



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# IMPACT REPORT

SKAGIT VALLEY FAMILY YMCA

2022





## Letter from the CEO

Dear Y Friends, Family and Community,

We live in a beautiful corner of the world. Almost every day, I find myself commenting on how lucky we are to call Skagit home. From the peaks of the North Cascades to the shimmering Salish Sea, and a powerful, emerald-green river running through connecting the elevation change, ours is an awe-inspiring home.

Perhaps you have climbed one or more of our local peaks. Much like these ascent trails, the last few years have been a steep, grinding climb. But taking this pause to look back at our 2022 impact, we are greatly encouraged. We have gained some energy in our steps and renewed enthusiasm in our mission of creating positive community change through relationships by empowering the mind, body, and spirit of all... investing ourselves in kids, our health, and our neighbors.

Contained in this report, you will see evidence of the hard work our teams have been doing and the impact we have had. Check out our Strategic Plan for 2023-2025 and enjoy reading about what each of our divisions in Youth Development, Healthy Living, and Social Impact have been up to. May you find as much hope and excitement in these words as I have the privilege of witnessing at this organization each day.

Whether you are a new or long-time member, donor, staff, childcare family, Oasis youth, or community partner, you are a cherished member of our Skagit Y family. You are the Y! It's my privilege to continue learning, growing, and connecting with you on this Y journey!

With gratitude,  
Dean Snider, CEO

**"It's been so fun  
integrating into the  
community and  
meeting people!"  
– New Member**



## Impact Story





## Strategic Plan

The Y's leadership teams and the Board of Directors spent the second half of 2022 preparing a strategic plan for 2023-2025. Four big questions drove our collective effort, encompassing the full breadth of all our areas of impact:

1. How do we ensure organizational sustainability and fiscal responsibility?
2. How do we maximize our impact through whole-person (physical, mental, social-emotional) community health initiatives?
3. How do we ensure access to safe, affordable childcare for families in our community?
4. How does the Y expand our impact for youth experiencing housing insecurity?

Our intention was to craft a realistic plan, focusing the majority of our efforts on detailed strategies for 2023 with the intent to revisit the plan annually as a leadership team to develop the coming year's strategies. A theme quickly emerged to become "brilliant in the basics" again as an organization in order to re-establish a strong foundation from which to remain nimble yet efficient. See the full plan on our About page at [www.skagitymca.org/about](http://www.skagitymca.org/about)

Since I can exercise 5 times per week at the Y, I have greater control of my type-2 diabetes and my A1C has lowered tremendously. I have not gotten sick, have lost weight, and developed muscle tone. My mental health and positive attitude make me able to live my life to the fullest. Thank you YMCA for being a part of my life for over 60 years!

- Current Senior Member

## 2023 Strategies

**MEMBERSHIP  
& FAMILY  
ENGAGEMENT**

**DIVERSIFY  
AUDIENCES**

**INVEST IN STAFF  
& WORK FORCE  
STABILIZATION**

**DIVERSIFY &  
GROW FUNDING  
SOURCES**

**MAXIMIZE SYSTEM,  
VOLUNTEER &  
STAFF EFFICIENCIES**

**PURPOSEFUL  
PARTNERSHIPS**



# Youth Development

343  
FAMILIES  
SERVED

\$9,722 IN  
FINANCIAL AID  
DISPENSED IN  
2022

\*EARLY LEARNING  
PROGRAMS ONLY

Between our Early Learning Centers, before- and after-school programs, summer camps, and as one of the largest childcare providers, the Y continued to play a major role in the social and emotional development of children in the Skagit Valley in 2022.

## Early Learning and School-Age Programs

Expanding our ELC Reach: In late 2022/early 2023, we reopened our Washington Early Learning Center in west Mount Vernon. We had previously operated an ELC at the school before the Covid-19 pandemic, so it was exciting to reopen our doors to families in this part of Mount Vernon. The infant room doubled its previous capacity, going from a 4-infant room to an 8-infant room.

