

YMCA OF GREATER SEATTLE



**OPPORTUNITIES
FOR ALL**

2017 ANNUAL REPORT

THE Y: COMMUNITY STARTS HERE



Through outdoor adventures and wilderness experiences, the Y's Boys and Girls Outdoor Leadership programs inspires multi-cultural leadership and summiting new peaks.

TABLE OF CONTENTS

Championing Health & Wellness	2-3
Supporting Brighter Futures	4-5
Reducing Hunger	6-7
Nurturing Leaders Through Outdoor Experiences	8-9
Creating Equitable Communities	10-11
All Are Welcome	12-13
Celebrating Milestones	14-15
Looking Ahead	16-17
Hope Lives at the Y	18-19
2017 Financials	20
Board of Directors & Senior Leadership	21

For the YMCA of Greater Seattle, 2017 was a phenomenal year of growth. Seattle faced immense challenges from homelessness to income inequality. In response, the Y grew social services, by expanding mental health and rapid response programs to support children in crisis. At branches across King County, Y staff turned to communities to help shape programming, adding new activities ranging from Bollywood dance to badminton. New partnerships emerged with the cities of Seattle and Kent, health care systems, physicians, and nonprofits across King County who look to the Y as a trusted partner in the work of helping all people reach their fullest potential.



The Y did all this while serving 10,000 more people across Greater Seattle than in 2016. Across branches, the Y ensured that more people in the community had access to a healthy meal – serving as the largest provider of after-school meals to youth in King County. Nearly 29,000 people strengthened community and learned new skills in the outdoors through camping & outdoor leadership programs, the largest number in the Y's history.

The **Opportunities for All** capital campaign came to life, through bustling activity at a newly expanded West Seattle branch and a new state-of-the-art branch in Sammamish where today, one in five residents belongs to the Y.

Through growth in everything from swim lessons to summer meal programs, the Y now serves 1 in 4 kids and teenagers in Greater Seattle. In 2017, these young people achieved tremendous things. For example, last summer six young women had the courage and grit to summit Washington's third tallest mountain with skills they learned through the Girls Outdoor Leadership Development (GOLD) program. These teenagers came together across different races and socioeconomic backgrounds as one team: crossing glaciers and weathering extreme conditions to reach the top.

Whether on a mountaintop, around a campfire, or in the pool, the Y is uniquely positioned to enrich individual lives while bringing people together. That's what makes the Y so special: it is the living model of an ideal community. It starts with the support of dedicated staff, volunteers, donors, and partners, and ends with a city and region where all people can reach their fullest potential in spirit, mind, and body.

Robert B. Gilbertson, Jr.
President/CEO, YMCA of Greater Seattle

CHAMPIONING HEALTH & WELLNESS



For the YMCA of Greater Seattle, 2017 was another year filled with success in increasing access to health and wellness services. The Y saw increased participation in swimming lessons, group fitness classes and had significant growth in membership at branches across greater Seattle. This year, 34 percent of our membership received financial support from the Y, which meant that more people than ever before had access to the Y's health, wellness and community programs regardless of their ability to pay.

Our branches continue to grow not only the number of individuals served, but the programs we offer, tailoring programming to address specific health disparities. Programs such as Pedaling for Parkinson's uses cycling to reduce symptoms in people affected by Parkinson's disease. The Y expanded its Actively Changing Together! (ACT!) program into neighborhoods where childhood obesity rates are on the rise. This program helps more children and families learn about nutrition, healthy cooking, and staying active.

Empowering healthier individuals is incremental work that depends on strong connections to health care providers. In 2017, the Y put this belief into practice by deepening partnerships that allowed it to expand programming to help King County residents lead healthier, happier lives. The LIVESTRONG® at the YMCA program continued to help cancer survivors heal in spirit, mind, and body. We worked with health care partners including UW Medicine, MultiCare, and Virginia Mason to streamline the referral process for the YMCA's Diabetes Prevention Program, making it easier for physicians to connect their patients to the Y. The program continues to inspire behavior change and improve individuals' health outcomes.

