Dear Friends of the YMCA,

2019 was an historic year for the Licking County Family YMCA. In January, more than one hundred community members gathered at the Western Branch to celebrate the construction groundbreaking of the Renovation and Expansion of the Western Branch. In October, the association formally became the Buckeye Valley Family YMCA, with three branches: The Licking County Family YMCA in Newark, the Muskingum County Family YMCA, in Zanesville, and the West Licking County Family YMCA in Pataskala.

We could not continue to grow and serve our community without the support of our many partners. The YMCA continues to make tremendous strides towards improving the health and well-being of our community. We believe all people, especially children, deserve an equal chance to reach their full potential. The stories you will read in this annual report put our core beliefs into action: caring, honesty, respect and responsibility. Everything we do stems from this.

Thank you for believing in our mission and bringing it to life every day.

Sincerely,

Crawford Lipsey
Board Chair
Edward Bohren
Chief Executive Officer

YMCA BOARD OF DIRECTORS

OFFICERS
Crawford Lipsey, President
Christian Robertson, First Vice President
Barb Quackenbush, Second Vice President
Debbie Kohman, Treasurer
Wm. Doug Lowe, Secretary
Matthew Miller, Past President

MEMBERS
Jeremy Fleming
Amy Hoovler
Michael Massaro
Veronica Patton
Trevor Thomas
Bart Weiler
Paul Hill
Todd Londot
Doug Mill
Deborah Shafer
John Wallace
Kyle Witucky

YMCA STAFF

Edward Bohren, CEO
Alan Cecutti, COO
Benjamin (Jake) Bowden, Facilities Director
Beth Grabo, Executive Assistant
Heather Hawkins, Director of Child Development

LICKING COUNTY FAMILY YMCA
Elijah Benton, Aquatics Director
Constance Cunningham, Health & Wellness
Dianne Hodge, Gymnastics Director
Gail Humbert, School Age and Camp Coordinator
Adam Jenkins, Sports Director
Kristin Ream, Newark Preschool Director

WEST LICKING COUNTY FAMILY YMCA
Dana Moore, Executive Director
Jessica Calvelage, School Age/Camp Coordinator
Jamie Goudy, Health and Wellness
Barbara Michael, Western Preschool Director

MUSKINGUM COUNTY FAMILY YMCA
Jeremy Byers, Executive Director
Libby Hardwick, Aquatics Director
Tyler McDade, Youth Development/ Sports Director
Michele Waite, Membership Director
Becky Weir, Health & Wellness Director

OUR CAUSE
At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why we focus our work in three areas: youth development, healthy living and social responsibility.

OUR MISSION
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.
CHRISTINE

“Prior to surgery, it was painful to eat, my activity was limited, and even walking up a flight of stairs was exhausting. Pain was constant. Sleeping, moving, and eating were so challenging. Since my surgery, I have been healing and I am now able to do all of the things I want to do. I can run, cycle, swim, do yoga and pilates, strength train, kayak, climb, and most importantly, play with my grandkids. A big shout to the Muskingum County Family YMCA instructors – they modified things for me each time, until I was strong enough to do the exercises without modifications. I can eat again and I love the variety of foods I can eat now. My scar, while initially a little unsettling to see, is now a part of me that I love. It is my constant reminder of how God healed me. I am so thankful for the healing and my family and friends who have walked with me through this journey.”

GROUP FITNESS

- 5,250 members participated in Group Exercise classes
- Over 400 Seniors participated in Active Adult Classes
  - Active Adults enjoy social activities including line dancing, pickle ball and potlucks
  - Snack and Swim with Santa was offered for youth members to enjoy a story, craft, and fun pool games

YOUTH SPORTS

- 735 Youth participated in:
  - Basketball
  - Flag Football
  - Soccer
  - T-ball
  - Martial Arts

AQUATICS

- Hosted Muskingum County High School Swim Teams, with 116 swimmers from 8 schools
- Hosted 13 High School Swim Meets
- Middle School Swim Team with 40 swimmers from 10 schools
- Hosted 4 Middle School Swim Meets
- MCFY Mako Swim Team with 68 swimmers
- Provided 1,000 youth in Summer Camp swim opportunities
- 48 members participated in Scuba Diving
- 436 youth took Swim Lessons
- 20 Lifeguards received Lifeguard Education and Certification
- Provided family activities including the Water Easter Egg Hunt and Swim with Santa
“I enjoy the Silver Sneakers program though my health insurance. For the last several years, I have worked out regularly, about three times a week at the Y. I use the two rows of Cybex equipment in the wellness center; they’re consistent, predictable, adjustable and invite a reasonable amount of self-discipline. I’m still competitive in my 90’s, but it’s with myself and not others. The trainers and staff are knowledgeable, helpful and friendly. Some even call me by name, and that’s always flattering! My goal is to maintain my sets and reps, and if I can improve my performance occasionally without hurting myself, then that’s icing on the cake. In addition to all of the physical benefits of going to the Y, there are social benefits too. I often see friends and new acquaintances and I enjoy greeting and talking with them. The Y is a win-win experience for all ages, with a huge variety of programs and activities offered there.

