



# EMPOWERING GENERATIONS

CELEBRATING IMPACT • INSPIRING CHANGE

YMCA OF THE EAST VALLEY  
ANNUAL REPORT 2023





# LETTER FROM DARWIN

The Y has been blessed as we continue to grow and thrive and position ourselves to serve for generations to come. Our commitment to our mission has remained focused on improving the lives of all in our community through programs that help build a healthy spirit, mind, and body.

The YMCA is continuing to thrive in programs, members, and staff. Our programs and services continue to provide working families with much-needed child care opportunities. Our partnership with the San Bernardino City Unified School District (SBCUSD) grew to new heights, which enabled us to serve thousands more youth in the San Bernardino community. Our partnership with the Redlands Unified School District (RUSD) also expanded, and new opportunities are on the horizon for expanded care.

We made a big splash with our Safety Around Water Program (SAW)! Second graders from RUSD filled our hallways, eager to get in the water for lessons. Building on our success in Redlands, a new partnership with SBCUSD has allowed us to teach second graders critical water safety skills in our under-served community of San Bernardino. We look forward to the upcoming school year as we anticipate helping thousands of youth learn essential water safety skills.

This year the YMCA has created more employment opportunities and has boosted the Y workforce to over 834 individuals. That is the largest Y workforce in our history serving our communities. Membership is rising, and we see new members almost daily. Our programs are expanding, and we are developing new programs to meet the needs of our community. It is exciting to see our programs fuller, our pools filled with families, seniors back in action, and our wellness centers busier.

As we look toward the future, we are eager to continue building on these successes and expanding our impact. We are dedicated to creating communities that empower everyone to thrive and achieve their full potential. We believe that with your support, we can achieve this goal. Our vibrant community relies on support from each of our neighbors, and only through your contributions can the Y continue to empower generations. We invite you to join us as we continue to inspire meaningful and lasting change through programs that give opportunities to individuals and families regardless of their ability to pay.

