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Form **990**

Return of Organization Exempt From Income Tax

Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except black lung benefit trust or private foundation)

OMB No 1545-0047

2011

Open to Public Inspection

Department of the Treasury
Internal Revenue Service

The organization may have to use a copy of this return to satisfy state reporting requirements.

A For the 2011 calendar year, or tax year beginning and ending

B Check if applicable:
 Address change
 Name change
 Initial return
 Terminated
 Amended return
 Application pending

C Name of organization: **SOUTH SOUND YOUNG MEN'S CHRISTIAN ASSN.**
 Doing Business As
 Number and street (or P.O. box if mail is not delivered to street address) Room/suite: **1530 YELM HIGHWAY SE**
 City or town, state or country, and ZIP + 4: **OLYMPIA, WA 98501-4684**

D Employer identification number: **91-0586473**

E Telephone number: **(360) 753-6576**

F Name and address of principal officer: **MICHAEL WEST**
SAME AS C ABOVE

G Gross receipts \$: **6,859,885.**

H(a) Is this a group return for affiliates? Yes No
H(b) Are all affiliates included? Yes No
 If "No," attach a list (see instructions)

I Tax-exempt status: 501(c)(3) 501(c) () (insert no.) 4947(a)(1) or 527

J Website: **BRIGGSCOMMUNITYMCA.ORG**

K Form of organization: Corporation Trust Association Other

L Year of formation: **1892** **M** State of legal domicile: **WA**

Part I Summary

Activities & Governance	1	Briefly describe the organization's mission or most significant activities: TO PROVIDE YOUTH AND COMMUNITY AN AFFORDABLE AND ACCESSIBLE RESOURCE FOR THE POSITIVE GROWTH AND		
	2	Check this box <input type="checkbox"/> if the organization discontinued its operations or disposed of more than 25% of its net assets		
	3	Number of voting members of the governing body (Part VI, line 1a)	19	
	4	Number of independent voting members of the governing body (Part VI, line 1b)	19	
	5	Total number of individuals employed in calendar year 2011 (Part V, line 2a)	531	
	6	Total number of volunteers (estimate if necessary)	1134	
	7a	Total unrelated business revenue from Part VII, column (D), line 12	0.	
7b	Net unrelated business taxable income from Part VII, line 34	0.		
Revenue	8	Contributions and grants (Part VIII, line 1)	562,673.	525,433.
	9	Program service revenue (Part VIII, line 2g)	6,495,170.	6,159,438.
	10	Investment income (Part VIII, column (A), lines 2a-2f)	26,280.	36,134.
	11	Other revenue (Part VIII, column (A), lines 2g, 3, 4, 5, 6, 7, 8, 9, 10c, and 11e)	119,625.	118,845.
	12	Total revenue - add lines 8 through 11 (must equal Part VIII, column (A), line 12)	7,203,748.	6,839,850.
	Expenses	13	Grants and similar amounts paid (Part IX, column (A), lines 1-3)	0.
14		Benefits paid to or for members (Part IX, column (A), line 4)	0.	0.
15		Salaries, other compensation, employee benefits (Part IX, column (A), lines 5-10)	4,583,668.	4,389,822.
16a		Professional fundraising fees (Part IX, column (A), line 11e)	0.	0.
b		Total fundraising expenses (Part IX, column (D), line 25)	27,359.	
17		Other expenses (Part IX, column (A), lines 11a-11d, 11f-24e)	2,712,931.	2,489,577.
18	Total expenses - add lines 13-17 (must equal Part IX, column (A), line 25)	7,296,599.	6,879,399.	
19	Revenue less expenses - Subtract line 18 from line 12	-92,851.	-39,549.	
Net Assets or Fund Balances	20	Total assets (Part X, line 16)	9,380,550.	14,576,529.
	21	Total liabilities (Part X, line 26)	4,788,383.	4,433,234.
	22	Net assets or fund balances - Subtract line 21 from line 20	4,592,167.	10,143,295.

Part II Signature Block

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has any knowledge.

Sign Here
 Signature of officer: **MICHAEL WEST, CEO**
 Date: _____
 Type or print name and title

Paid Preparer Use Only
 Print/Type preparer's name: **NORMAN SMITH, CPA**
 Preparer's signature: _____
 Date: _____
 Check if self-employed: PTIN: **P00241319**
 Firm's name: **NR SMITH AND ASSOCIATES, PS**
 Firm's EIN: **91-0959909**
 Firm's address: **2120 CATON WAY SW**
OLYMPIA, WA 98502-1106
 Phone no.: **(360) 754-9475**

May the IRS discuss this return with the preparer shown above? (see instructions) Yes No

ATTACHMENT DO NOT PROCESS
 AS OGDEN
 ONE 659

Part III Statement of Program Service Accomplishments

Check if Schedule O contains a response to any question in this Part III

X

1 Briefly describe the organization's mission:

TO PROVIDE YOUTH AND COMMUNITY AN AFFORDABLE AND ACCESSIBLE RESOURCE FOR THE POSITIVE DEVELOPMENT OF SPIRIT, MIND AND BODY THROUGH RECREATIONAL HEALTH AND LEADERSHIP PROGRAMS.

2 Did the organization undertake any significant program services during the year which were not listed on the prior Form 990 or 990-EZ?

Yes No X

If "Yes," describe these new services on Schedule O.

3 Did the organization cease conducting, or make significant changes in how it conducts, any program services?

Yes No X

If "Yes," describe these changes on Schedule O

4 Describe the organization's program service accomplishments for each of its three largest program services, as measured by expenses Section 501(c)(3) and 501(c)(4) organizations and section 4947(a)(1) trusts are required to report the amount of grants and allocations to others, the total expenses, and revenue, if any, for each program service reported.

4a (Code) (Expenses \$ 2,389,469. including grants of \$) (Revenue \$ 2,499,464.) CHILD CARE: SEE ATTACHED

4b (Code) (Expenses \$ 1,701,934. including grants of \$) (Revenue \$ 2,803,478.) MEMBERSHIP: SEE ATTACHED

4c (Code) (Expenses \$ 677,503. including grants of \$) (Revenue \$ 402,229.) YOUTH: SEE ATTACHED

4d Other program services (Describe in Schedule O.) (Expenses \$ 941,832. including grants of \$) (Revenue \$ 454,267.)

4e Total program service expenses 5,710,738.