HEALTH & WELLNESS

- **10,970** members participated in Group Fitness classes
- **411** members received an orientation in our fitness centers
- **164** members participated in the Fitness Challenge
- **103** youth participated in the ‘Kids in the Kitchen’ cooking work shops
- **804** seniors joined Active Adult social activities, such as trips, line dancing, card games, potlucks, and cooking demonstrations
YOUTH SPORTS
- Don Edwards Baseball
  - Spring League - 19 Teams
  - Summer League - 17 Teams
  - Fall League - 14 Teams
  - 10 Tournaments
  - 5 Community Events
- Fall Volleyball - 307 youth
- Soccer - 52 youth
- Flag Football - 152 youth
- Basketball - 432 youth

GYMNASTICS
- 1,739 youth participated in Preschool, Recreational, Adaptive and Homeschool gymnastics
- 69 youth participated on the Competitive Team
Licking County Family YMCA operated 9 licensed child care facilities in Licking County and 2 accredited summer day camps, serving children from birth through high school.

The Preschool programs served over 257 children throughout Licking County.

- **THE NEWARK PRESCHOOL PROGRAM** maintained the 4-Star High Quality rating from the State of Ohio.
- **THE LICKING HEIGHTS PRESCHOOL PROGRAM** and the **SOUTHWEST LICKING PRESCHOOL PROGRAM** achieved the 2 Star Quality rating in early 2019, and have continued throughout the year to pursue a higher rating.

Before and After School Care was provided to school age children in the Heath, Licking Heights and Newark school districts. Optional care was offered on days when school was not in session, and students enjoyed a variety of planned activities including swimming, roller skating, bowling, ice skating, movies, and crafts.

The Summer Day Camp programs in Newark and Pataskala provided an outdoor camp experience to over 800 children in Licking County. At camp, youth participate in a variety of field trips, swimming, outdoor fun, crafts, learn YMCA values and make new friends. The All for One camp gives children with developmental disabilities an opportunity to experience the fun of summer camp. 29 children attended All for One camp in 2019.

In 2019, the Licking County Family YMCA provided meals and snacks to participants in all child care programs. The YMCA provided over 57,800 meals and over 42,300 snacks to over 17,000 students!
SAFETY AROUND WATER

Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA Safety Around Water (SAW) Program teaches youth essential water safety skills, which can open up a world of possibilities to satisfy their curiosity safely. Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving children confidence in and around water. A typical lesson includes:

- Exercises to help them adjust to being in water
- Instruction to “Jump, Push, Turn, Grab” and “Swim, Float, Swim,” two skill sets kids can use if they unexpectedly find themselves in the water
- Specific Safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce skills

AQUATICS

- 1,913 youth attended swim lessons
- 80 youth joined the Swim Team
- The Rocktober Swim Invitational hosted 260 swimmers
- The Safety Around Water (S.A.W.) served 627 first graders from 7 Licking County elementary schools at no cost. Swim suits and towels were also provided at no cost to youth in need.

LICKING COUNTY FAMILY YMCA AQUATICS

The Safety Around Water (S.A.W.) served 627 first graders from 7 Licking County elementary schools at no cost. Swim suits and towels were also provided at no cost to youth in need.
The effects of hunger and food insecurity can have lasting damage on children as they age, physically, emotionally and educationally. Hunger can have noticeable physical impacts on children as well; including extreme thinness; puffy swollen skin; or having stomach aches or headaches, particularly on Monday mornings due to lack of access of food over the weekend. The Y Healthy Kids Network (YHKN) addresses these issues by providing students access to food over the weekend. The need for access to weekend meals continues to grow in our community. In the 2016-2017 school year, the YHKN backpack program served 310 children in ten schools. The need grew in the 2017-2018 school year to 475 children in seventeen schools. In the 2018-2019 school year, YHKN served 560 children in twenty schools.

SOCIAL RESPONSIBILITY

TOGETHER WE ARE STRONGER

The Y Healthy Kids Network is possible through help from our amazing partners.

