



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE SISKIYOU FAMILY YMCA RESPONDS TO COMMUNITY NEEDS BY...

## SERVING ALL INCOMES, AGES & ABILITIES

- In 2023, we served more than **4700** people in Siskiyou County through membership & programs.
- We bring together young and old, men & women, people of all faiths, backgrounds and incomes.
- No one is turned away for inability to pay. Scholarships, subsidies and outreach provide critical access to low-income families.
- We provided **\$49,814** in financial assistance & subsidies for children, youth & families in 2023.



## SERVING VULNERABLE POPULATIONS IN OUR COMMUNITY

- **LOW INCOME FAMILIES & 'AT RISK YOUTH':** Our YMCA currently serves over **2000** individual members. The Y provides a wide range of activities to foster healthy families and productive children including teen leadership, sports leagues, health & wellness classes, family nights, community service projects and more.
- **CHILDREN:** We are the largest provider of youth recreation activities in the county. We offer high quality youth programs to working families regardless of ability to pay. Last year, we served over **2,500** children through recreational, sports & enrichment programs. All youth activities incorporate the YMCA core values of...Caring, Honesty, Respect & Responsibility.
- **ACTIVE OLDER ADULTS:** One of the most consistent segments of our membership. We have **430+** members over **60** years of age. We provide health & wellness opportunities designed to specifically meet the needs of that population.
- **COMMUNITY OUTREACH:** Over the last year, we provided free events including 'Healthy Kids Day', 'American Ninja Warrior', 'Sober Grad Night' & field trips that involved over **800** kids across the county.
- **OTHER NON-PROFIT ORGANIZATIONS:** In 2023, our Y provided over **\$9,000** worth of space / programming at no charge for outside clubs, schools, church groups and other community service organizations to help support them in providing the services they offer to the community.



## MOBILIZING COMMUNITY RESOURCES TO MEET COMMUNITY NEEDS

- **LOCALLY DRIVEN:** Our YMCA is led by a volunteer board of directors comprised of community leaders that provided over **900** hours of volunteered time supporting the work of the YMCA.
- **CONTRIBUTED INCOME:** Last year, our YMCA received **\$178,000** in support from annual community contributions which represented **16%** of our total revenue.
- **VOLUNTEER HOURS:** Our YMCA mobilized **203** volunteers who contributed **5079** hours of their time. Their volunteer efforts saved our YMCA an estimated **\$91,000+** in delivering these programs and services to our community.
- **KEY PARTNERSHIP:** For the **14th** straight year, The Ford Family Foundation & Adventure Whitewater partnered with our Y to provide 'Camp L.E.A.D.: A Youth Leadership Experience', at Paradise Point along the Klamath River. **90+** youth participated as campers and counselors in a week long outdoor adventure camp that features rafting, hiking, team building and leadership development activities. This unique, award winning camp, is free to participants and focuses on youth in transition from 8th grade to high school.
- **Protect Our Children Initiative:** The YMCA is helping lead the 'Protect Our Children' initiative in Siskiyou County that was set by The Ford Family Foundation in an attempt to curb child sexual abuse. This bold initiative uses the nationally recognized 'Stewards of Children' training by Darkness 2 Light. With the help of our formal partner First 5, we have helped train **over 2300** individuals since 2015!

## PROMOTING HEALTHY LIFESTYLES

- **SERVING HEALTH SEEKERS:** Our YMCA has a longstanding dedication to providing programs and services that build healthy spirit, mind and body for all. We continue this commitment today by engaging and supporting 'health seekers' – individuals of all ages who wish to pursue a healthy lifestyle, but struggle to do so. With nationally certified personal trainers, and a fitness staff with over **130** years of combined fitness class instruction experience, our Y strives to meet the needs of those looking for a healthier lifestyle.
- With **25+** fitness classes offered each week, we had over **8,500** class participants in 2023.



**YMCA MISSION: TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND & BODY FOR ALL!**



# 2023 HIGHLIGHTS

## YOUTH DEVELOPMENT

- **Camp L.E.A.D.**—Over 90 youth participated in this week long outdoor leadership camp funded by The Ford Family Foundation. 8th Graders throughout the county come together to explore personality inventories, conflict management styles, team building games & more
- **Healthy Kids Day**—This nationally recognized free event saw 300+ kids participate in this fun event featuring jump houses, games, ninja course, prizes, rock climbing & more
- **Sports Leagues / Camps**—Over 200 kids participated in our summer sports camps and youth leagues / classes
- **Arts & Enrichment**—150+ kids took part in our dance, STEM magic & art classes / camps last year. With the help of the Morgan Siskiyou Foundation, our 'Young Musicians' program continues to offer music lessons to over 25 kids each week



## HEALTHY LIVING

- **Ugly Christmas Sweater Run**—For the 12th year in a row, generous community sponsors stepped up to help us offer this fun event. Over 200 runners participated in our annual event
- **Fitness Classes**—25+ health & wellness classes offered to the community each week. Over 8,500 class visits in 2023
- **YMCA Fitness Trail**—Each week, hundreds of community members use our onsite 1 mile fitness trail
- **Open Gyms**—Over 300 adults attended our basketball, volleyball & pickle ball open gyms & tournaments last year
- **Outdoor Recreation**—Did you know that the Siskiyou Family YMCA is the only Y in the county to have their own whitewater rafting permit? We run guide training sessions each May and offer family and group trips throughout the summer months



## SOCIAL RESPONSIBILITY

- **Coats for Kids & Warm Hearts Drive**—Last year, our Y partnered with the Ford Family Foundation, Umpqua Bank, local church & service groups to hand out 150+ coats & other warm-clothing items to those in our community most at need
- **Financial Assistance**—\$49,814 in financial assistance was given out to over 500 individuals in need last year, keeping our promise of never turning someone away for inability to pay
- **'Protect Our Children'**—Our Y is helping lead this TFFF initiative by training adults in Siskiyou County in the nationally recognized child sexual abuse prevention curriculum 'Stewards of Children' by Darkness 2 Light.
- **'TLC'**—Our YMCA Teen Leadership Council, consisting of 17 teens, follows their mission statement: "Changing the perception of our generation by enriching people's lives through community service." Collectively, they volunteered over 150 hours in 2023



**KEY PARTNERSHIPS** — McConnell Foundation, Norris Foundation, The Ford Family Foundation, Pacific Power Foundation, City of Yreka, City of Montague, Siskiyou County STAGE, Community Foundation of the North State, Morgan Siskiyou Foundation, Rotary Clubs of Yreka & Montague, Yreka High School, First 5, Siskiyou County Behavioral Health, Siskiyou County Office of Education, Yreka Union Elementary School District, Yreka Union High School District, First 5, Golden Eagle Charter School, AWW, & Siskiyou County Probation Dept.

# THE Y. SO MUCH MORE.