ATTACHMENT DO NOT PROCESS

AS ORIGINALLY (PH)

Part IV Checklist of Required Schedules

	Yes	No
1 Is the organization described in section 501(c)(3) or 4947(a)(1) (other than a private foundation)? <i>If "Yes," complete Schedule A</i>	X	
2 Is the organization required to complete Schedule B, Schedule of Contributors?	X	
3 Did the organization engage in direct or indirect political campaign activities on behalf of or in opposition to candidates for public office? <i>If "Yes," complete Schedule C, Part I</i>		X
4 Section 501(c)(3) organizations. Did the organization engage in lobbying activities, or have a section 501(h) election in effect during the tax year? <i>If "Yes," complete Schedule C, Part II</i>		X
5 Is the organization a section 501(c)(4), 501(c)(5), or 501(c)(6) organization that receives membership dues, assessments, or similar amounts as defined in Revenue Procedure 98-19? <i>If "Yes," complete Schedule C, Part III</i>		
6 Did the organization maintain any donor advised funds or any similar funds or accounts for which donors have the right to provide advice on the distribution or investment of amounts in such funds or accounts? <i>If "Yes," complete Schedule D, Part I</i>		X
7 Did the organization receive or hold a conservation easement, including easements to preserve open space, the environment, historic land areas, or historic structures? <i>If "Yes," complete Schedule D, Part II</i>		X
8 Did the organization maintain collections of works of art, historical treasures, or other similar assets? <i>If "Yes," complete Schedule D, Part III</i>		X
9 Did the organization report an amount in Part X, line 21, serve as a custodian for amounts not listed in Part X; or provide credit counseling, debt management, credit repair, or debt negotiation services? <i>If "Yes," complete Schedule D, Part IV</i>		X
10 Did the organization, directly or through a related organization, hold assets in temporarily restricted endowments, permanent endowments, or quasi-endowments? <i>If "Yes," complete Schedule D, Part V</i>		X
11 If the organization's answer to any of the following questions is "Yes," then complete Schedule D, Parts VI, VII, VIII, IX, or X as applicable		
a Did the organization report an amount for land, buildings, and equipment in Part X, line 10? <i>If "Yes," complete Schedule D, Part VI</i>	X	
b Did the organization report an amount for investments - other securities in Part X, line 12 that is 5% or more of its total assets reported in Part X, line 16? <i>If "Yes," complete Schedule D, Part VII</i>		X
c Did the organization report an amount for investments - program related in Part X, line 13 that is 5% or more of its total assets reported in Part X, line 16? <i>If "Yes," complete Schedule D, Part VIII</i>		X
d Did the organization report an amount for other assets in Part X, line 15 that is 5% or more of its total assets reported in Part X, line 16? <i>If "Yes," complete Schedule D, Part IX</i>	X	
e Did the organization report an amount for other liabilities in Part X, line 25? <i>If "Yes," complete Schedule D, Part X</i>	X	
f Did the organization's separate or consolidated financial statements for the tax year include a footnote that addresses the organization's liability for uncertain tax positions under FIN 48 (ASC 740)? <i>If "Yes," complete Schedule D, Part X</i>		X
12a Did the organization obtain separate, independent audited financial statements for the tax year? <i>If "Yes," complete Schedule D, Parts XI, XII, and XIII</i>	X	
b Was the organization included in consolidated, independent audited financial statements for the tax year? <i>If "Yes," and if the organization answered "No" to line 12a, then completing Schedule D, Parts XI, XII, and XIII is optional</i>		X
13 Is the organization a school described in section 170(b)(1)(A)(ii)? <i>If "Yes," complete Schedule E</i>		X
14a Did the organization maintain an office, employees, or agents outside of the United States?		X
b Did the organization have aggregate revenues or expenses of more than \$10,000 from grantmaking, fundraising, business, investment, and program service activities outside the United States, or aggregate foreign investments valued at \$100,000 or more? <i>If "Yes," complete Schedule F, Parts I and IV</i>		X
15 Did the organization report on Part IX, column (A), line 3, more than \$5,000 of grants or assistance to any organization or entity located outside the United States? <i>If "Yes," complete Schedule F, Parts II and IV</i>		X
16 Did the organization report on Part IX, column (A), line 3, more than \$5,000 of aggregate grants or assistance to individuals located outside the United States? <i>If "Yes," complete Schedule F, Parts III and IV</i>		X
17 Did the organization report a total of more than \$15,000 of expenses for professional fundraising services on Part IX, column (A), lines 6 and 11e? <i>If "Yes," complete Schedule G, Part I</i>		X
18 Did the organization report more than \$15,000 total of fundraising event gross income and contributions on Part VIII, lines 1c and 8a? <i>If "Yes," complete Schedule G, Part II</i>	X	
19 Did the organization report more than \$15,000 of gross income from gaming activities on Part VIII, line 9a? <i>If "Yes," complete Schedule G, Part III</i>		X
20a Did the organization operate one or more hospital facilities? <i>If "Yes," complete Schedule H</i>		X
b If "Yes" to line 20a, did the organization attach a copy of its audited financial statements to this return?		

Part IV Checklist of Required Schedules (continued)

