LET'S KEEP THE BALL ROLLING
Dear YMCA Friends,

Everyone has heard of the Y, but we’re so much more than many people realize. From exercise to education, from volleyball to volunteerism, from pushups to prevention, the Y doesn’t just strengthen bodies; it strengthens communities. We’re more than a gym. We’re a cause.

The success of the Y lies in not only programs and services but also results. Y programs and activities are tools. They nurture the development and potential of all kids. They create positive, supportive environments for people to develop healthy habits. And they challenge people to take responsibility for themselves, their neighbors and their communities to inspire social responsibility.

In many respects, 2013 was a banner year for the YMCA of Central Texas. One out of every nine McLennan County residents was involved with Y programs and services last year. The Y experienced its highest level of membership participation since 2006. New initiatives (Afterschool Meals and Women on Weights) created momentum in health and wellness. The outdoor walking trail at Doris Miller Family YMCA is now open to the community and encourages proactive, simple solutions for improving health in small steps.

For 2014 and beyond, we want to keep the ball rolling. The Diabetes Prevention Program will change the lives of people in our community by providing tools for a healthier lifestyle and reducing the risk of diabetes. In addition, our partnership with The Home Grown Farm will bring locally grown pesticide- and chemical-free produce to tables for healthier, fresher meals, and plans for a community garden at Doris Miller Family YMCA will give residents the opportunity to grow fresh, nutrient-rich produce in their neighborhood.

We also have an exciting partnership with a leading provider of child care services on the horizon.

Join us to increase our ability to take on the challenges facing our youth, our health and our communities.

Ken Hampton  Patrick Murphy
Board Chair  President
Chief Volunteer Officer  Chief Executive Officer
We believe that all kids deserve the opportunity to discover who they are and what they can achieve.

YMCA Afterschool Care provides a place for children to learn, grow and develop social skills. In 2013 parents of 490 children were able to work and study, knowing their children were safe in a nurturing environment at one of the Y’s seven afterschool sites.

Values and skills learned early on are vital building blocks for life. During the summer, 446 children came to Day Camp to build self-esteem, develop interpersonal skills and make lasting friendships and memories.
Good health is more than exercising or building muscle. It’s about having a balanced lifestyle, which is why we help build healthy spirit, mind and body for all.

In 2013 the Y enriched the lives of 36 cancer survivors as well as their caregivers and family members by offering LIVESTRONG® at the YMCA, which provides a safe, supportive environment for physical and social activities that are focused on regaining strength and improving quality of life.

Women on Weights, Nutrition Counseling, and Teen Strength & Conditioning helped 48 people live healthier, happier lives. MEND (Mind, Exercise, Nutrition...Do it!) served as a pathway for 165 children and their family members to develop healthier eating habits and become physically active.
By giving back and supporting our community, the Y empowers our neighbors to make changes, bridge gaps and overcome obstacles—providing an opportunity for everyone to learn, grow and thrive.

At the Y, we believe all children should be equipped with the skills to help them safely enjoy the water. Last year the Y’s Swim to Safety program helped 68 children learn lifesaving water skills.

Our Military Outreach Initiative provided Y memberships to 140 military members and their families in 2013.

Our volunteers, without whom little of what the Y does is possible, helped bring about meaningful, enduring change in their communities.
## 2013 FINANCIALS

### INCOME

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
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<tbody>
<tr>
<td>Contributions</td>
<td>$62,931</td>
<td>$56,717</td>
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<tr>
<td>Membership Dues</td>
<td>$2,629,694</td>
<td>$2,554,429</td>
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<td>Program Fees</td>
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<td>Scholarships</td>
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<td>United Way</td>
<td>$92,500</td>
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<td>Grants</td>
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<td>Special Events</td>
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<tr>
<td>Facility Rentals</td>
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<td>Miscellaneous</td>
<td>$57,779</td>
<td>$49,919</td>
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<td><strong>Total Income</strong></td>
<td><strong>$3,919,412</strong></td>
<td><strong>$3,946,497</strong></td>
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### EXPENSES

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<tr>
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<th>2013</th>
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<tbody>
<tr>
<td>Personnel/Benefits</td>
<td>$2,338,753</td>
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<td>Occupancy</td>
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<td>Supplies</td>
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<td>Transportation/</td>
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<td>Training</td>
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<tr>
<td>Marketing/Printing</td>
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<td>Licenses/ Fees</td>
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<td>Bank Processing Fees</td>
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<td>Equipment Rental/</td>
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<tr>
<td>Purchase</td>
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<tr>
<td>Insurance</td>
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<tr>
<td>Land Lease/</td>
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<td>Miscellaneous</td>
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<td><strong>Total</strong></td>
<td><strong>$3,616,863</strong></td>
<td><strong>$3,686,591</strong></td>
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<td><strong>Net Before Depreciation</strong></td>
<td><strong>$302,549</strong></td>
<td><strong>$259,906</strong></td>
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### PROGRAM PARTICIPATION