- The Food Pantry Network of Licking County
- Presbyterian Church Council
- Newark City School District
- Heath City School District
- Southwest Licking School District
- Licking Valley School District
- Northridge Local School District
- Lakewood Local School District
- Utica School District
- Phoenix Central
- Par Excellence Academy
- The Law Office of Doug Lowe

COMMUNITY FAMILY EVENTS

Every year, the Y provides free, family events to our community. Hundreds of families enjoy the annual Bunny Brunch and Halloween at the Y. At the Bunny Brunch, families enjoy breakfast, inflatables, face painting, games, and an Easter egg hunt, all at no cost. Families that attend Halloween at the Y also enjoy fun crafts, games, family activities and trick or treating.
I am so thankful to the Y for the journey. I spent all of my life being healthy and fit. After a back injury and steroids, years of yo-yo dieting and lack of exercising, two c-sections, a brain tumor diagnosis and a major hernia repair surgery; I was at my heaviest and was not healthy. My husband and I decided to join the Y because it is close to home, family friendly, and had classes at great times. I started my first cycling class in the early mornings and we came in on the weekends with our boys. We started to eat healthy and pounds and inches began to melt off! My attitude became positive and I felt the best I had in many years! I decided to ask if I could join the Y team as a cardio dance instructor; it has been a blessing. I have lost 55 lbs. and nearly 50 inches. My husband and I have even run our first half marathon and many other 15ks and 5ks (something I never thought possible). I am beyond thankful for my friends and family at the Y who have helped encourage me throughout this journey. It has been a complete lifestyle change and I am glad I chose to make that change. My only limit was me!”
SUMMARY OF OPERATIONS
BUCKEYE VALLEY FAMILY YMCA

IN 2019, WE PROVIDED $320,433 IN FINANCIAL ASSISTANCE TO 1,701 CHILDREN AND FAMILIES IN OUR COMMUNITY.

For over 144 years, the YMCA has been instrumental in addressing community needs. There are many ways you can make a difference in our community such as:

- Become a Volunteer
- Become a Member of the YMCA Heritage Club
- Give a Gift that Gives Back:
  - An outright gift of cash
  - An outright gift of appreciated assets
  - Name the Y in a life insurance policy/will
  - Make a Gift in Memory/Honor of Someone

For additional information on how you can help support the YMCA, please contact Ed Bohren, CEO, at edward.bohren@bvfymca.org or 740-349-9688.

COMMUNITY PARTNERS
The YMCA continues to collaborate with dozens of community organizations to combine resources and share expertise:

- Big Brothers Big Sisters
- Center for Disability Services
- Central Ohio Technical College
- City of Newark
- Denison University
- Goodwill Industries
- Heath City Schools
- Licking County Board of D.D.
- Licking County American Red Cross
- Licking County United Way
- Licking Heights Schools
- Licking Memorial Health Systems
- Newark City Schools
- Newark and Pataskala Rotary
- P.A.L.S
- Shepherd Hill
- Southwest Licking Schools

REVENUE 2019

- Membership Dues $2,646,823
- Program Income $3,704,490
- Contributions $253,939
- United Way $68,000
- Sales of Supplies $107,978
- Food Program $109,434
- Investment Income $42,483
- Financial Assistance ($320,433)

TOTAL $6,612,713

EXPENSES 2019

- Salary & Benefits $3,888,887
- Supplies $728,836
- National Dues $117,777
- Occupancy $754,964
- Contract Services $282,786
- Phone/Postage $60,481
- Equip. Maintenance $213,859
- Conference/Training $27,183
- Financing $69,095
- Miscellaneous $2,948
- Depreciation $439,462

TOTAL $6,586,276

MEMBERS 2019

- Licking County Family YMCA 13,049
- West Licking County Family YMCA 2,060
- Muskingum County Family YMCA 5,012

TOTAL 20,121

FOR YOUTH DEVELOPMENT ®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
ALWAYS HERE FOR YOU
LIVING HEALTHIER
BELONGING
WE ALL WIN
HERE TO HELP
POSITIVE CHANGE
FRIENDSHIP
WELCOMING TO ALL
INCLUSIVE
WE ARE ONE

BUCKEYE VALLEY FAMILY YMCA

LICKING COUNTY FAMILY YMCA
470 West Church Street
Newark, OH  43055
P-740-345-9622

MUSKINGUM COUNTY FAMILY YMCA
1425 Newark Road
Zanesville, OH 43701
P-740-454-4767

WEST LICKING COUNTY FAMILY YMCA
355 West Broad Street
Pataskala, OH 43062
P-740-964-6522