	Yes	No
21 Did the organization report more than \$5,000 of grants and other assistance to any government or organization in the United States on Part IX, column (A), line 1? <i>If "Yes," complete Schedule I, Parts I and II</i>		X
22 Did the organization report more than \$5,000 of grants and other assistance to individuals in the United States on Part IX, column (A), line 2? <i>If "Yes," complete Schedule I, Parts I and III</i>		X
23 Did the organization answer "Yes" to Part VII, Section A, line 3, 4, or 5 about compensation of the organization's current and former officers, directors, trustees, key employees, and highest compensated employees? <i>If "Yes," complete Schedule J</i>	X	
24a Did the organization have a tax-exempt bond issue with an outstanding principal amount of more than \$100,000 as of the last day of the year, that was issued after December 31, 2002? <i>If "Yes," answer lines 24b through 24d and complete Schedule K. If "No," go to line 25</i>		X
24b Did the organization invest any proceeds of tax-exempt bonds beyond a temporary period exception?		
24c Did the organization maintain an escrow account other than a refunding escrow at any time during the year to defease any tax-exempt bonds?		
24d Did the organization act as an "on behalf of" issuer for bonds outstanding at any time during the year?		
25a Section 501(c)(3) and 501(c)(4) organizations. Did the organization engage in an excess benefit transaction with a disqualified person during the year? <i>If "Yes," complete Schedule L, Part I</i>		X
25b Is the organization aware that it engaged in an excess benefit transaction with a disqualified person in a prior year, and that the transaction has not been reported on any of the organization's prior Forms 990 or 990-EZ? <i>If "Yes," complete Schedule L, Part I</i>		X
26 Was a loan to or by a current or former officer, director, trustee, key employee, highly compensated employee, or disqualified person outstanding as of the end of the organization's tax year? <i>If "Yes," complete Schedule L, Part II</i>		X
27 Did the organization provide a grant or other assistance to an officer, director, trustee, key employee, substantial contributor or employee thereof, a grant selection committee member, or to a 35% controlled entity or family member of any of these persons? <i>If "Yes," complete Schedule L, Part III</i>		X
28 Was the organization a party to a business transaction with one of the following parties (see Schedule L, Part IV instructions for applicable filing thresholds, conditions, and exceptions):		
28a A current or former officer, director, trustee, or key employee? <i>If "Yes," complete Schedule L, Part IV</i>		X
28b A family member of a current or former officer, director, trustee, or key employee? <i>If "Yes," complete Schedule L, Part IV</i>		X
28c An entity of which a current or former officer, director, trustee, or key employee (or a family member thereof) was an officer, director, trustee, or direct or indirect owner? <i>If "Yes," complete Schedule L, Part IV</i>		X
29 Did the organization receive more than \$25,000 in non-cash contributions? <i>If "Yes," complete Schedule M</i>		X
30 Did the organization receive contributions of art, historical treasures, or other similar assets, or qualified conservation contributions? <i>If "Yes," complete Schedule M</i>		X
31 Did the organization liquidate, terminate, or dissolve and cease operations? <i>If "Yes," complete Schedule N, Part I</i>		X
32 Did the organization sell, exchange, dispose of, or transfer more than 25% of its net assets? <i>If "Yes," complete Schedule N, Part II</i>		X
33 Did the organization own 100% of an entity disregarded as separate from the organization under Regulations sections 301.7701-2 and 301.7701-3? <i>If "Yes," complete Schedule R, Part I</i>		X
34 Was the organization related to any tax-exempt or taxable entity? <i>If "Yes," complete Schedule R, Parts II, III, IV, and V, line 1</i>		X
35a Did the organization have a controlled entity within the meaning of section 512(b)(13)?		X
35b Did the organization receive any payment from or engage in any transaction with a controlled entity within the meaning of section 512(b)(13)? <i>If "Yes," complete Schedule R, Part V, line 2</i>		X
36 Section 501(c)(3) organizations. Did the organization make any transfers to an exempt non-charitable related organization? <i>If "Yes," complete Schedule R, Part V, line 2</i>		X
37 Did the organization conduct more than 5% of its activities through an entity that is not a related organization and that is treated as a partnership for federal income tax purposes? <i>If "Yes," complete Schedule R, Part VI</i>		X
38 Did the organization complete Schedule O and provide explanations in Schedule O for Part VI, lines 11 and 19?	X	

Note. All Form 990 filers are required to complete Schedule O

Part V Statements Regarding Other IRS Filings and Tax Compliance

Check if Schedule O contains a response to any question in this Part V

Main table with rows 1a-14b, columns for question text, and Yes/No columns. Includes sub-tables for 1a-1b, 2a, 7d, 10a-10b, 11a-11b, 12a-12b, 13a-13c.

Part VI Governance, Management, and Disclosure For each "Yes" response to lines 2 through 7b below, and for a "No" response to line 8a, 8b, or 10b below, describe the circumstances, processes, or changes in Schedule O See instructions

Check if Schedule O contains a response to any question in this Part VI

Section A. Governing Body and Management

	Yes	No
1a Enter the number of voting members of the governing body at the end of the tax year If there are material differences in voting rights among members of the governing body, or if the governing body delegated broad authority to an executive committee or similar committee, explain in Schedule O.		
1b Enter the number of voting members included in line 1a, above, who are independent		
2 Did any officer, director, trustee, or key employee have a family relationship or a business relationship with any other officer, director, trustee, or key employee?		X
3 Did the organization delegate control over management duties customarily performed by or under the direct supervision of officers, directors, or trustees, or key employees to a management company or other person?		X
4 Did the organization make any significant changes to its governing documents since the prior Form 990 was filed?		X
5 Did the organization become aware during the year of a significant diversion of the organization's assets?		X
6 Did the organization have members or stockholders?		X
7a Did the organization have members, stockholders, or other persons who had the power to elect or appoint one or more members of the governing body?		X
b Are any governance decisions of the organization reserved to (or subject to approval by) members, stockholders, or persons other than the governing body?		X
8 Did the organization contemporaneously document the meetings held or written actions undertaken during the year by the following:		
a The governing body?	X	
b Each committee with authority to act on behalf of the governing body?	X	
9 Is there any officer, director, trustee, or key employee listed in Part VII, Section A, who cannot be reached at the organization's mailing address? If "Yes," provide the names and addresses in Schedule O		X

Section B. Policies (This Section B requests information about policies not required by the Internal Revenue Code)

	Yes	No
10a Did the organization have local chapters, branches, or affiliates?	X	
b If "Yes," did the organization have written policies and procedures governing the activities of such chapters, affiliates, and branches to ensure their operations are consistent with the organization's exempt purposes?	X	
11a Has the organization provided a complete copy of this Form 990 to all members of its governing body before filing the form?	X	
b Describe in Schedule O the process, if any, used by the organization to review this Form 990.		
12a Did the organization have a written conflict of interest policy? If "No," go to line 13	X	
b Were officers, directors, or trustees, and key employees required to disclose annually interests that could give rise to conflicts?	X	
c Did the organization regularly and consistently monitor and enforce compliance with the policy? If "Yes," describe in Schedule O how this was done	X	
13 Did the organization have a written whistleblower policy?	X	
14 Did the organization have a written document retention and destruction policy?	X	
15 Did the process for determining compensation of the following persons include a review and approval by independent persons, comparability data, and contemporaneous substantiation of the deliberation and decision?		
a The organization's CEO, Executive Director, or top management official	X	
b Other officers or key employees of the organization If "Yes" to line 15a or 15b, describe the process in Schedule O (see instructions).	X	
16a Did the organization invest in, contribute assets to, or participate in a joint venture or similar arrangement with a taxable entity during the year?		X
b If "Yes," did the organization follow a written policy or procedure requiring the organization to evaluate its participation in joint venture arrangements under applicable federal tax law, and take steps to safeguard the organization's exempt status with respect to such arrangements?		