Healthy communities start with individual change – but it takes encouragement and communal support to empower people to make and maintain lifestyle changes. That's why as health and wellness programs continue to grow and evolve, our approach never changes: the Y will always be the place that welcomes everyone with open arms, meets people where they are, and empowers them to live their healthiest lives.

From learning the backstroke to stroke prevention, 2017 brought communities across Greater Seattle new **opportunities** to get active, stay healthy, and improve well-being.

In 2017, the YMCA of Greater Seattle...



Served 1,100 participants in chronic disease prevention programs.



Helped 13,000 people through swimming lessons.



Provided 34% of its membership base with financial assistance – more than twice the YMCA's national average.

When Mount Rainier peeks through the clouds, Seattleites know it's going to be a special day. The Y is more than a facility, it's a new way of engaging with the people and beautiful places in our community. Though Rainier is larger than life, it's just a short car ride from the Y's Auburn Valley branch.



At the Y, we know the best way to help young people build safe, successful, and happy lives is to provide them with resources and support to help them reach their goals. But not every kid in our area has access to those essentials. That's where the Accelerator Y steps in – offering holistic trauma-informed services including housing, education, employment, violence prevention, and counseling to 7,000 young people and their families each year.




The number of youth and young adults experiencing homelessness continues to rise in our region. In 2017, to meet the growing need, the Accelerator Y provided housing to more youth than any other organization in King County through innovative programs that address the root causes of homelessness. We know that 1 in 3 youth experiences homelessness within a year of aging out of foster care. In response, the Y partnered with Youth Villages (a national organization) to replicate an evidence-based program called YV LifeSet. This program offers intensive case management that supports youth aging out of foster care as they transition into adulthood. In 2017, 86% of young people served through YV LifeSet were stably housed one year post services.

The Y is growing and adapting to meet our community's needs. We saw that there was a gap in access to mental health services in our communities, so Accelerator Y responded by placing its first full-time behavioral and mental health counselor at the new Sammamish branch. The success of this program has given the Y the momentum it needs to amplify and seamlessly embed mental health services at branches throughout the area in 2018.

Everything the Accelerator Y accomplished in 2017 reinforces a central tenet of the Y's mission: to do whatever it takes to help all people reach their fullest potential.

The Y brought new **opportunities** for relief, support, and empowerment to youth and young adults – when and where it was most needed.

In 2017, the YMCA of Greater Seattle helped...

-  280 young people obtain safe and stable housing, including 137 who secured or maintained long-term housing.
-  439 youth and young adults engage in school, graduate and find employment.
-  3,703 youth, young adults, and their families throughout our community stay safe and connected through counseling and mental health services.

The Snoqualmie Valley Y shares a backyard with one of the most famous falls in Washington. Snoqualmie Falls has been featured in television, movies, and most importantly in Y Day Camp outings.



When school's out, 1 in 3 children in greater Seattle goes hungry, losing access to the school lunches they rely on nine months out of the year. So after the last bell rings, the Y steps in. This year, every child and teenager who came to the Y for a summer program or a day camp, even those who were not enrolled, received a free, healthy meal. The Northshore branch piloted a Totes-to-Go program, where anyone in the community could stop by the Y and pick up a carry-out sack lunch.

In America, hunger quietly slips under the radar – yet so many are struggling to put food on their tables. Through the partnerships the Y developed throughout 2017, our team is increasing consistent access to healthy food in our community. The Y participated in a county-wide coalition focused on closing the hunger gap in the region and through subsequent partnerships with Neighborhood House, United Way, the Boys and Girls Club, and other agencies, the Y was able to provide almost 228,000 meals.

In 2018, with funding from the **Opportunities for All** campaign, the Y will continue expanding its free meals services for children and families. The need is growing and the Y is expanding food security programs to ensure that all have access to healthy food – not just for living a healthy life, but for helping children develop to their fullest potential, and creating more equitable communities for all.

In communities across King County, more people had the **opportunity** to go to the Y for a healthy meal – instead of going hungry.

The Washington Park Arboretum unfolds in the center of Seattle. It's a space where all can gather, just like the Y. The Y's branches are conveniently located at the heart of the communities it serves.

