



BUILDING TOMORROW

GATEWAY REGION YMCA
2025 ANNUAL REPORT



YMCA MISSION:

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

DEAR FRIENDS,

We are proud to share with you our 2025 Annual Report as we celebrate a year of tremendous accomplishments and progress.

The Gateway Region Y continues to serve as one of the region’s largest and most impactful non-profits, serving close to 180,000 members and engaging 283,000 program enrollments across the bi-state region. With more than 4,470 employees and 2,900 volunteers, we operate 25 traditional branches, along with the Campus Y student leadership facility at Washington University, and YMCA Camp Lakewood and YMCA Trout Lodge in Potosi, MO.

Core to the Y’s mission is service to all, and last year, we proudly provided more than \$2.5 million in direct and indirect financial assistance to those in need to participate in Y programs.

This report showcases a year that presented our Y with great challenges as well as great achievements. After a devastating tornado ripped through parts of St. Louis, the Y was immediately looked to for assistance. We quickly became a center of relief and support efforts for many in the community. More than 4,000 volunteers helped serve more than 10,000 individuals. As part of that effort, we raised and distributed \$75,500 to Y members at the Bayer and O’Fallon Park Ys impacted by the storms.

We celebrated the completion of a \$9 million expansion and renovation project to the Chesterfield YMCA to better serve the changing and growing needs of the community. That included collaborating with SSM Health to develop a new 5,000-square-foot medical care facility in the building. The new facility allows individuals to meet their healthcare needs at SSM Health and their wellness needs at the Y, all in one stop.

A new partnership between our Y and Ste. Genevieve County also was announced, allowing the Y to assume operation of the Ste. Genevieve County Recreational Facilities and expand our mission into a new community.

Additionally, in celebration of World Basketball Day on December 21, hometown NBA star Jayson Tatum donated \$10,000 to the Y through his Foundation, which was matched dollar-for-dollar by NBA Cares. The combined \$20,000 will assist in funding affordable basketball programs and clinics for youth at the O’Fallon Park Rec Complex in North St. Louis City.

A major highlight of the year came in September, when our Y proudly hosted the 2025 Miracle League All-Star Game at our new Adaptive Sports Complex. More than 100 young athletes with disabilities and their families, traveled from 26 states and Mexico to participate in three days of activities.

We also were so honored to host nearly 2,000 Y leaders from North America and around the world who joined in St. Louis to share best practices around strengthening the communities we serve. They were treated to a keynote address from Carolyn Kindle, the St. Louis CITY SC CEO and the President of the Enterprise Mobility Foundation. It was the Enterprise Mobility Foundation that made the first significant gift to the Comprehensive Campaign we launched in 2018, and that tremendous gift has allowed our Y to grow our Community Development Outreach efforts.

These highlights reflect just a fraction of the many successes you will find in this report to create connection, opportunity, and community. From water-safety and swim lessons to youth support and chronic-disease prevention programs, your involvement with the Y helped transform lives. We are so thankful to our volunteers, donors, members, community partners, and staff who make this all possible. Thank you for continuing to partner with us as we collectively engage in this important work.



Tim Helm
President & CEO



Steve Hanley
Metro Board Chair

OUR REACH



2 states 14 counties 25 traditional facilities 1 overnight camp/conference center

179,000
LIVES IMPACTED
through membership.

283,000
PROGRAM ENROLLMENTS
(youth and adult)

\$2.58M
IN DIRECT FINANCIAL ASSISTANCE
given to those in need to participate in Y programs.

4,475
EMPLOYEES
(full-time & part-time)

2,908
VOLUNTEERS
served 37,135 hours to strengthen their community.

5th largest UNITED WAY RECIPIENT
Source: St. Louis Business Journal list of largest United Way of Greater St. Louis allocations

2025 HIGHLIGHTS



TORNADO RELIEF

In response to a devastating tornado that ripped through the St. Louis region in the spring of 2025, the community looked to the Y for relief and support. The O’Fallon Park Rec Complex served as a critical drop-off and distribution site for aid, with more than 4,000 volunteers helping serve more than 10,000 individuals. Our Y also raised and distributed \$75,500 to Y members at the Bayer and O’Fallon Park Ys impacted by the storms. The effort was a testament to the deep connection the Y shares with its neighbors and our ongoing role in helping strengthen community.