Section C. Disclosure

- 17** List the states with which a copy of this Form 990 is required to be filed **WA**
- 18** Section 6104 requires an organization to make its Forms 1023 (or 1024 if applicable), 990, and 990-T (Section 501(c)(3)s only) available for public inspection. Indicate how you made these available. Check all that apply
 Own website Another's website Upon request
- 19** Describe in Schedule O whether (and if so, how), the organization made its governing documents, conflict of interest policy, and financial statements available to the public during the tax year.
- 20** State the name, physical address, and telephone number of the person who possesses the books and records of the organization **▶**
BOB SUMMERS - 360-753-6576
1530 YELM HIGHWAY SE, OLYMPIA, WA 98501-4684

ATTACHMENT DO NOT PROCESS ORIGINAL FILED

Part VII Compensation of Officers, Directors, Trustees, Key Employees, Highest Compensated Employees, and Independent Contractors

Check if Schedule O contains a response to any question in this Part VII

Section A. Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees

1a Complete this table for all persons required to be listed. Report compensation for the calendar year ending with or within the organization's tax year.

- List all of the organization's **current** officers, directors, trustees (whether individuals or organizations), regardless of amount of compensation. Enter -0- in columns (D), (E), and (F) if no compensation was paid.
- List all of the organization's **current** key employees, if any. See instructions for definition of "key employee."
- List the organization's five **current** highest compensated employees (other than an officer, director, trustee, or key employee) who received reportable compensation (Box 5 of Form W-2 and/or Box 7 of Form 1099-MISC) of more than \$100,000 from the organization and any related organizations.
- List all of the organization's **former** officers, key employees, and highest compensated employees who received more than \$100,000 of reportable compensation from the organization and any related organizations.
- List all of the organization's **former directors or trustees** that received, in the capacity as a former director or trustee of the organization, more than \$10,000 of reportable compensation from the organization and any related organizations.

List persons in the following order: individual trustees or directors; institutional trustees; officers; key employees; highest compensated employees; and former such persons

Check this box if neither the organization nor any related organization compensated any current officer, director, or trustee.

(A) Name and Title	(B) Average hours per week (describe hours for related organizations in Schedule O)	(C) Position (do not check more than one box, unless person is both an officer and a director/trustee)						(D) Reportable compensation from the organization (W-2/1099-MISC)	(E) Reportable compensation from related organizations (W-2/1099-MISC)	(F) Estimated amount of other compensation from the organization and related organizations
		Individual trustee or director	Institutional trustee	Officer	Key employee	Highest compensated employee	Former			
(1) MICHAEL WEST PRESIDENT/CEO	40.00	X		X			172,371.	0.	0.	
(2) LYNN WOFFORD CHAIR		X		X			0.	0.	0.	
(3) KIMBERLY ELLWANGER VICE CHAIR		X		X			0.	0.	0.	
(4) DICK WADLEY VICE CHAIR		X		X			0.	0.	0.	
(5) JACE MUNSON TREASURER		X		X			0.	0.	0.	
(6) JOHN PARRY SECRETARY		X		X			0.	0.	0.	
(7) NEIL WOODY PAST CHAIR		X		X			0.	0.	0.	
(8) SCOTT BECKWITH BOARD MEMBER		X					0.	0.	0.	
(9) LAURIE BERRYMAN BOARD MEMBER		X					0.	0.	0.	
(10) PAT BERSCHAUER BOARD MEMBER		X					0.	0.	0.	
(11) WILLIAM BROWN BOARD MEMBER		X					0.	0.	0.	
(12) MARY FURMAN BOARD MEMBER		X					0.	0.	0.	
(13) STEVE HATTON BOARD MEMBER		X					0.	0.	0.	
(14) WENDY HOLDEN BOARD MEMBER		X					0.	0.	0.	
(15) JON JONES BOARD MEMBER		X					0.	0.	0.	
(16) ALLEN T MILLER, JR BOARD MEMBER		X					0.	0.	0.	
(17) JAMEN MAY BOARD MEMBER		X					0.	0.	0.	

Part VII Section A. Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees (continued)

(A) Name and title	(B) Average hours per week (describe hours for related organizations in Schedule O)	(C) Position (do not check more than one box, unless person is both an officer and a director/trustee)						(D) Reportable compensation from the organization (W-2/1099-MISC)	(E) Reportable compensation from related organizations (W-2/1099-MISC)	(F) Estimated amount of other compensation from the organization and related organizations
		Individual trustee or director	Institutional trustee	Officer	Key employee	Highest compensated employee	Former			
(18) KIM PUTNAM BOARD MEMBER		X						0.	0.	0.
(19) BILL MCGREGOR BOARD MEMBER		X						0.	0.	0.
(20) RUTH WEIGELT BOARD MEMBER		X						0.	0.	0.
(21) HARRY SUMMERS CHIEF FINANCIAL OFFICER	40.00			X				72,870.	0.	0.
(22) SUSAN CALLENDER FINANCE DEVELOPMENT DIR.	40.00			X				63,849.	0.	0.
(23) MYRON WHITE DIR OF CHILD DEVELOPMENT	40.00			X				54,455.	0.	0.
(24) JOYCE NEAS BRANCH EX DIRECTOR	40.00			X				74,530.	0.	0.
(25) JASON GRATER BRANCH EX DIRECTOR	40.00			X				66,754.	0.	0.
1b Sub-total								504,829.	0.	0.
c Total from continuation sheets to Part VII, Section A								0.	0.	0.
d Total (add lines 1b and 1c)								504,829.	0.	0.

2 Total number of individuals (including but not limited to those listed above) who received more than \$100,000 of reportable compensation from the organization **1**

	Yes	No
3 Did the organization list any former officer, director, or trustee, key employee, or highest compensated employee on line 1a? If "Yes," complete Schedule J for such individual		X
4 For any individual listed on line 1a, is the sum of reportable compensation and other compensation from the organization and related organizations greater than \$150,000? If "Yes," complete Schedule J for such individual	X	
5 Did any person listed on line 1a receive or accrue compensation from any unrelated organization or individual for services rendered to the organization? If "Yes," complete Schedule J for such person		X

Section B. Independent Contractors

1 Complete this table for your five highest compensated independent contractors that received more than \$100,000 of compensation from the organization. Report compensation for the calendar year ending with or within the organization's tax year.

