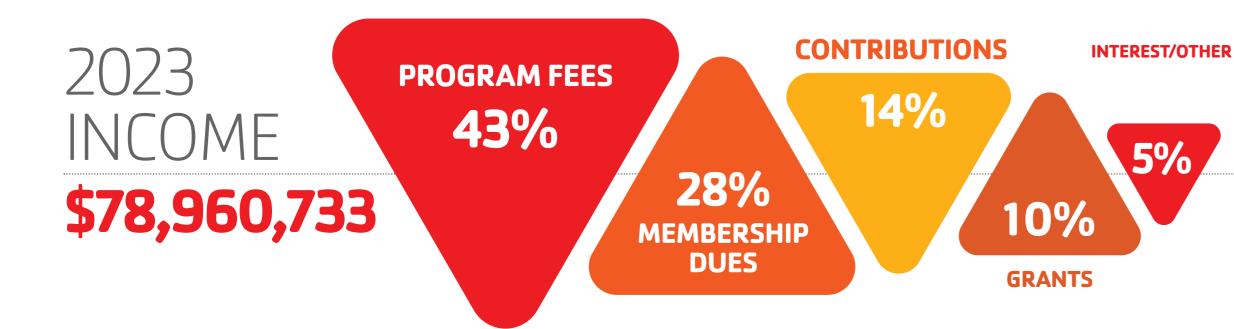
Personnel	\$ 37,250
Contract Services	\$ 3,701
Supplies/Adventure Guides	\$ 7,416
Occupancy/Equipment	\$ 8,178
Technology/FFE	\$ 879
Other	\$ 8,537
Capital	\$ 5,352
Transfer to Reserves	\$ 7,644,

TOTAL EXPENSES \$78,960,733

*UNAUDITED INFORMATION







2022 ANNUAL CAMPAIGN \$4.2 MILLION



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BENEFITTING OUR COMMUNITY

COMMUNITY ASSISTANCE

\$4.3 MILLION

DIRECT Income Based Member/Program Scholarships & College Scholarships \$2.1 Million INDIRECT **Community and Non-Profit Subsidies** \$1.3 Million OUTREACH Programs Free to the Community (Safety Around Water, \$0.9 Million Summer Learning Academies, etc)

OCCUPANCY/ EQUIPMENT **CONTRACT SERVICES** 10% **TECHNOLOGY / FFE** SUPPLIES/ ADVENTURE GUIDES











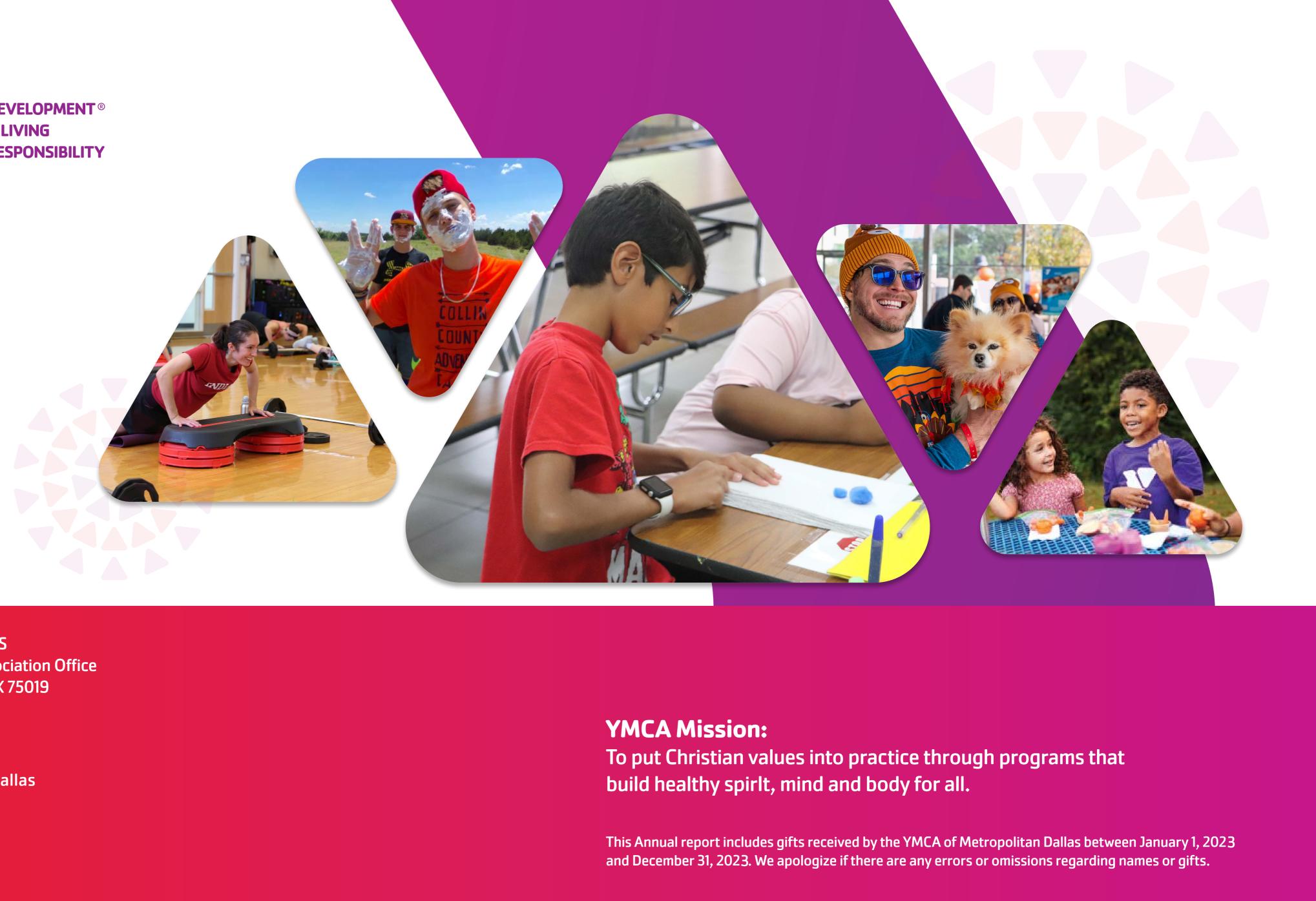








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YMCA OF METROPOLITAN DALLAS YMCA of Metropolitan Dallas Association Office 146 Town Center Blvd., Coppell, TX 75019 (214) 880-9622 www.ymcadallas.org

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