In 2017, the YMCA of Greater Seattle...



Served 227,697 meals and snacks to low-income children, youth, adults, and families – a nearly 19% increase from 2016.

NURTURING LEADERS THROUGH OUTDOOR EXPERIENCES



Nearly 29,000 children, teenagers, and families from all backgrounds had new opportunities to discover the outdoors, learn essential skills, and connect with one another.

In 2017...

-  28,700 children, teens, and families participated in camp and outdoor leadership programs – the most in the Y’s history.
-  1 in 6 kids who attended a camp or summer program received financial assistance from the Y.
-  12,431 children and teens received outdoor environmental education.
-  Campers spent 168 hours unplugged from technology each week.
-  170 participants attended the first-ever African-American Males Weekend at Camp Orkila.

The San Juan Islands are only accessible by boat but that doesn’t stop Camp Orkila Teen Expeditions & Leadership. Ambitious Y teens launch into Puget Sound and sea kayak between islands while learning vital leadership and teamwork skills.

In 2017, the Y provided more opportunities for young people and their families to spend time outside. In the Boys Outdoor Leadership Development (BOLD) and Girls Outdoor Leadership Development (GOLD) programs, teens worked together while taking on physical and technical challenges in the wilderness alongside peers from different racial, religious, and socioeconomic backgrounds. These teenagers collectively hiked a total of 19,000+ miles, consumed over 900 pounds of GORP (good old raisins and peanuts!), and summited two of the state’s tallest mountains – Mt. Baker and Mt. Olympus. Whether it was a middle schooler’s first night outdoors at Camp Colman or a high schooler on a weeklong backpacking expedition in the North Cascades, more kids and teens participated in all of the Y’s overnight and day camp programs.

As participant numbers grew, so did the Y’s waitlists. But thanks to a generous gift to the **Opportunities for All** capital campaign, the Y will be able to purchase a third camp property in 2018: the first new YMCA of Greater Seattle camp in nearly 100 years.

Through the support of generous donors who contributed over \$1 million to the Y’s annual campaign to get kids outdoors, the Y was able to offer more kids financial assistance to go to camp, meeting growing needs. The Y worked hard to ensure that experiences in the outdoors were truly available for all, regardless of age, experience, ability, or financial status.

In 2017, the Y introduced several new programs designed to increase community representation in camping experiences. Programs like the first-ever African American Males Weekend (a partnership with 100 black families), as well as LGBTQ and Islamic Family Camps were successful, drawing hundreds of children and their families.

Everything the Y did in camp and outdoor leadership this year was more than just getting people outside and having fun. It was a chance to practice some of the most important skills needed to be successful in life: problem solving, leadership development, working in a group, and facing fears – while making new friends along the way.

“For my kids, camp is the highlight of their year. There is this palpable sense of joy when they talk about seeing orcas on a kayaking trip, or sleeping outside with their buddies. But it’s not just fun: they’re learning leadership along the way, and when they get off that bus when the week is over I can see they are more independent, more confident people.”

– Martha Wiltamuth, Camp Orkila parent

CREATING EQUITABLE COMMUNITIES



The Kubota Gardens are an enduring celebration of Japanese culture in Seattle. The Y celebrates heritage, remembers the past and is working for a compassionate future.



In 2017, the Y created new opportunities to welcome and support all communities.

In 2017...



Over 1,000 participants, 500 volunteers, and 65 community groups participated in Welcoming Weeks across Y branches to celebrate new Americans.



60 volunteers and 120 attendees celebrated two Birthday Bashes welcoming immigrant and refugee neighbors on January 1 – the date that new immigrants and refugees without birth certificates are given as their official birth date.

This year, every branch at the YMCA of Greater Seattle lived a commitment to building inclusive, equitable communities. As an organization that serves some of the nation's most diverse neighborhoods, the Y needs to be a place where all people feel welcome.

This year, at branches throughout greater Seattle, the Y helped people from different backgrounds build healthy spirit, mind, and body in new and exciting ways.