(A) Name and business address	(B) Description of services	(C) Compensation
NONE		

2 Total number of independent contractors (including but not limited to those listed above) who received more than \$100,000 of compensation from the organization **0**

Part VIII Statement of Revenue

		(A) Total revenue	(B) Related or exempt function revenue	(C) Unrelated business revenue	(D) Revenue excluded from tax under sections 512, 513, or 514	
Contributions, Gifts, Grants and Other Similar Amounts	1 a Federated campaigns	1a 16,842.				
	b Membership dues	1b				
	c Fundraising events	1c 352,445.				
	d Related organizations	1d				
	e Government grants (contributions)	1e 137,326.				
	f All other contributions, gifts, grants, and similar amounts not included above	1f 18,820.				
	g Noncash contributions included in lines 1a-1f \$					
	h Total. Add lines 1a-1f		525,433.			
Program Service Revenue	2 a MEMBERSHIP DUES	Business Code 900099	2803478.		2,803,478.	
	b CHILD CARE	900099	2499464.		2,499,464.	
	c YOUTH	900099	402,229.		402,229.	
	d AQUATICS	900099	341,794.		341,794.	
	e PHYSICAL EDUCATION	900099	112,473.		112,473.	
	f All other program service revenue	900099				
	g Total. Add lines 2a-2f		6159438.			
Other Revenue	3 Investment income (including dividends, interest, and other similar amounts)		36,134.	36,134.		
	4 Income from investment of tax-exempt bond proceeds					
	5 Royalties					
	6 a Gross rents	(i) Real				
		(ii) Personal				
		b Less: rental expenses				
		c Rental income or (loss)				
	d Net rental income or (loss)					
	7 a Gross amount from sales of assets other than inventory	(i) Securities				
		(ii) Other				
		b Less: cost or other basis and sales expenses				
		c Gain or (loss)				
d Net gain or (loss)						
8 a Gross income from fundraising events (not including \$ 352,445. of contributions reported on line 1c). See Part IV, line 18	a 0.					
b Less direct expenses	b 20,035.					
c Net income or (loss) from fundraising events		-20,035.		-20,035.		
9 a Gross income from gaming activities. See Part IV, line 19	a					
b Less: direct expenses	b					
c Net income or (loss) from gaming activities						
10 a Gross sales of inventory, less returns and allowances	a					
b Less: cost of goods sold	b					
c Net income or (loss) from sales of inventory						
Miscellaneous Revenue		Business Code				
11 a SPECIAL EVENTS	900099	89,079.		89,079.		
b MISCELLANEOUS INCOME	900099	49,801.		49,801.		
c						
d All other revenue						
e Total. Add lines 11a-11d		138,880.				
12 Total revenue. See instructions.		6839850.	36,134.	0.	6,278,283.	

ATTACHMENT AS ONE WITH DO NOT PROCESS

Part IX Statement of Functional Expenses

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A) but are not required to complete columns (B), (C), and (D)

Check if Schedule O contains a response to any question in this Part IX

Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
1 Grants and other assistance to governments and organizations in the United States. See Part IV, line 21				
2 Grants and other assistance to individuals in the United States. See Part IV, line 22				
3 Grants and other assistance to governments, organizations, and individuals outside the United States. See Part IV, lines 15 and 16				
4 Benefits paid to or for members				
5 Compensation of current officers, directors, trustees, and key employees	504,831.	201,932.	275,405.	27,494.
6 Compensation not included above, to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B)				
7 Other salaries and wages	3,081,712.	2,095,047.	986,665.	
8 Pension plan accruals and contributions (include section 401(k) and section 403(b) employer contributions)				
9 Other employee benefits	408,874.	194,807.	214,067.	
10 Payroll taxes	394,405.	299,944.	94,090.	371.
11 Fees for services (non-employees):				
a Management				
b Legal	1,504.		1,504.	
c Accounting	16,332.		16,332.	
d Lobbying				
e Professional fundraising services. See Part IV, line 17				
f Investment management fees				
g Other	213,693.	84,745.	128,743.	205.
12 Advertising and promotion	49,343.	25,958.	21,492.	1,893.
13 Office expenses				
14 Information technology				
15 Royalties				
16 Occupancy	642,214.	244,515.	397,699.	
17 Travel	35,906.	19,412.	16,494.	
18 Payments of travel or entertainment expenses for any federal, state, or local public officials				
19 Conferences, conventions, and meetings				
20 Interest	207,303.		207,303.	
21 Payments to affiliates				
22 Depreciation, depletion, and amortization	384,987.	21,192.	363,795.	
23 Insurance	144,146.	37,618.	106,528.	
24 Other expenses. Itemize expenses not covered above. (List miscellaneous expenses in line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
a SUPPLIES	538,125.	440,986.	86,253.	10,886.
b DUES	92,206.	82,024.	10,182.	
c TELEPHONE	60,878.	22,397.	38,481.	
d EQUIPMENT RENTAL AND RE	42,722.	12,282.	30,440.	
e All other expenses	60,218.	1,927,879.	-1,854,171.	-13,490.
25 Total functional expenses. Add lines 1 through 24e	6,879,399.	5,710,738.	1,141,302.	27,359.
26 Joint costs. Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation.				

Check here if following SOP 98-2 (ASC 958-720)

Part X Balance Sheet

		(A) Beginning of year		(B) End of year
Assets	1 Cash - non-interest-bearing		1	
	2 Savings and temporary cash investments	922,541.	2	927,238.
	3 Pledges and grants receivable, net		3	
	4 Accounts receivable, net	114,849.	4	87,911.
	5 Receivables from current and former officers, directors, trustees, key employees, and highest compensated employees Complete Part II of Schedule L		5	
	6 Receivables from other disqualified persons (as defined under section 4958(f)(1)), persons described in section 4958(c)(3)(B), and contributing employers and sponsoring organizations of section 501(c)(9) voluntary employees' beneficiary organizations (see instructions)		6	
	7 Notes and loans receivable, net		7	
	8 Inventories for sale or use	4,121.	8	2,886.
	9 Prepaid expenses and deferred charges	127,558.	9	120,934.
	10a Land, buildings, and equipment: cost or other basis. Complete Part VI of Schedule D	10a 15,583,095.		
	b Less: accumulated depreciation	10b 3,320,247.	10c	12,262,848.
	11 Investments - publicly traded securities		11	
	12 Investments - other securities. See Part IV, line 11		12	
	13 Investments - program-related See Part IV, line 11		13	
	14 Intangible assets		14	
	15 Other assets. See Part IV, line 11	1,226,206.	15	1,174,712.
16 Total assets. Add lines 1 through 15 (must equal line 34)	9,380,550.	16	14,576,529.	
Liabilities	17 Accounts payable and accrued expenses	655,403.	17	585,333.
	18 Grants payable		18	
	19 Deferred revenue		19	
	20 Tax-exempt bond liabilities		20	
	21 Escrow or custodial account liability. Complete Part IV of Schedule D		21	
	22 Payables to current and former officers, directors, trustees, key employees, highest compensated employees, and disqualified persons. Complete Part II of Schedule L		22	
	23 Secured mortgages and notes payable to unrelated third parties	4,109,283.	23	3,821,550.
	24 Unsecured notes and loans payable to unrelated third parties		24	
	25 Other liabilities (including federal income tax, payables to related third parties, and other liabilities not included on lines 17-24). Complete Part X of Schedule D	23,697.	25	26,351.
	26 Total liabilities. Add lines 17 through 25	4,788,383.	26	4,433,234.
Net Assets or Fund Balances	Organizations that follow SFAS 117, check here <input checked="" type="checkbox"/> and complete lines 27 through 29, and lines 33 and 34.			
	27 Unrestricted net assets	4,592,167.	27	10,143,295.
	28 Temporarily restricted net assets		28	
	29 Permanently restricted net assets		29	
	Organizations that do not follow SFAS 117, check here <input type="checkbox"/> and complete lines 30 through 34.			
	30 Capital stock or trust principal, or current funds		30	
	31 Paid-in or capital surplus, or land, building, or equipment fund		31	
	32 Retained earnings, endowment, accumulated income, or other funds		32	
33 Total net assets or fund balances	4,592,167.	33	10,143,295.	
34 Total liabilities and net assets/fund balances	9,380,550.	34	14,576,529.	