NAYDO 2025 CONFERENCE

The Gateway Region YMCA was proud to host nearly 2,000 YMCA leaders from North America and around the world for the North American YMCA Development Organization (NAYDO) annual conference held at America’s Center in St. Louis. It was an incredible opportunity for Y staff and volunteers to come together to share best practices around our cause-driven culture and how we can strengthen the communities we serve across the world.

Attendees had the opportunity to participate in a number of local service projects to give back to the St. Louis region. They also received a keynote address from Carolyn Kindle, St. Louis CITY SC CEO and the President of the Enterprise Mobility Foundation. It was the Enterprise Mobility Foundation that made the first significant gift to the Comprehensive Campaign we launched in 2018, and that tremendous gift has allowed our Y to grow our Community Development Outreach efforts.



MIRACLE LEAGUE ALL-STAR WEEKEND

The Gateway Region YMCA was extremely proud to host the 2025 Miracle League All-Star Weekend at our Adaptive Sports Complex. More than 100 athletes with disabilities, and their families, traveled from 26 states and Mexico to participate. The three-day weekend featured a dinner meet-and-greet at Busch Stadium Friday night, five all-star games at the Complex at Paul Goldschmidt Field on Saturday, and a celebration gala, dinner and awards ceremony at the St. Louis Science Center Saturday night.

As the host organization, the Y provided families with a first-class experience — including meals, lodging, transportation, events, awards, and more. This was made possible through the support of dozens of community sponsors, with special thanks to Cardinals Care, Boniface Foundation, Drury, Together Credit Union, Graybar, Rawlings, and Evernorth Health Services. The event demonstrated a tremendous sense of belonging by allowing athletes with disabilities to play baseball together, be part of a team, and experience the joy of sports, providing unparalleled opportunities for inclusiveness, acceptance, and fun.





**CAPITAL PROJECT
CHESTERFIELD YMCA RIBBON
CUTTING**

In 2025, we celebrated the completion of a \$9 million expansion and renovation project to the Chesterfield YMCA to better serve the changing and growing needs of the community.

The renovated facility re-imagines the Y for the community, providing a modernized fitness and wellness experience, expanded programs for youth and adults, critical new spaces for community health and nutrition programs, and youth education and support.

The project included collaborating with SSM Health to develop a new 5,000-square-foot medical care facility in the building. The new facility allows individuals to meet their healthcare needs at SSM Health and their wellness needs at the Y, all in one stop.



STE. GENEVIEVE COUNTY

The Gateway Region YMCA and Ste. Genevieve County announced a partnership agreement allowing the Y to assume operation of Ste. Genevieve County Recreational Facilities, effective November 1, 2025. The effort is beneficial for both parties, with the shared goals of improving the current membership experience, serving more people, and expanding access to health and wellness programs offered in the area.

**JAYSON TATUM FOUNDATION
DONATION**

In celebration of World Basketball Day on December 21, hometown NBA star Jayson Tatum donated \$10,000 to the Y through his Foundation, which was matched dollar-for-dollar by NBA Cares. The combined \$20,000 will assist in funding affordable basketball programs and clinics for youth at the O'Fallon Park Rec Complex in North St. Louis City. As a youth, Jayson spent time at the Y, and we are honored to receive this generous gift from his Foundation.





YOUTH DEVELOPMENT

The Y works to nurture the potential of every child and teen by cultivating the values, skills, and relationships that lead to positive behaviors, better health and educational achievement.

CHILD CARE

Child care and early learning programs at the Y focus on nurturing child development comprehensively by building foundational skills, fostering healthy relationships and boosting self-reliance in a safe and supportive environment.

6,775 campers had fun and learned something new at **summer day camp**.

1,666 campers discovered new wonders and made lasting friendships at **YMCA Camp Lakewood**.

255 children at **4 Early Childhood Education Centers** experienced safe, stimulating environments to promote learning and exploration.

