



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILLIAMS YMCA OF AVERY COUNTY

2016 ANNUAL REPORT



PO Box 707, Linville, NC 28646 (828) 737-5500

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Mission

To put Christian principles into practice through programs that build a health spirit, mind and body for all

2016 Looking Back

Events

3rd Annual Viking Classic - April 9th and 10th

Healthy Kids Day - May 7th

Dancing with the Avery Stars - June 18th

Jazz Concert at Eagles Nest - June 23rd

Marjorie Horn Williams Memorial Golf Tournament - October 18

Princess Date Night - October 15th

Halloween at the Y - October 28th

5K Reindeer Run - December 3rd

Visit us on the web: <http://ymcaacery.org>

2016 Membership

Total Members 2,158

Total Visits 74,116

Gender

Male Members 989

Female Members 1,169

Age

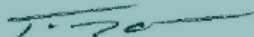
Under 5: 99 Ages 6-12: 242

Ages 13-18: 172 Ages 19-30: 333

Ages 31-59: 528 Ages 50 Plus: 784

View from the Top

As we grow, it seems that each year is more pivotal than the next. Twenty-Sixteen was no different. Over the past year our Y has: provided Avery County with over \$170,000 in scholarships or subsidized programs, began Chronic Disease Prevention Programs, taught hundreds of children how to swim, overcome a \$474,000 operating deficit, and began construction on a \$1.5m Indoor Athletic Facility. The saying "big things come in small packages" has never been more true. The drive to better serve our community has never been stronger and I hope that becomes evident in the increased programming and updated facilities that our community will experience within the next year. We strive to serve all, regardless of age, sex, ability, or socio-economic status. The Williams YMCA is Everyone's YMCA. Thank you for your support and we look forward to growing with you in 2017! Trey Oakley, CEO



Youth Programs

Spring Soccer

Kids Participating- 162

Age Range 3-12

Teams- 16



Soccer Camp

Kids Attending- 64

Age Range- 3-13 yrs.

Fall Soccer

Kids Participating- 233

Teams-19

Scholarships Given- 15

Age range- 3-13 yrs.

Summer Baseball Camp

Kids Attending- 15

Age Range- 5-12 yrs.

Softball Camp

Kids Attending- 11

Age Range- 6-13 yrs.

Tumble Gym

Kids Attending- 29

Age Range 3-12

Spring Dance

Kids Attending - 47

Age Range- 3-13 yrs.



Fall Dance

Kids Attending - 44

Ages- 3-16 yrs.

Scholarships Given- 2

FOR YOUTH DEVELOPMENT

Youth Programs (continued)

Cooking Camp

Kids Participating- 23
Age Range 5-12 yrs.

Summer Camp

Kids Attending- 125
Scholarships Given- 28
Age Range 5-13 yrs.

Snow Camp

Kids Participating- 42
Scholarships Given- 9
Age range- 5-12 yrs.



After School

Kids Attending- 14
Scholarships Given- 8
Age Range- 5-11 yrs.

Jr. Leaders Club

Youth Attending- 11
Service Hours- 21
Age Range 6th-8th grade



Youth and Government

Kids Attending- 11
Scholarships Given- 11
Age Range 9th12th grade

Pre-School Program

Children Cared for- 8
Scholarships Given 5

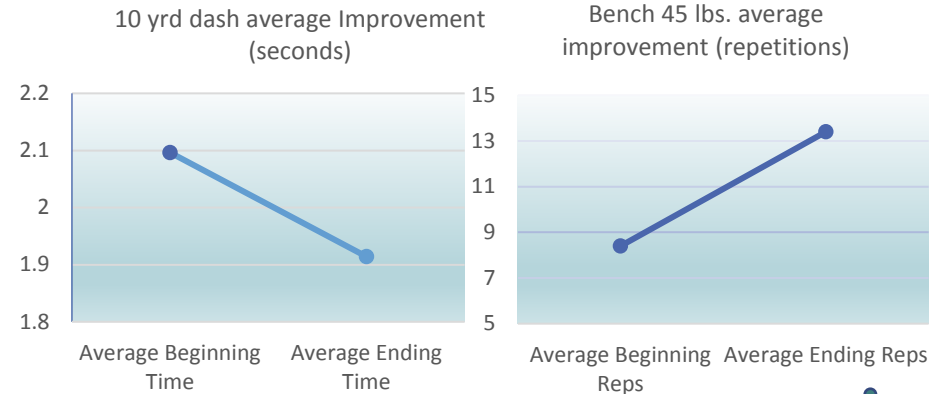
Hours of Care Provided- 2,219

Like us on Facebook: <https://www.facebook.com/pages/Williams-YMCA-of-Avery-County/134800643248230?v=wall>