Part XI Reconciliation of Net Assets

Check if Schedule O contains a response to any question in this Part XI

1	Total revenue (must equal Part VIII, column (A), line 12)	1	6,839,850.
2	Total expenses (must equal Part IX, column (A), line 25)	2	6,879,399.
3	Revenue less expenses. Subtract line 2 from line 1	3	-39,549.
4	Net assets or fund balances at beginning of year (must equal Part X, line 33, column (A))	4	4,592,167.
5	Other changes in net assets or fund balances (explain in Schedule O)	5	5,590,677.
6	Net assets or fund balances at end of year. Combine lines 3, 4, and 5 (must equal Part X, line 33, column (B))	6	10,143,295.

Part XII Financial Statements and Reporting

Check if Schedule O contains a response to any question in this Part XII

- 1 Accounting method used to prepare the Form 990: Cash Accrual Other _____
 If the organization changed its method of accounting from a prior year or checked "Other," explain in Schedule O.
- 2a Were the organization's financial statements compiled or reviewed by an independent accountant?
- b Were the organization's financial statements audited by an independent accountant?
- c If "Yes" to line 2a or 2b, does the organization have a committee that assumes responsibility for oversight of the audit, review, or compilation of its financial statements and selection of an independent accountant?
 If the organization changed either its oversight process or selection process during the tax year, explain in Schedule O.
- d If "Yes" to line 2a or 2b, check a box below to indicate whether the financial statements for the year were issued on a separate basis, consolidated basis, or both:
 Separate basis Consolidated basis Both consolidated and separate basis
- 3a As a result of a federal award, was the organization required to undergo an audit or audits as set forth in the Single Audit Act and OMB Circular A-133?
- b If "Yes," did the organization undergo the required audit or audits? If the organization did not undergo the required audit or audits, explain why in Schedule O and describe any steps taken to undergo such audits

	Yes	No
2a		X
2b	X	
2c	X	
3a		X
3b		

Form 990 (2011)

SCHEDULE A
(Form 990 or 990-EZ)

Public Charity Status and Public Support

OMB No 1545-0047

2011

Open to Public Inspection

Department of the Treasury
Internal Revenue Service

Complete if the organization is a section 501(c)(3) organization or a section 4947(a)(1) nonexempt charitable trust.

▶ Attach to Form 990 or Form 990-EZ. ▶ See separate instructions.

Name of the organization **SOUTH SOUND YOUNG MEN'S CHRISTIAN ASSN.** Employer identification number **91-0586473**

Part I Reason for Public Charity Status (All organizations must complete this part.) See instructions.

The organization is not a private foundation because it is: (For lines 1 through 11, check only one box.)

- 1 A church, convention of churches, or association of churches described in section 170(b)(1)(A)(i).
- 2 A school described in section 170(b)(1)(A)(ii). (Attach Schedule E)
- 3 A hospital or a cooperative hospital service organization described in section 170(b)(1)(A)(iii).
- 4 A medical research organization operated in conjunction with a hospital described in section 170(b)(1)(A)(iii). Enter the hospital's name, city, and state: _____
- 5 An organization operated for the benefit of a college or university owned or operated by a governmental unit described in section 170(b)(1)(A)(iv). (Complete Part II)
- 6 A federal, state, or local government or governmental unit described in section 170(b)(1)(A)(v).
- 7 An organization that normally receives a substantial part of its support from a governmental unit or from the general public described in section 170(b)(1)(A)(vi). (Complete Part II.)
- 8 A community trust described in section 170(b)(1)(A)(vi). (Complete Part II)
- 9 An organization that normally receives (1) more than 33 1/3% of its support from contributions, membership fees, and gross receipts from activities related to its exempt functions - subject to certain exceptions, and (2) no more than 33 1/3% of its support from gross investment income and unrelated business taxable income (less section 511 tax) from businesses acquired by the organization after June 30, 1975. See section 509(a)(2). (Complete Part III.)
- 10 An organization organized and operated exclusively to test for public safety. See section 509(a)(4).
- 11 An organization organized and operated exclusively for the benefit of, to perform the functions of, or to carry out the purposes of one or more publicly supported organizations described in section 509(a)(1) or section 509(a)(2). See section 509(a)(3). Check the box that describes the type of supporting organization and complete lines 11e through 11h.
 a Type I b Type II c Type III - Functionally integrated d Type III - Other
- e By checking this box, I certify that the organization is not controlled directly or indirectly by one or more disqualified persons other than foundation managers and other than one or more publicly supported organizations described in section 509(a)(1) or section 509(a)(2).
- f If the organization received a written determination from the IRS that it is a Type I, Type II, or Type III supporting organization, check this box
- g Since August 17, 2006, has the organization accepted any gift or contribution from any of the following persons?
 (i) A person who directly or indirectly controls, either alone or together with persons described in (ii) and (iii) below, the governing body of the supported organization?
 (ii) A family member of a person described in (i) above?
 (iii) A 35% controlled entity of a person described in (i) or (ii) above?
- h Provide the following information about the supported organization(s)

	Yes	No
11g(i)		
11g(ii)		
11g(iii)		

(i) Name of supported organization	(ii) EIN	(iii) Type of organization (described on lines 1-9 above or IRC section (see instructions))	(iv) Is the organization in col. (i) listed in your governing document?		(v) Did you notify the organization in col (i) of your support?		(vi) Is the organization in col. (i) organized in the U.S.?		(vii) Amount of support
			Yes	No	Yes	No	Yes	No	
Total									

LHA For Paperwork Reduction Act Notice, see the Instructions for Form 990 or 990-EZ.