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<tr>
<td>Youth sports</td>
<td>1,889</td>
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<tr>
<td>Adult sports</td>
<td>369</td>
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<tr>
<td>Swim lessons</td>
<td>1,603</td>
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<tr>
<td>Afterschool</td>
<td>490</td>
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<tr>
<td>Youth camps</td>
<td>446</td>
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### MEMBERSHIP

<table>
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<tr>
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<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>5,469</td>
</tr>
<tr>
<td>Young adult</td>
<td>2,681</td>
</tr>
<tr>
<td>Adult</td>
<td>5,413</td>
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<tr>
<td>Seniors</td>
<td>1,944</td>
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<tr>
<td><strong>Total members</strong></td>
<td>15,507</td>
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<tr>
<td><strong>Facility usage</strong></td>
<td>294,317</td>
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**Board of Directors**

- Ken Hampton
  - Board Chair
- James Recks
  - Past Chair
- Darrell Rollins
  - Chair Elect
- Susan Burgard
  - Secretary
- Matthew Hejdak
  - Membership Chair
- Billy Jackson Jr.
  - Building & Grounds Chair
- Joe Nesbitt
  - Financial Development Chair & Program Chair

**Leadership Staff**

**ASSOCIATION OFFICE**

- Patrick Murphy
  - President/CEO
- Karen Brown
  - Business Manager
- Virginia Salsbury
  - Accounts Manager
- Angela D. Rutherford
  - Marketing/Communications Specialist
- Rick Bernstrom
  - Facilities Director
- Sam Brown, George Chase
  - Executive Director
- Nancy Gehlbach, Archie Hatten
  - Executive Director
- Richard Mason, Kelli McManus
  - Executive Director
- Liz Palacios, Phil Roach
  - Executive Director
- Dr. Jay Rodrigo, Stuart Smith
  - Executive Director
- Larry Todd, Yolanda Williams
  - Executive Director

**WACO FAMILY YMCA**

- Mike Green
  - Sports Director
- Stephanie Mellgren
  - Youth & Family Director
- Jeremiah Zimmerman
  - Senior Health & Wellness Director

**DORIS MILLER FAMILY YMCA**

- Curtis Harris
  - Program Executive
- CaSaundra Foreman
  - Youth Director
- Chelsey Scoggins
  - Physical Director

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**Employees of the Year**

- J.D. Wells (left)
  - WACO FAMILY YMCA
- Malcolm Dudley (right)
  - DORIS MILLER FAMILY YMCA

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*The Y. So Much More™*
2013 Funding Sources

**$25,000 & above**
- Blue Cross/Blue Shield — MEND Foundation Grant
- Amerigroup Foundation
- Community Youth Development Grant
- Cooper Foundation
- Anti-Bully Grant
- Fentress Foundation
- Matt and Julie Hjeduk Family
- Hillcrest Baptist Medical Center
- Arthritis Program
- JCPenney and Y-USA Afterschool Grant
- Walmart Foundation and Y-USA Round Food Program

**$5,000 - $24,999**
- Advantage Press Inc.
- Russ Alexander
- Pamela Autry
- Audrey Babies
- Eula Bacy
- Marilyn Banks
- Roy Beatty Cleaners Inc.
- Thomas Bedwell Jr.
- Bonnie Belanger
- Betsy Bracken
- Lester Broadus
- Stan Brubaker
- Mentha Burns

**$1,000 - $4,999**
- Louretha Campbell
- Inga Chow-Monreal
- Dr. Jon and Diana Engelhardt
- Deetore Evans
- Betty Fluet
- CaSaundra Foreman
- Michael Frisch
- Lorraine Fuqua
- Joyce Hall
- Diane Hampel
- Sam Hastings
- Archie Hatten
- Branson Heinz
- Eddie Henderson
- Sherrie Herbelin
- Jeremy Hicks
- B.T. Hogan
- Courtney Hudson
- Rodney Iby
- Dennis Johnston
- Loraine Khoury
- Nina LeBlanc
- James Lewis
- Spencer Littlejohn
- Julia Long
- Lillie Mabry
- Rosemary Macaulay
- Andrea Maddux
- Frank Mangum
- Shirley Mays
- Linda McDonald
- Lois McDowell
- Mike McGee Motors

**$500 - $999**
- Chris and Britt Bernard
- Billy Jackson's Gene Ives Acoustic & Tile Co.
- Bob Bowen Electric Co. Inc.
- Trent and Karen Brown
- Community Bank & Trust
- Virginia DuPuy
- Fred and Nancy Gehlbach
- Dr. and Mrs. Stanley Hersh
- Joseph Hesbitt
- Dr. Jay Rodrigo
- Stuart Smith