FOR SOCIAL RESPONSIBILITY

Athletic Performance Training

In mid-2016 the Y began offering Athletic Performance training to its cadre of community services. 93 middle and high school youth from Avery County schools in grade 7-10 enrolled in the training with an 86% retention rate. Of those completing, there was an average improvement in 10 yard dash time of 9.5% and a 5.2% improvement in 20 yard dash time. There was a 59.5% improvement in 45 lbs. bench press repetitions and a 35.5% improvement in the number of push-ups performed. Some results appear in the graphs below:



Aquatics

SPLASH

SPLASH is the Y's drowning prevention program. In 2016, 111 preschoolers and 152 2nd grade children were given access to the Y pool with instruction in water safety and learning to swim. The pre-k group learns to be more comfortable and safe in and around water while most 2nd graders learn how to swim or get better at it!

Water Fit & AquaZumba

Water Fit is held 3 times daily, Mon., Wed. & Fri., and has an average daily attendance of 51 people. AquaZumba meets in the summer & has an average daily attendance of 8 people.

Swim Club & Community Outreach

The Swim Club is open to children of all ages and brings children together to enjoy swimming and learn from one another and from staff lifeguards. The Y provides free pool access to Avery & Mitchell Schools' exceptional children classes, the Avery High School & Lees-McRea College swim teams, the Avery Special Olympics, and Crossnore School. Discount rates are provided to private school and Avery YO! Afterschool and 4-H.

Community Outreach

Young Again Fitness

Fitness programs served 127 senior citizens with 21,958 encounters in nine facilities and the Y with Stretch Tone & Balance and Water Walk exercises. In partnership with Meals on Wheels & Feeding Avery Families the Y delivered 920 meals to the elderly. The program also provided an individual exercise program for 9 handicapped and special needs older adults with 936 encounters.

Avery County Collaboration

20 low-income families with at-risk children were provided free Y memberships and access to youth development, education, and health promotion programs. Provided 22 Blue Ridge Academy youth physical education classes 3 times per week, transportation, & referral to basic need services. 68 Pre-K kids were provided weekly Yoga classes.

Wellness

The Y's state of the art Wellness Center and exercise equipment is open to all members during regular business hours. Weekly, a daily schedule is published of more than 13 different group exercise classes also available to members. In 2016, a duplicated count of 18,465 people attended one or more group exercise classes. Personal training and coaching is available to assist members achieve personal fitness goals.

Training & Coaching

Orientations:

Wellness Center- 36

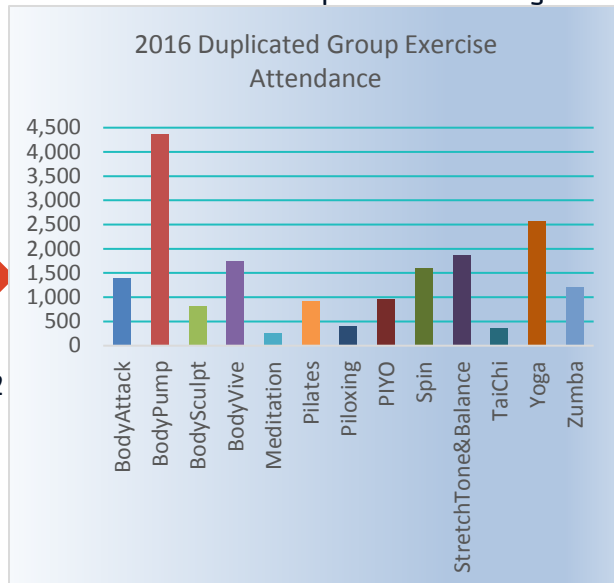
Youth Fit- 19

Coach Approach- 19

Personal Training:

Hour Sessions- 344

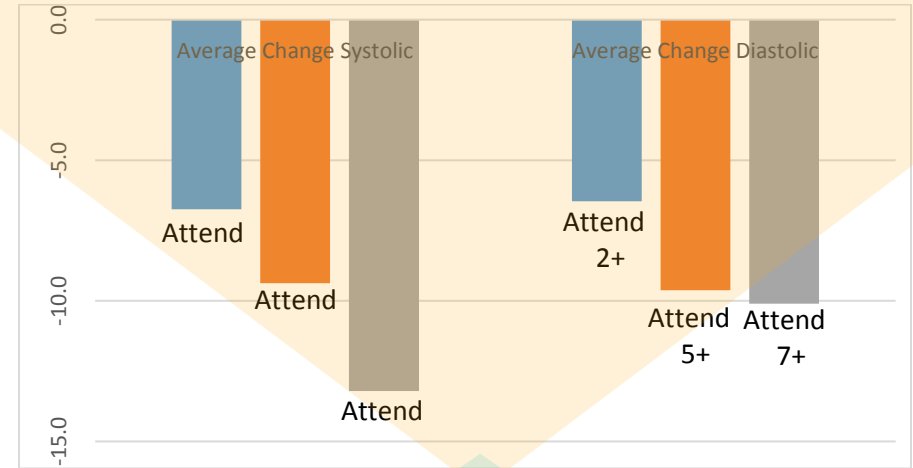
½-Hour Sessions- 132



Chronic Disease Prevention and Management

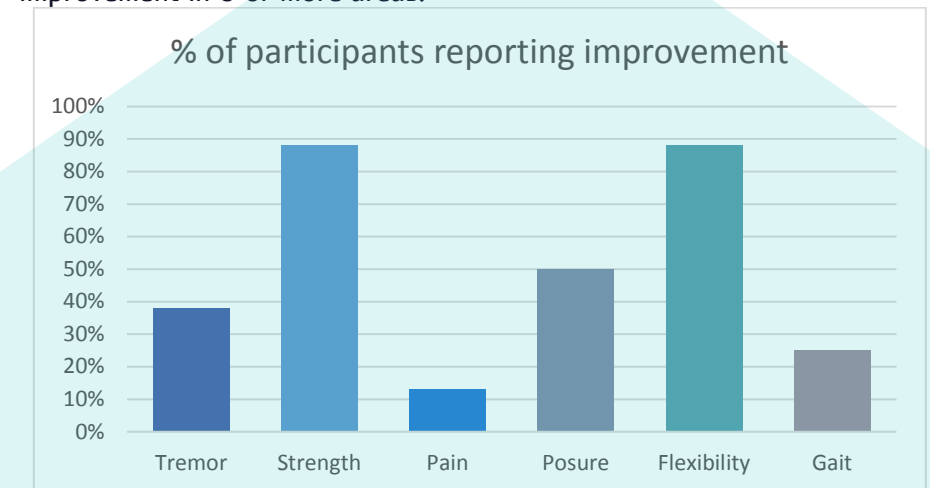
Blood Pressure Self-Management

Self-monitoring and tracking of an individual's blood pressure can play a significant role in reducing blood pressure and improving the quality of life. In our first program serving over 150 Avery citizens the average change in systolic pressure was -13.2 and diastolic pressure -10.1. The average change in blood pressure appears in the table below according to the number of sessions attended.



Living with Parkinson's

Most of those attending our program for 12 weeks, 2 sessions per week, reported improvement in 3 or more of their symptoms and many had improvement in 6 or more areas.



FOR HEALTHY LIVING



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Financials

(Actual un-audited)

2016 Revenues		2016 Expense	
Contributions/Grants	\$347,142	Management & General	\$79,049
Membership Dues	\$688,763	Fundraising Expense	\$4,597
Program Revenue	\$147,702	Program Expense	\$1,190,564
Retail	\$21,463		
Total	\$1,204,070	Total	\$1,274,210

(Projected)

2016 Revenues		2016 Expense (unaudited)	
Contributions/Grants	\$508,600	Management & General	\$87,386
Membership Dues	\$725,000	Fundraising Expense	\$5,081
Program Revenue	\$150,000	Program Expense	\$1,316,132
Retail	\$25,000		
Total	\$1,408,600	Total	\$1,408,600

Support

Fortunately, where some see obstacles, we see opportunities for our volunteers and staff to make a difference. Membership dues account for only half of our operating budget. We need your investment in Avery County to make it happen. Together, we can achieve so much more.

Yes, I want to help. Here is my pledge for:

My Pledge: \$ _____
 One Time _____ Monthly _____ Quarterly _____

I PLAN TO MAKE MY PAYMENTS BY:

___ Bank Draft ___ Use Account on File **OR**
 _____ Account#
 _____ Routing#

___ Credit Card ___ Use Card# on File **OR**
 ___ Visa ___ MasterCard ___ Discover ___ American Express
 _____ Card #

_____ Expiration Date _____ 3-digit code
 Bill me ___ Monthly or ___ Quarterly beginning _____

TOGETHER WE CAN CREATE A BETTER US