Schedule A (Form 990 or 990-EZ) 2011

Part II Support Schedule for Organizations Described in Sections 170(b)(1)(A)(iv) and 170(b)(1)(A)(vi)

(Complete only if you checked the box on line 5, 7, or 8 of Part I or if the organization failed to qualify under Part III. If the organization fails to qualify under the tests listed below, please complete Part III.)

Section A. Public Support

Calendar year (or fiscal year beginning in) ►	(a) 2007	(b) 2008	(c) 2009	(d) 2010	(e) 2011	(f) Total
1 Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grants.")						
2 Tax revenues levied for the organization's benefit and either paid to or expended on its behalf						
3 The value of services or facilities furnished by a governmental unit to the organization without charge						
4 Total. Add lines 1 through 3						
5 The portion of total contributions by each person (other than a governmental unit or publicly supported organization) included on line 1 that exceeds 2% of the amount shown on line 11, column (f)						
6 Public support. Subtract line 5 from line 4						

Section B. Total Support

Calendar year (or fiscal year beginning in) ►	(a) 2007	(b) 2008	(c) 2009	(d) 2010	(e) 2011	(f) Total
7 Amounts from line 4						
8 Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources						
9 Net income from unrelated business activities, whether or not the business is regularly carried on						
10 Other income. Do not include gain or loss from the sale of capital assets (Explain in Part IV.)						
11 Total support. Add lines 7 through 10						
12 Gross receipts from related activities, etc. (see instructions)					12	
13 First five years. If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) organization, check this box and stop here <input type="checkbox"/>						

Section C. Computation of Public Support Percentage

14 Public support percentage for 2011 (line 6, column (f) divided by line 11, column (f))	14	%
15 Public support percentage from 2010 Schedule A, Part II, line 14	15	%
16a 33 1/3% support test - 2011. If the organization did not check the box on line 13, and line 14 is 33 1/3% or more, check this box and stop here. The organization qualifies as a publicly supported organization <input type="checkbox"/>		
b 33 1/3% support test - 2010. If the organization did not check a box on line 13 or 16a, and line 15 is 33 1/3% or more, check this box and stop here. The organization qualifies as a publicly supported organization <input type="checkbox"/>		
17a 10% -facts-and-circumstances test - 2011. If the organization did not check a box on line 13, 16a, or 16b, and line 14 is 10% or more, and if the organization meets the "facts-and-circumstances" test, check this box and stop here. Explain in Part IV how the organization meets the "facts-and-circumstances" test. The organization qualifies as a publicly supported organization <input type="checkbox"/>		
b 10% -facts-and-circumstances test - 2010. If the organization did not check a box on line 13, 16a, 16b, or 17a, and line 15 is 10% or more, and if the organization meets the "facts-and-circumstances" test, check this box and stop here. Explain in Part IV how the organization meets the "facts-and-circumstances" test. The organization qualifies as a publicly supported organization <input type="checkbox"/>		
18 Private foundation. If the organization did not check a box on line 13, 16a, 16b, 17a, or 17b, check this box and see instructions <input type="checkbox"/>		

Part III Support Schedule for Organizations Described in Section 509(a)(2)

(Complete only if you checked the box on line 9 of Part I or if the organization failed to qualify under Part II. If the organization fails to qualify under the tests listed below, please complete Part II.)

Section A. Public Support

Calendar year (or fiscal year beginning in) ►	(a) 2007	(b) 2008	(c) 2009	(d) 2010	(e) 2011	(f) Total
1 Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grants.")	7,194,389.	6,863,945.	7,547,312.	7,057,843.	6,684,871.	35,348,360.
2 Gross receipts from admissions, merchandise sold or services performed, or facilities furnished in any activity that is related to the organization's tax-exempt purpose	125,703.	96,444.	63,368.	119,625.	118,845.	523,985.
3 Gross receipts from activities that are not an unrelated trade or business under section 513						
4 Tax revenues levied for the organization's benefit and either paid to or expended on its behalf						
5 The value of services or facilities furnished by a governmental unit to the organization without charge						
6 Total. Add lines 1 through 5	7,320,092.	6,960,389.	7,610,680.	7,177,468.	6,803,716.	35,872,345.
7a Amounts included on lines 1, 2, and 3 received from disqualified persons						0.
b Amounts included on lines 2 and 3 received from other than disqualified persons that exceed the greater of \$5,000 or 1% of the amount on line 13 for the year						0.
c Add lines 7a and 7b						0.
8 Public support (Subtract line 7c from line 6)						35,872,345.

Section B. Total Support

Calendar year (or fiscal year beginning in) ►	(a) 2007	(b) 2008	(c) 2009	(d) 2010	(e) 2011	(f) Total
9 Amounts from line 6	7,320,092.	6,960,389.	7,610,680.	7,177,468.	6,803,716.	35,872,345.
10a Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources	100,523.	74,296.	38,410.	26,280.	36,134.	275,643.
b Unrelated business taxable income (less section 511 taxes) from businesses acquired after June 30, 1975						
c Add lines 10a and 10b	100,523.	74,296.	38,410.	26,280.	36,134.	275,643.
11 Net income from unrelated business activities not included in line 10b, whether or not the business is regularly carried on						
12 Other income. Do not include gain or loss from the sale of capital assets (Explain in Part IV.)						
13 Total support (Add lines 9, 10c, 11, and 12)	7,420,615.	7,034,685.	7,649,090.	7,203,748.	6,839,850.	36,147,988.

14 First five years. If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) organization, check this box and stop here

Section C. Computation of Public Support Percentage

15 Public support percentage for 2011 (line 8, column (f) divided by line 13, column (f))	15	99.24 %
16 Public support percentage from 2010 Schedule A, Part III, line 15	16	99.15 %

Section D. Computation of Investment Income Percentage

17 Investment income percentage for 2011 (line 10c, column (f) divided by line 13, column (f))	17	.76 %
18 Investment income percentage from 2010 Schedule A, Part III, line 17	18	.85 %

19a 33 1/3% support tests - 2011. If the organization did not check the box on line 14, and line 15 is more than 33 1/3%, and line 17 is not more than 33 1/3%, check this box and stop here. The organization qualifies as a publicly supported organization

b 33 1/3% support tests - 2010. If the organization did not check a box on line 14 or line 19a, and line 16 is more than 33 1/3%, and line 18 is not more than 33 1/3%, check this box and stop here. The organization qualifies as a publicly supported organization

20 Private foundation. If the organization did not check a box on line 14, 19a, or 19b, check this box and see instructions

SCHEDULE D
(Form 990)

Department of the Treasury
Internal Revenue Service

Supplemental Financial Statements

▶ Complete if the organization answered "Yes," to Form 990, Part IV, line 6, 7, 8, 9, 10, 11a, 11b, 11c, 11d, 11e, 11f, 12a, or 12b.
▶ Attach to Form 990. ▶ See separate instructions.