**Thank you for being a part of our journey toward a better, brighter future.  
We cannot do it without you.**



**Darwin Barnett**  
CEO | YMCA of the East Valley

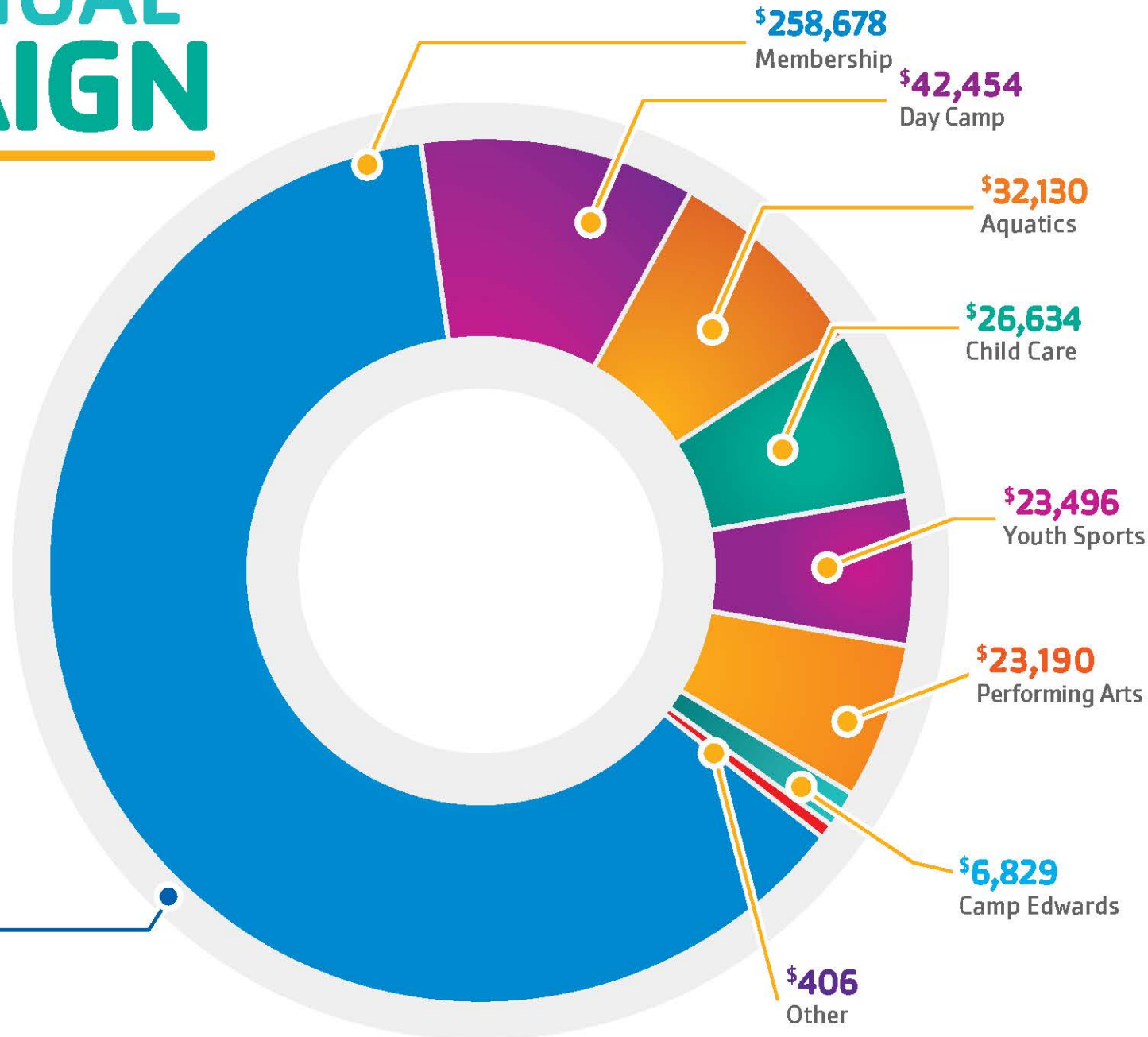
*Darwin Barnett*

# 2023 ANNUAL CAMPAIGN

Our Annual Campaign ensures that our facilities and programs remain accessible to everyone in our community.

The YMCA's campaign is conducted annually by dedicated volunteers to secure charitable donations. 100% of the funds help to ensure that no one is ever left behind, regardless of their financial circumstance. Thank you to all the volunteers and donors for caring about our community members that need a helping hand.

**\$413,817**  
Financial Assistance  
awarded 2022–2023





# EMPOWERING YOUTH

**T**his summer, Kristi was looking for more than child care; she wanted a safe place for her son, Brian\* (8), to make friends.

"He's a foster kid. I'm his fifth home," shared Kristi. "He's had a lot of trouble socially: connecting with peers his age, making friends, and all that stuff because he doesn't know boundaries."

In California, there are over 50,000 children in the foster care system. Many children in foster care have experienced trauma and other adverse childhood experiences (ACEs) that can negatively impact many aspects of their health and well-being.<sup>1</sup>

These traumatic experiences in childhood and teenage years can have long-lasting negative effects, increasing the risk for chronic health problems and affecting their brain development and ability to form healthy relationships.<sup>2</sup>

It was at the CAPS after-school care program with the YMCA that Kristi learned about day camp at the Y. But during winter camp, Y staff and Kristi struggled with Brian's behavioral issues. Then they discovered a great motivator for good behavior, swimming.

"He loved getting into the pool," noted Jamila, YMCA Program Director. "By the middle of the Winter break, Kristi and I were able to figure out the right formula to making camp a great experience for him."

So this summer, Kristi knew they would return to the Y. Working together, Kristi and the Y staff continued implementing strategies to help Brian at day camp. Incorporating social-emotional learning practices each day, they help him work through anger issues by communicating clear boundaries and teaching strategies for dealing with strong emotions.

**You help create a healthy, caring community for all children.**

Learning to make friends is hard, but day camp has taught Brian strategies and allowed him to manage friendships independently without his mom's help. "It's been really helpful for him," said Kristi.

And nurturing his newfound love of swimming, Kristi has even enrolled her son in swim lessons. "I grew up with swimming lessons at the Y," shared Kristi. "I am super grateful that [the Y is] there and my kid can attend, and

there are all these programs, and as a teacher, I see how much kids need it."

Through your donations, families like Kristi's are able to receive financial assistance for Y programs. By creating positive childhood experiences and connecting youth with activities and caring adults that build their sense of safety and confidence, you help create a healthy, caring community for all children.

\*Names were changed for privacy.

1. Webster, D., Lee, S., Dawson, W., Magruder, J., Exel, M., Cuccaro-Alamin, S., Putnam-Hornstein, E., Wiegmann, W., Saika, G., Courtney, M., Eastman, A.L., Hammond, I., Gomez, A., Sunaryo, E., Guo, S., Agarwal, A., Berwick, H., Hoerl, C., Yee, H., Gonzalez, A., Ensele, P., Nevin, J., & Guinan, B. (2023). "California Child Welfare Indicators Project." California Child Welfare Indicators Project (CCWIP), [ccwip.berkeley.edu/](http://ccwip.berkeley.edu/).

2. "Fast Facts: Preventing Adverse Childhood Experiences." Centers for Disease Control and Prevention, 29 June 2023, [www.cdc.gov/](http://www.cdc.gov/). Accessed 18 July 2023.