As King County's immigrant communities grow, it's essential that the Y continues to develop programs that meet diverse needs and expectations. So this year, the Northshore and Matt Griffin branches piloted successful New American Welcome Centers, which not only brought new immigrants into the Y and provided a safe, welcoming space, but also gave them an opportunity to tell Y branches how to better meet their needs. Direct input from the Muslim community at Matt Griffin's Welcome Center turned into a series of popular after-hours women-only swim nights and exercise classes.

All 13 Y branches held two events to highlight our communities' diversity: Welcoming Week and Heritage Month. From fashion shows, to dance classes, to delicious home-cooked meals, each event offered a variety of programs and activities to celebrate different cultures: a taste of home for those who miss it – and an introduction to a new culture and new neighbors for other members. In addition, Bellevue and Matt Griffin held giant Birthday Bashes on January 1 – the birthday the U.S. State Department assigns to refugees who have no birth records.

In 2017, the Y also did more to serve communities with varying abilities. Free, fun programs for middle-schoolers with special needs filled up quickly each time they were held, and the Dale Turner branch started a popular adaptive swim program providing lessons to children and adults with all ability levels.

As communities change, community service must change – and it all starts with listening. By making space for different ideas and building buy-in from the ground up, the Y is helping to build truly equitable communities that work for all.

ALL ARE WELCOME: YMCA OF GREATER SEATTLE



"Thank you for embracing my family and me to this country as immigrants from Syria. I hope to get to know all the members of the YMCA so I can thank them."

– Birthday Bash participant at Matt Griffin YMCA

"Our experience was magical from the minute our son Wilhelm came alive during the opening campfire festivities. I could tell we were in safe hands by the way the camp staff seamlessly included him. We have never been able to enjoy these kinds of activities with our son before and it was the best 24 hours I've ever had with him. I know we won't ever forget our incredible weekend together at Orkila."

– Parent and participant in Camp Orkila's Family Camp for Exceptional Families, a camp for families of all shapes, sizes, and abilities

In every program, participants came away feeling heard, accepted, and loved.



Alki Beach is just down the road from our West Seattle Branch. This miniature Statue of Liberty reflects the Y's mission as a beacon of hope and welcome to everyone who needs a place to belong.

CELEBRATING MILESTONES



The Y has been growing community in greater Seattle since 1876. Shortly after the Y was established, the Marymoor Park Windmill was built near our current Bellevue and Sammamish branches, welcoming the community to visit it.



A Y FOR SAMMAMISH: A COMMUNITY BLOSSOMS

Thanks to generous support for the **Opportunities for All** campaign, the Sammamish Community Y celebrated its first anniversary in 2017.

From the outset, open communication has been integral to the branch's culture – and it still is, whether it's the staff handing out post-it notes so members can offer real-time feedback on programs, equipment, and instructors; or Board members seeking guidance from Sammamish residents on how the Y can best meet their needs.

And what the branch learned, it put into practice.

Sammamish added new sports and programs at the request of the community's Asian and Hispanic populations. The branch built a robust teen leadership program and has provided a first time job to more than 100 teen employees, providing much-needed work training opportunities for this age group.

After hearing many requests for mental health resources in a city with one of the highest teen suicide rates in the state, the branch hired an on-site behavioral and mental health counselor. Sammamish is a small community, and the anonymity of seeing a counselor at the Y has made more community members feel comfortable taking this step.

In only two years, the Y has truly become the place where the Sammamish Community gathers. Serving over 25,000 people, it is now the largest branch in the YMCA of Greater Seattle.

WEST SEATTLE Y EXPANSION: FAMILIES, HEALTHY LIVING, AND FUN

Additions and renovations to the West Seattle branch that were completed in 2017 are supporting families and their wellness goals like never before. The new Kids Zone with dedicated spaces for different activities and age groups has helped the branch broaden its offerings for children of all ages. And with a large community gathering room featuring a Healthy Eating Kitchen to support the ACT! program, two new fitness centers, a new cycling studio, and a Family Changing Room for parents and children, the **Opportunities for All** campaign is creating fun new ways for the entire community to stay healthy and happy.