2,383 children at **76 Y Club Before & After School Care sites** took part in growth, fun, socialization and learning across 21 school district partnerships.

SAFETY AROUND WATER

According to the U.S. Centers for Disease Control and Prevention, more children ages 1–4 die from drowning than any other cause of death. The Y helps kids (and adults) of all ages, abilities and backgrounds develop skills they need to become strong, confident swimmers. Our Y has a goal of increasing the number of children participating in our Safety Around Water programs to 8,500 by 2028, thereby helping reduce the risk of drowning for at-risk youth.

21,691 swim lesson participants taught life-saving skills, developed self-esteem and created positive experiences to last a lifetime.

3,550 individuals given **discounted lessons**, thanks to the generous donation of the St. Louis City Museum.

562 kids served through **swim outreach** programming targeting at-risk communities.

2,632 kids in **Go for Green**, a program offering lessons to day camp youth who haven't passed their swim test.

7,781 individuals are safer around water because of the generosity of donors supporting our **Safety Around Water** program.

996 kids in **School Safety Around Water** programming.

33 individuals in our **adaptive swim** programs.



The Mobile Y served **7,204 youth** and attended **184 events**, bringing access to individuals in the City of St. Louis who would otherwise not have the opportunity to engage in Y programs.



21,698 children gained confidence and learned new skills in youth sports

HEALTHY LIVING

The Y aims to improve our nation's health by providing programs and activities that promote overall well-being, no matter where you are on your journey toward better health. This includes evidence-based programs that support people in changing their lifestyles, fighting chronic diseases, managing stress levels and adopting fitness and nutrition behaviors.

YMCA DIABETES PREVENTION PROGRAM:

According to the CDC, about 115 million Americans have prediabetes, but 8 in 10 adults with prediabetes don't know they have it.

247 individuals participated in a 12-month, group-based program to encourage behavioral change to reduce the risk for diabetes.

EXERCISE FOR PARKINSON'S:

240 individuals with Parkinson's disease participated in regular exercise to help extend mobility and quality of life.

BLOOD PRESSURE SELF-MONITORING:

According to the CDC, approximately 48% of adults (119 million people) in the U.S. have high blood pressure (hypertension).

250 individuals participated in an evidence-based program combining blood pressure self-monitoring, nutrition education seminars, and personalized support.

LIVESTRONG® AT THE YMCA:

181 survivors participated in a free 12-week wellness program for adult cancer survivors.



INCLUSION AND ADAPTIVE SUPPORT SERVICES

At the YMCA, everyone deserves the chance to participate and succeed. That's why we offer comprehensive inclusion and adaptive support services across various programs, from fitness, swimming, and adaptive sports to day camp, overnight camp, child care, and more.

462 Adaptive sports athletes

203 Integrated fitness participants

660 Day camp participants

14 TEAMWORK participants (provides assistance to young adults with disabilities to become independent adults after high school)

182 Y Club Before/After School participants that received inclusive support



SOCIAL RESPONSIBILITY

The Y offers a range of programs and services aimed at giving back and inspiring action to meet the unique needs of each community we serve.

ENGINEERING AND STEAM

The Y provides a number of programs linking hands-on science, technology, engineering, art, and mathematics activities with careers in those fields, supporting college readiness. Our programs are often led by instructors who work in STEAM fields.

In 2025, **1,344 youth** participated in STEAM programs and events, engaging in activities that nurture their curiosity, inspire creativity, and cultivate an engineering mindset.

Underwater Robotics

32 youth in grades 5–8 built robots to complete challenges, accomplish tasks and “fly” underwater.

Techbridge Girls

145 girls in grades 3–8 discovered engineering careers through hands-on projects.

Spark Lab

70 students in grades 3–5 learned about conductivity, switches, types of circuits, and how to use a multimeter to test components in a circuit.

Summer STEAM

202 youth were provided specialized STEAM opportunities at summer day camp.



MENTAL HEALTH

436 adults attended mental health workshops hosted by the Y that helped establish healthy habits in support of their mental health and that of their children, and to be a more responsive caregiver.

233 youth participated in Fitness for Youth, a program for 3rd – 8th graders that helps them to recognize their emotions and how they change while playing physically active games.