# OUR IMPACT IN NUMBERS

Y MEMBERS  
**24,749**

Members working together to achieve their health goals while being an important part of the community.

MEMBERS AWARDED  
SCHOLARSHIPS  
**10,324**

Individuals and families connected with opportunities to improve health, make friends and contribute to a stronger, more cohesive community.

NUMBER OF  
YMCA EMPLOYEES  
**834**

Making the Y a welcoming, productive and vital resource in their communities.







**SENIOR  
MEMBERSHIPS**  
**3,357**

Keeping connected to community and  
discovering new forms of fitness.

**DONATIONS MADE  
TO YMCA**  
**1,113**

Gifts to support critical programs and  
services for young people, adults, and  
families in our community.

**AVERAGE  
DONATION**  
**\$357**

Contributions that allow everyone  
to access the resources and support  
they need.

**LEGAL AID**  
**549**

Families and individuals assisted with  
affordable legal aid.



# BREAKING BARRIERS

If you ask Cecilia about her love of swimming, she will say that she has always been a “water baby” and has been swimming at the Y for as long as she can remember.

“Swimming is very important because...I’m African-American, and a lot of us don’t get in the water.”

The racial disparities in historically marginalized communities are still prevalent today.

According to a study by the YMCA, 44% of Black/African-American parents have little to no swimming ability compared to only 24% of other U.S. parents.<sup>1</sup>

The USA Swimming Foundation study shows that if a parent does not know how to swim, there is only a 13 percent chance that their child will learn how to swim. When adult role models fear water or have been negatively impacted by the above experiences, their comfort level with swimming is passed down to younger generations.<sup>2</sup>

Fortunately, Cecilia’s mother was a lifeguard at the San Diego YMCA from age 15 – 24. “I’m glad that my mom when she was young, got that experience so that she could instill it in us,” shared Cecilia.

You can often find Cecilia in the Redlands or Highland YMCA pool, either working out with water aerobics and laps or enjoying the pool. And thanks to Cecilia, that passion for swimming has been passed down to the next generation. She frequently brings her son,

niece, and nephew to the Y, saying, “[we] love to come and play in the water as much as we can.”

“I really like that it keeps us all active, and it’s a

great place to go swim, you know, where it’s a safe environment,” said Cecilia. “Not all the pools in the community are safe... so we like coming [to the Y and] being active.”

With a back injury, Cecilia has been especially thankful for the Y and the pool this year. “It helps with my body because I can’t do the [weightlifting] machines... so the pool has helped.”

“We’re kind of in a financial bind right now because I’m off work on disability,” shared

Cecilia. “I’m grateful for the membership that we’re able to do the scholarship and pay a little to be able to come.”

Your support of the YMCA helps remove the barriers that Black/African-American families face. Your generous donations fund water safety programs and scholarships for families like Cecilia’s and help ensure that access to swim lessons builds a community of strong, confident swimmers for generations to come.

1. “Understanding U.S. Parents’ Relationship with Water – YMCA of the USA.” YMCA of the USA, [www.ymca.org/sites/default/files/2021-09/YMCA%20Infographic\\_ER-Update.pdf](http://www.ymca.org/sites/default/files/2021-09/YMCA%20Infographic_ER-Update.pdf). Accessed 18 July 2023.

2. Mondick, Lindsey. “Why Are Black Youth at Highest Risk for Drowning?” YMCA of the USA, 25 Mar. 2021, [www.ymca.org/blog/why-are-black-youth-highest-risk-drowning](http://www.ymca.org/blog/why-are-black-youth-highest-risk-drowning).

**Your generous donations funds water safety programs & scholarships.**









# NURTURING PASSIONS

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**A**ndrew (8) first saw someone play the drums at church, and he was captivated. His mother, Miriam, bought Andrew a drum set but was unsure where to go; she didn't feel online lessons would be a good fit for her son. Someone at Andrew's school told her to look at the Y.

Jerry, San Bernardino Y Program Director, had also started playing the drums in 3rd grade and has carried his love of music throughout his career. Even as a Law Enforcement Officer in San Diego schools, Jerry saw that the music programs had been cut due to budget.

But in those classrooms, Jerry found the abandoned instruments and the tools he needed; he started a Drum Corps program to connect with the students at his schools, and it was a success. "The students' grades shot up, disciplinary referrals and behavior issues went down," said Jerry. "Not only did it help lower behavior issues, but it also helped those students with learning disabilities and mental health struggles."

With its past success, Jerry was excited to start a Drum Corps program at the San Bernardino Family Y. The program has allowed Andrew to have in-person instruction and learn with other kids.