This year, we saw the living impact of our **Opportunities for All** campaign.



BREAKING GROUND IN KENT

In 2017, the Y took bold steps toward building a new YMCA branch in Kent that will serve 15,000 people, reaching farther into South King County where staff and volunteers have seen an increased need for youth and family programming. With a successful year of fundraising and architectural plans developed for this new 50,000-square-foot facility, the Y is planning to complete fundraising and break ground in the summer of 2018. This project is only successful thanks to a strong partnership with the City of Kent, philanthropic support from individuals and foundations, the State of Washington, and King County, as well as the Kent community's generosity and thoughtful input.

EXPANDING THE UNIVERSITY BRANCH AND SERVING MORE FAMILIES

The **Opportunities for All** campaign is planning to build a new, bigger, full-service University Family Y that will replace the existing structure in the rapidly-growing and diverse University District. This includes 2,000 square-feet of community gathering space, a state-of-the-art aquatic center with full-size family and lap pools, a full-size gym for youth, adults and families to enjoy, wellness and group exercise spaces, drop-in child care, 15-20 units of housing for homeless young adults and expanded youth development programs to help North Seattle kids reach their full potential.

A HEALTHY KIDS CAMPUS IN AUBURN

In 2017, the Y surpassed the halfway mark in fundraising for an expansion that allows the branch to serve 5,000 additional people in a family-centered space. With plans to break ground in late 2019, the project will help the branch address critical community needs in Auburn Valley with a Healthy Kids Campus – a much larger, more inclusive, and dynamic place for families to gather together. The project will add an indoor activity museum, covered outdoor playgrounds, outdoor exercise space, and a new and improved outdoor camp space with a low-ropes course, amphitheater, and space for group programming.

THE FIRST NEW CAMP IN A CENTURY

In 2017, a local foundation awarded the YMCA of Greater Seattle a \$3 million grant in support of the New Overnight Camp capital project. This gift provided the amount necessary to purchase property and begin development of a new outdoor overnight camp in a beautiful mountain setting – the first new YMCA of Greater Seattle camp to be built in over 100 years.

Complementing the Y's two waterfront overnight camps, the new property will be developed to serve campers, families, and non-traditional camp programs, and help to increase the number of campers served in the coming years.

In 2018, as the Y enters the fifth year of the **Opportunities for All** campaign – a comprehensive effort spanning six years – we are looking forward to helping thousands more King County children succeed in school and in life, enhance people's health, build community, and provide care for vulnerable young men and women.





A LETTER FROM TOM HULL, OUTGOING BOARD CHAIR



In my eight years as a YMCA of Greater Seattle board member, one thing has become clear: the more you learn about our Y, the more you come to realize we're the best kept secret in town.

Our story is much bigger – and our reach much broader – than most people realize. We're more than a mission – we're a movement powered by an unwavering belief that everyone deserves a fair chance in life, working every day to close the widening opportunity gap in our region. Health, education, housing, food security, and youth development: our programs address every social issue of consequence, helping us change lives in a deeper, more profound way and on a scale no single program or service could ever achieve.

Our approach never changes, but our services constantly evolve because we never stop listening to the people we serve. That's the reason our membership has grown so dramatically, and why year after year, we've been able to expand the continuum of support we provide. Our response to the needs of families and young people in crisis has made us King County's trusted provider of mental health services and transitional housing for youth, resulting in impressive outcomes for people facing life's biggest challenges. Every year, participation in our camps and our youth development programs grows by leaps and bounds. And our staff, volunteer leaders, and donors have been there every step of the way: as an organization, we would not be who we are or where we are without your talents, generosity, kindness, and support.

If you're looking for hope – for a reason to be optimistic about the future of our region and the future of America, go walk into any Y. You'll see people from all walks of life building one another up, not tearing each other down. You'll see the living link between empathy and equity. You'll see the world each of us wants to live in – and people working to create it together.

Tom Hull

Tom Hull
Board Chair, YMCA of Greater Seattle

The Y serves as a bridge connecting individuals to health, wellness, and community. Like Deception Pass, the Y is forging conduits through our region to make us better together.