Improving our Burlington ELC: We received grant funding from the Washington State Department of Commerce in 2020 to complete capital improvements on our Early Learning Center in Burlington, and we wrapped the final improvements during 2022. The grant funding helped add a staff break room for our teachers, expand our kitchen and food storage spaces, enhance our Toddler Room, upgrade the bathrooms, and add AC to the space.

## Summer Camp

Summer Camps Galore: We offered four different summer camps in 2022, including Camp Anderson (4th – 7th graders), Discover Camp (1st – 3rd graders), Y Kids Summer Day Camp (1st – 6th grade), and Bitty Y Day Camp (3–7-year-olds). Over 380 campers made the Y part of their summers. Each camp offered kiddos unique and fun ways to be active, learn the four core values of the Y (Caring, Honesty, Respect and Responsibility), and make memories with their friends.



"The more times I visit,  
the more motivated I  
am to come back soon!"

-Current Y Member



# Healthy Living

**Like any injury or setback that one faces, it takes time to recover. The Covid-19 pandemic was a setback that impacted our Y throughout 2020 and 2021, but 2022 was our year of returning to full strength. We experienced great growth in membership and brought back many of the programs that were offered pre-pandemic, but we also used this strengthening time to build and start new initiatives for our community.**

## Youth Sports

We started NFL Flag Football in both Sedro-Woolley and Mount Vernon, Indoor Soccer at Bakerview, and Jr. NBA Basketball at Hoag Road. All told, 357 local youth between the ages of 6-14 participated and had good old-fashioned fun!

## Active Older Adults (AOA)

We started up Brown Bag Lunches and coffee hours for our valued seniors to learn and socialize with one another. Plus, we launched several AOA classes, such as Chair Yoga Dance and Functional Strength & Movement. Lots of movin' and groovin'!

## Membership

Members are central to our Y, so we launched Member Appreciation Sundays as a way to give them exclusive access to our building. Plus, our Y Kids @ Hoag child supervision area returned to full strength in 2022, with hundreds of families taking advantage of the service.

## Community Engagement

The Y is where community comes together, and the community came out in force for several events we hosted in-person. Healthy Kids Day, a Care Fair with dental and vision services, the Halloween Spooktacular, and other great events brought hundreds of people into our spaces for everything from fun with their families to connection and support.



**357 YOUTH  
PARTICIPATED  
IN SPORTS  
PROGRAMS**

# Aquatics

**1,662 YOUTH  
PARTICIPATED  
ACROSS ALL  
SWIM LESSONS**



The Y's McIntyre Aquatics Center saw the start of Stage A and B swim lessons, new and returning youth across all swim lesson types (including 360 4th and 5th grade students from the Mount Vernon School District), an excellent season by the SVYA Swim Team, and the return of a Special Olympics swim team.

In August, we closed down the Y to make some important safety improvements across the whole facility and to spruce up the building. The largest project was to resurface the pool deck to make it safer, but we also installed carpet in the Welcome Center and added splashes of colors to walls around the building.

# Social Impact

In 2022, the Social Impact division became more defined by separating out programs from under the umbrella of the Oasis Teen Shelter to recognize each as vital, stand-alone programs for at-risk youth and youth experiencing homelessness.

## Drop-in Support & Street Outreach

The Y opened the Sedro-Woolley Rec Center in June for an eight-week summer pilot program funded through a grant with the City of Sedro-Woolley. The drop-in space, located at the old library building at 802 Ball Street, is a safe space for youth ages 12-17 to spend supportive, pro-social time. With games, art, Nerf Wars, homework support, workshops, and free meals, the Rec Center quickly became a popular spot for local youth. 65 individual youth dropped in over the summer and 37 youth registered within the first week it re-opened in December. The Rec Center is also the hub from which our street outreach services operate for youth ages 12-24 anywhere in Skagit facing housing instability.