**$250 - $499**
- Altrusa International Inc. of the Brazos
- AMC Healthcare Holdings Inc.
- Evan Bates
- Marilyn Brooks
- Capstone Mechanical LP
- Hubert Services Inc.
- Integ
- J Michael Johnson
- Suzanne Manske
- Mike Staxis Services Inc.
- Olmsted-Kirk Paper Co.
- Georgeen Scanes
- Chelsey Scottgrrens
- Superior Health Plan
- Walmart Foundation

**$100 - $249**
- A&B Contractors
- Van and Mary Allen
- Richard and Susan Burgard
- Perrish Cox
- Carol Crosshwait
- Dina Dwyer-Owens
- Fusion Dental
- James Gallagher
- George's Restaurant & Catering
- Peter Grandjean
- Trish Griffin
- Ken Hampton
- Curtis Harris
- Jeff Heinz
- Keith Helpert
- Mark Horrell
- Reeder Huddleston
- Camille Johnson Real Estate
- Kennedy King Elk Lodge
- Frank Levy
- W.H. Littles & Sons Mortuary
- Richard Mason
- Amy McCourt
- McDowell Funeral Homes
- Mike McGregor
- Todd Moore
- Sharron Odion
- Omicron Upsilon Chapter
- Parsons Roofing
- Franklin and Cindy Potts
- Premier Family Dental
- Brian Remson
- Virginia Salsbury
- Barbara Sanders
- Carol Lou Scott
- Lisa Shelton
- Amy Singh
- Jon W. Spelman Company
- Lawrence Todd
- Union Pacific Corporation
- James Vaughan
- Turgor Walker
- Harrison Ward
- Patricia Waterman
- Durwood Williams
- Woodway Car Center
- Woodway Public Safety Association Inc.
- Jeremiah Zimmerman

**$500 - $999**
- Advantage Press Inc.
- Russ Alexander
- Pamela Autry
- Audrey Babies
- Eula Bacy
- Marilyn Banks
- Roy Beatty Cleaners Inc.
- Thomas Bedwell Jr.
- Bonnie Belanger
- Betsy Bracken
- Lester Broadus
- Stan Brubaker
- Mentha Burns

**$1,000 - $4,999**
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- Inga Chow-Monreal
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- Betty Fluet
- CaSaundra Foreman
- Michael Frisch
- Lorraine Fuqua
- Joyce Hall
- Diane Hampel
- Sam Hastings
- Archie Hatten
- Branson Heinz
- Eddie Henderson
- Sherrie Herbelin
- Jeremy Hicks
- B.T. Hogan
- Courtney Hudson
- Rodney Iby
- Dennis Johnston
- Loraine Khoury
- Nina LeBlanc
- James Lewis
- Spencer Littlejohn
- Julia Long
- Lillie Mabry
- Rosemary Macaulay
- Andrea Maddux
- Frank Mangum
- Shirley Mays
- Linda McDonald
- Lois McDowell
- Mike McGee Motors

Thanks to the 188 donors who gave $62,931 to our 2013 Annual Campaign.
• Membership reached its highest level since 2006, growing 7% for 2013 to 15,560 Y members.

• Survey results from SEER Analytics rated the YMCA of Central Texas above the national benchmark for excellence in Value, Quality of Classes/Programs and Convenience of Schedule.

• Girls Day taught 65 young girls about being a lady through etiquette, goal setting and self-esteem lessons.

• Y Achievers helped 45 youth ages 10-17 see a brighter future for themselves through team- and career-building activities as well as mentoring.

• Swim to Safety taught 68 children lifesaving water skills via hands-on experiences and safety drills. Another 1,603 kids enrolled in traditional swim lessons.

• Women on Weights, Nutrition Counseling, and Teen Strength & Conditioning brought fitness to 48 individuals.

• MEND (Mind, Exercise, Nutrition ... Do it!) served as a pathway to healthier eating habits and increased physical activity for 165 children and their family members.

• Thanks to Live Well Waco, the Waco–McLennan County Public Health District, local banks and insurance companies, an outdoor walking trail was constructed at the Doris Miller Family YMCA so that community members can take steps toward a healthy lifestyle.

• The YMCA of Central Texas partnered with CitySquare and Walmart Foundation to provide afterschool meals for 350 children at the Y’s seven afterschool sites on a daily basis. Combined with the Summer Meals Program, this effort will feed about 400 children throughout the year.
YMCA OF CENTRAL TEXAS
P.O. Box 20515
Waco TX 76702
P 254 776 6612
F 254 251 0974
ymcactx.org

Our Mission
To put Christian principles into practice through programs
that build healthy spirit, mind and body for all.

A member agency of

United Way
United Way
of Waco-McLennan County

The Y. So Much More™