TOTAL ALL FUNDS	2017*	2016	2015
Total Earned Revenue			
Contributions and United Way	\$7,835,169	\$9,258,542	\$8,400,169
Government	13,050,631	11,487,538	11,698,451
Membership and Program	66,816,489	59,711,325	52,494,156
Other	519,783	508,610	420,525
Total Association Earned Revenue	\$88,222,072	\$80,966,015	\$73,013,301
Total Expenses			
Youth Development	\$26,482,150	\$24,822,482	\$23,381,886
Healthy Living	33,439,084	30,403,378	28,319,303
Social Responsibility	11,893,454	11,161,872	10,641,790
Management	10,820,856	8,354,081	6,587,965
Fundraising	2,482,444	2,290,037	2,107,034
Total Association Expenses	\$85,117,988	\$77,031,850	\$71,037,978
Capital Campaign Contributions	\$6,858,499	\$44,339,239	\$1,739,485
Depreciation Expense	7,045,964	5,600,097	4,336,416
Other Income and Losses	7,432,856	3,784,241	(1,039,916)
Total Change to Reserves & Endowment	\$10,349,475	\$46,457,548	(\$1,661,524)
BALANCE SHEET			
	2017*	2016	2015
Total Assets	\$225,587,813	\$221,621,497	\$164,733,842
Total Liabilities	45,405,242	51,788,401	41,358,294
Net Assets	\$180,182,571	\$169,833,096	\$123,375,548

*Unaudited

“Wells Fargo is only successful when our communities are successful – this is one reason why we support the YMCA. The Y is responding to youth homelessness, one of the most challenging social issues our community faces today. We are absolutely committed to working with the Y and other community leaders to develop long-term solutions. There are no quick fixes, but the Y has figured out a strategy that meets youth where they are – and takes youth where they need to go.”

– Stephanie Wall,
Community Relations
Senior Manager,
Wells Fargo

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YMCA OF GREATER SEATTLE: BRANCHES BY REGION



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EASTSIDE REGION

BELLEVUE FAMILY YMCA

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425 746 9900

Cesar E. Caycedo, Board Chair
Josh Sutton, Branch Executive

COAL CREEK FAMILY YMCA

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425 282 1500

Forrest C. Jammer, Board Chair
Sara Biancofiori,
Branch Executive

SAMMAMISH COMMUNITY YMCA

831 228th Avenue SE
Sammamish, WA 98075
425 391 4840

Mike Parrott, Board Chair
Dave Mayer,
Sr. Branch Executive

SNOQUALMIE VALLEY YMCA

35018 SE Ridge Street
Snoqualmie, WA 98065
425 256 3115

Wayne Wilkinson, Board Chair
Nate Smith, Branch Executive

SOUTH REGION

Nathan Phillips, Regional VP
South King County

AUBURN VALLEY YMCA

1620 Perimeter Road SW
Auburn, WA 98001
253 833 2770

Lauren Flemister, Board Chair
Jason Berry, Branch Executive

MATT GRIFFIN YMCA

3595 S 188th Street
SeaTac, WA 98188
206 244 5880

Jesse A. Todhunter, Board Chair
JD Hill, Branch Executive

NORTH REGION

DALE TURNER FAMILY YMCA

19290 Aurora Avenue N
Shoreline, WA 98133
206 363 0446

Mike Gerke, Board Chair
Paul Lwali, Sr. Branch Executive

NORTHSHORE YMCA

11811 NE 195th Street
Bothell, WA 98011
425 485 9797

Dan Lewis, Board Chair
Cynthia Klever, Branch Executive

CENTRAL REGION

Patrick Murray, Central
Region Executive

DOWNTOWN SEATTLE YMCA

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206 382 5010

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1700 23rd Avenue
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206 322 6969

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Greg Lewis, Branch Executive

UNIVERSITY FAMILY YMCA

5003 12th Avenue NE
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Gus Miller, Board Chair
Andy Sharpe, Branch Executive

WEST SEATTLE & FAUNTLEROY YMCA

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Brooke Knight, Branch Executive

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