## Skagit Anchor Community Initiative

The Y took on the lead agency role in A Way Home Washington's Anchor Community Initiative, becoming one of nine other communities committed to functionally ending youth and young adult homelessness across the state. The initiative spurred the Y hiring a full-time Youth & Community Engagement Coordinator to facilitate youth voice and ensure "by & for" organization engagement and the development of a Core Improvement Team which includes representatives from the Y, Skagit County Public Health, Northwest Youth Services, Anacortes Family Center, and many more local providers who are actively working to change local housing systems to better serve youth and young adults.



## Oasis Teen Shelter

54 unduplicated youth between the ages of 13 and 17 were served by the shelter last year across 686 bed nights. 1,795 meals were provided, and 209 visits were made just by youth stopping by not to stay overnight, but to receive some form of support like food, water, or clothing.

## MV HOPE Coalition

Our community collaboration to prevent opioid and other drug use by youth in the Mount Vernon School District made an impact through 13 events and meetings facilitated by our members and the Equity Team, a group representing and ensuring equitable engagement with Hispanic families.



**The Skagit Valley Family YMCA creates positive community change**





GRANTS &  
CONTRACTS  
\$2,805,646

EARNED  
INCOME  
\$5,205,467

DONATIONS  
\$363,600

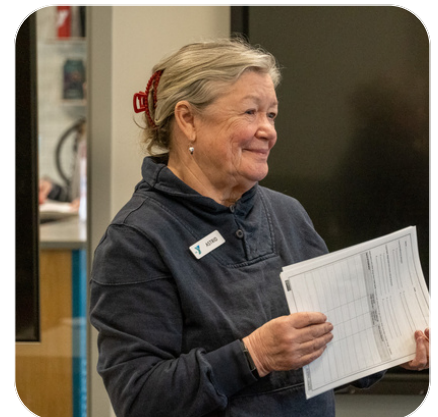
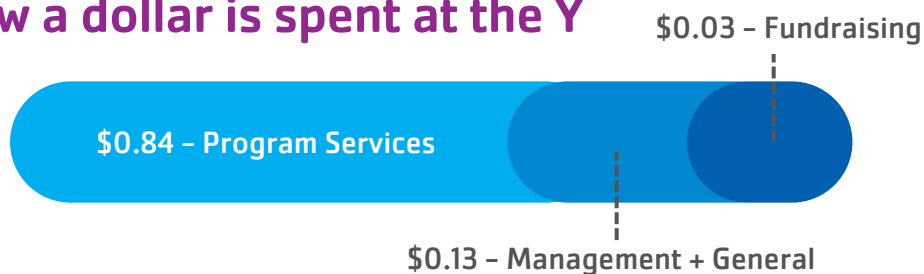
## Financial Summary

In late 2022, we had our second annual Impact Skagit campaign. After the success of 2021's campaign, we set a goal of \$100,000 - almost \$30,000 more than what we raised in 2021. Thanks to the generosity of 124 donors, we surpassed our goal and raised a total of \$109,756! This was an increase of 37% in campaign contributions from our 2021 Impact Skagit Campaign.

It wasn't just during the Impact Skagit Campaign that the community showed their support. Between general donations, memorial funds like the Chris Mang Memorial Fund, and capital projects, the Y raised \$363,600. These funds played a pivotal role in making the work of the Y possible in 2022 and helped prepare us for another year of growth in 2023.



## How a dollar is spent at the Y



through relationships by empowering the mind, body, and spirit of ALL.



**Skagit Valley Family YMCA**  
1901 Hoag Road  
Mount Vernon, WA 98273

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98273 PERMIT #16

# YOUR OPPORTUNITY TO MAKE AN IMPACT

## Mail:

1901 Hoag Road  
Mount Vernon, WA 98273

## Planned Giving:

Consider including the Skagit  
Y in your legacy by giving  
from an estate or will.  
EIN 91-0565022

## Online:

[skagitymca.org/give](https://skagitymca.org/give)

## Paypal:

<https://bit.ly/SkagitYPayPal>



[skagitymca.org](https://skagitymca.org)  
360 336 9622

