



# ALWAYS HERE FOR OUR COMMUNITY

YMCA OF METRO DENVER 2021 IMPACT REPORT

The mission of the YMCA of Metro Denver is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Reflecting on 2021, the YMCA of Metro Denver continued to rise to the challenges the pandemic presented, further our mission and broaden our impact.

Whether it was at our wellness centers or program sites across the city, the YMCA was a welcoming place where everyone was empowered to discover their purpose, pursue their health and well-being and connect with others to elevate themselves and their community.

In pursuit of our purpose, here is a snapshot of our impact in 2021:



## 2,064

participants learned life-saving water safety skills and received lifeguard training in our **aquatics programs.**



## 7,965

young athletes cultivated sportsmanship and respect and improved their sports I.Q. in our year-round **youth sports** programs.



## 5,443

children in the Denver Metro area grew healthier, more resilient and confident because of the YMCA's **child development programs.**



## 22,662

individuals participated in health programs and exercised at the Y to **improve their immunity, health and well-being and built connections.**



## 77

preteens and teens learned leadership skills through the YMCA's annual **Youth in Government** program.



## 8.8%

was the average weight loss achieved through the YMCA's **Diabetes Prevention Program.**



## 143,389

pounds of fresh groceries were distributed in our community through the YMCA's **Beyond Hunger Food pantry** program.



## 2,603

lives saved through **blood donations** at drives hosted in partnership with Vitalant and Colorado Children's Hospital at our wellness centers.



## \$316,173

in **financial assistance and scholarships** was granted to **2,380** families and youth making the Y programs accessible in our community.

For every \$1 spent by the YMCA of Metro Denver, \$3.07 is returned to the community.\*

\*2020 Social Return on Investment by the National Institute for Social Impact.