Y LITERACY

Our YMCA Community Literacy program helps children, teens, or adults gain confidence and increase their reading comprehension and word recognition skills. Across the association, youth and teens spent **5,425,477 minutes** reading at the Y through child care, camps, tutoring and other opportunities.

The Y provides high-quality intervention tutoring for youth and adults whose lives are impacted by their struggles with reading. Youth in YRead improved their reading skills an average of 2.2 grade levels in word recognition and 2.4 grade levels in comprehension

94 volunteer tutors

98 youth participants in YRead

38 adult participants in Literacy Council

167 students in America Reads
(phonics instruction to 2nd–5th graders)

CAMPUS Y

Through our Campus Y at WashU, **564 student volunteers** contributed over **10,000 volunteer hours** across 22 active programs, partnering with 50 community organizations to support WashU and the St. Louis community through blood drives, tutoring, mentoring, educational enrichment, and wellness initiatives.





YOUTH AND GOVERNMENT

340 teens participated in one of our Youth and Government programs, which serves teens in grades 8-12, providing opportunities to develop leadership skills and actively engage in their schools, YMCAs, and communities. Through meetings, service projects, and conventions, students gain hands-on experience with government processes and leadership development.

59 youth participated in the Youth and Government Back-to-Basics program, in collaboration with St. Louis University School of Law. This 8-week hands-on learning program allows teens to learn about the government and how they can affect change.

JUNIOR LEADERSHIP

11 high school juniors participated in the inaugural Gateway Region YMCA Junior Leadership Program, an experiential leadership development initiative meant to teach youth in the St. Louis Metro area what it means to be an informed, civically-engaged leader within the non-profit and public sectors.



PHILANTHROPY

Our YMCA has committed to significantly increasing our impact in the Gateway Region by serving more people, innovating and improving programs, and ensuring we have purposefully designed spaces to support generations to come.

To do that, we rely on the generous donations from the public to ensure everyone has the opportunity to participate in our services. The Y is a nonprofit, 501(c)(3) charity that works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. One of the ways we do that is by providing financial assistance to children, adults and families who may be unable to afford a membership or participation in our programs.

When you give to the Y, you're doing your part to strengthen our community—and a strong community is good for everyone.

Raised for 2025 Annual Campaign: \$3.57M

Endowment Value: \$36.05M

Donors to the Y: 5,485

YMCA World Service: \$90,500 raised and distributed to YMCAs in 4 countries - Belize, Colombia, South Africa, and Ukraine - in support of youth development, peace, and global awareness initiatives.



FINANCIALS

REVENUE

Operating revenue \$77.88M

PUBLIC SUPPORT

United Way \$1.2M
Government grants & fees \$2.2M
Contributions \$5.5M

EXPENSES

Program \$69M
Fundraising \$2.8M
Administrative \$9.8M

**TOTAL END OF
YEAR NET ASSETS: \$160.84M**



METRO BOARD OF DIRECTORS

2026 Officers:

Steve Hanley, BOARD CHAIR
Greg Dart, VICE-CHAIR
Suzan McDaniel, SECRETARY
Steve Rasche, TREASURER

District Branch Board Chair Representatives:

Chrissy Efthim, CITY DISTRICT
Brad Gift, SOUTHWEST DISTRICT
Dean Vazis, NORTHWEST DISTRICT
Rich Bridge, EAST DISTRICT
Darren George, SOUTHEAST DISTRICT

2026 At-Large Members:

Amy Smith	Jon Rosenstengel
Brent Jackson	Julie Stupp
Cary Stalnecker	Julie Tang
Danna Stone	Mark Leeker
Dave Layton	Matt Whiting
Dave Randolph	Melissa Lackey
Dr. Joe King	Mike Gibbons
Jacques Thro	Pamela Morris-Thorton
Jane Overall	Rodney Malone
Jennifer O'Neal	Susan Ratz
Jim Zeck	Suzanne Lyons
Joe Barnard	



GATEWAY REGION YMCA

2815 Scott Ave, Suite D, St. Louis, MO 63103

314.436.1177 • gwymca.org

Proud member of



Greater St. Louis