**Your support of  
the Y allows Miriam  
and Andrew to exercise  
and live a healthier  
lifestyle.**



"Overall, the kids love it, and they do very well," shared Jerry.

When Miriam initially came, she only looked for an activity for her son. Then they both started exploring what other programs the Y had to offer and created a workout routine.

Scared of the water herself, Miriam thought getting Andrew to swim lessons was important. But never learning to swim, she needed to figure out where to turn for lessons. Since coming to the Y, swim lessons are just one more program Andrew has been excited to join. Miriam is



hopeful that he will learn to be a strong and confident swimmer.

Your support of the Y allows Miriam and Andrew to exercise and live a healthier lifestyle. It helps children like Andrew explore their creativity and discover a love of music and swimming. Your gifts help the YMCA strengthen our community and support critical programs and services for young people, adults, and families. However, programs like these are only made possible through your charitable contributions.



# OUR REACH IN NUMBERS

## PRESCHOOL UNIVERSITY

183

Children building social and emotional skills in an enriched environment.

## KIDS AT CAMP

1,318

Youth were able to unplug and be active at the Y's Camp Edwards and Day Camp.

## KIDS IN AFTER SCHOOL PROGRAM

6,031

YMCA after school care provides opportunities for children to learn, grow, and thrive as they make their way from K-5th grade.







**YOUTH SPORTS  
SCHOLARSHIPS**  
**680**

Children were taught  
team-building skills in a fun  
and exciting way using sports.

**DAY CAMP  
SCHOLARSHIPS**  
**317**

Children experienced a summer filled  
with excitement & adventure.

**SAFETY AROUND  
WATER**  
**2,110**

Students were taught life-saving water  
safety skills in Y pools.

**PERFORMING ARTS  
SCHOLARSHIPS**  
**900**

Children were given the chance to  
let their creative talents shine while  
building confidence, and coordination.



# THROUGHOUT THEY

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Celebrating 85 years of adventure in  
Angelus Oaks! Let's continue our journey  
of adventure and continuing to impact  
children for generations.





## Abel Romero

MODEL UNITED NATIONS

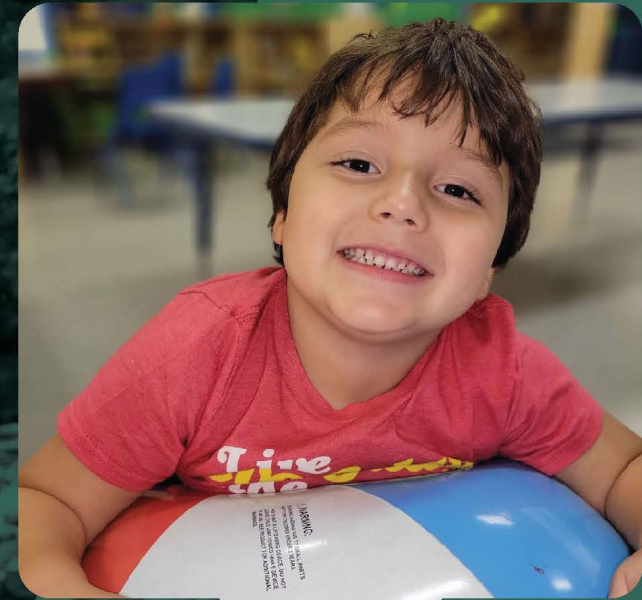
"My favorite part about the [Model United Nations] program was being able to debate my point with which I was able to extensively research and learn different points of view from different people and places all over the world. It was a good learning experience."



## Savannah Cesario

REDLANDS Y

Savannah has volunteered at the Y for over 8 years and has been a YMCA member even longer. She enjoys caring for the children, socializing with coworkers, and meeting parents. She said it fills her heart to help others. Her favorite part of the YMCA is seeing all the smiling faces, greeting everyone, getting a workout in Pound, Zumba, in the gym, and working with Alyssa her personal trainer.



## Ryan-Shea

PRESCHOOL UNIVERSITY

"Both my kids have developed and learned so much at the Y preschool. It has definitely prepared them for Kindergarten, the structure of a classroom, and being around other kids. The teachers have been so great with my kids and knowing that they are somewhere safe has allowed me to continue taking classes to finish my degree."



# YMCA OF THE EAST VALLEY

Redlands Family YMCA

Highland Family YMCA

San Bernardino Family YMCA

Preschool University

Camp Edwards



## OUR MISSION

The **YMCA of the East Valley** is an association of people of all ages, ethnic groups, and religious affiliations founded on Christian principles and dedicated to building strong kids, strong families, and strong communities through programs that develop spirit, mind, and body.

[ymcaeastvalley.org](http://ymcaeastvalley.org)