OMB No 1545-0047

2011

Open to Public Inspection

Name of the organization

SOUTH SOUND YOUNG MEN'S CHRISTIAN ASSN.

Employer identification number

91-0586473

Part I Organizations Maintaining Donor Advised Funds or Other Similar Funds or Accounts. Complete if the organization answered "Yes" to Form 990, Part IV, line 6.

	(a) Donor advised funds	(b) Funds and other accounts
1 Total number at end of year		
2 Aggregate contributions to (during year)		
3 Aggregate grants from (during year)		
4 Aggregate value at end of year		
5 Did the organization inform all donors and donor advisors in writing that the assets held in donor advised funds are the organization's property, subject to the organization's exclusive legal control?		<input type="checkbox"/> Yes <input type="checkbox"/> No
6 Did the organization inform all grantees, donors, and donor advisors in writing that grant funds can be used only for charitable purposes and not for the benefit of the donor or donor advisor, or for any other purpose conferring impermissible private benefit?		<input type="checkbox"/> Yes <input type="checkbox"/> No

Part II Conservation Easements. Complete if the organization answered "Yes" to Form 990, Part IV, line 7.

- Purpose(s) of conservation easements held by the organization (check all that apply).

<input type="checkbox"/> Preservation of land for public use (e.g., recreation or education)	<input type="checkbox"/> Preservation of an historically important land area
<input type="checkbox"/> Protection of natural habitat	<input type="checkbox"/> Preservation of a certified historic structure
<input type="checkbox"/> Preservation of open space	
- Complete lines 2a through 2d if the organization held a qualified conservation contribution in the form of a conservation easement on the last day of the tax year.

	Held at the End of the Tax Year
a Total number of conservation easements	2a
b Total acreage restricted by conservation easements	2b
c Number of conservation easements on a certified historic structure included in (a)	2c
d Number of conservation easements included in (c) acquired after 8/17/06, and not on a historic structure listed in the National Register	2d
- Number of conservation easements modified, transferred, released, extinguished, or terminated by the organization during the tax year ▶ _____
- Number of states where property subject to conservation easement is located ▶ _____
- Does the organization have a written policy regarding the periodic monitoring, inspection, handling of violations, and enforcement of the conservation easements it holds? Yes No
- Staff and volunteer hours devoted to monitoring, inspecting, and enforcing conservation easements during the year ▶ _____
- Amount of expenses incurred in monitoring, inspecting, and enforcing conservation easements during the year ▶ \$ _____
- Does each conservation easement reported on line 2(d) above satisfy the requirements of section 170(h)(4)(B)(i) and section 170(h)(4)(B)(ii)? Yes No
- In Part XIV, describe how the organization reports conservation easements in its revenue and expense statement, and balance sheet, and include, if applicable, the text of the footnote to the organization's financial statements that describes the organization's accounting for conservation easements

Part III Organizations Maintaining Collections of Art, Historical Treasures, or Other Similar Assets.

Complete if the organization answered "Yes" to Form 990, Part IV, line 8

- If the organization elected, as permitted under SFAS 116 (ASC 958), not to report in its revenue statement and balance sheet works of art, historical treasures, or other similar assets held for public exhibition, education, or research in furtherance of public service, provide, in Part XIV, the text of the footnote to its financial statements that describes these items
- If the organization elected, as permitted under SFAS 116 (ASC 958), to report in its revenue statement and balance sheet works of art, historical treasures, or other similar assets held for public exhibition, education, or research in furtherance of public service, provide the following amounts relating to these items:

(i) Revenues included in Form 990, Part VIII, line 1	▶ \$ _____
(ii) Assets included in Form 990, Part X	▶ \$ _____
- If the organization received or held works of art, historical treasures, or other similar assets for financial gain, provide the following amounts required to be reported under SFAS 116 (ASC 958) relating to these items:

a Revenues included in Form 990, Part VIII, line 1	▶ \$ _____
b Assets included in Form 990, Part X	▶ \$ _____

Part III Organizations Maintaining Collections of Art, Historical Treasures, or Other Similar Assets (continued)

- 3 Using the organization's acquisition, accession, and other records, check any of the following that are a significant use of its collection items (check all that apply).
- a Public exhibition
 - b Scholarly research
 - c Preservation for future generations
 - d Loan or exchange programs
 - e Other _____
- 4 Provide a description of the organization's collections and explain how they further the organization's exempt purpose in Part XIV.
- 5 During the year, did the organization solicit or receive donations of art, historical treasures, or other similar assets to be sold to raise funds rather than to be maintained as part of the organization's collection? Yes No

Part IV Escrow and Custodial Arrangements. Complete if the organization answered "Yes" to Form 990, Part IV, line 9, or reported an amount on Form 990, Part X, line 21.

- 1a Is the organization an agent, trustee, custodian or other intermediary for contributions or other assets not included on Form 990, Part X? Yes No
- b If "Yes," explain the arrangement in Part XIV and complete the following table:
- | | Amount |
|---------------------------------|--------|
| c Beginning balance | 1c |
| d Additions during the year | 1d |
| e Distributions during the year | 1e |
| f Ending balance | 1f |
- 2a Did the organization include an amount on Form 990, Part X, line 21? Yes No
- b If "Yes," explain the arrangement in Part XIV

Part V Endowment Funds. Complete if the organization answered "Yes" to Form 990, Part IV, line 10.

	(a) Current year	(b) Prior year	(c) Two years back	(d) Three years back	(e) Four years back
1a Beginning of year balance					
b Contributions					
c Net investment earnings, gains, and losses					
d Grants or scholarships					
e Other expenditures for facilities and programs					
f Administrative expenses					
g End of year balance					

- 2 Provide the estimated percentage of the current year end balance (line 1g, column (a)) held as:
- a Board designated or quasi-endowment _____ %
 - b Permanent endowment _____ %
 - c Temporarily restricted endowment _____ %
- The percentages in lines 2a, 2b, and 2c should equal 100%.
- 3a Are there endowment funds not in the possession of the organization that are held and administered for the organization by:
- (i) unrelated organizations
 - (ii) related organizations
- b If "Yes" to 3a(ii), are the related organizations listed as required on Schedule R?
- | | Yes | No |
|--------|-----|----|
| 3a(i) | | |
| 3a(ii) | | |
| 3b | | |
- 4 Describe in Part XIV the intended uses of the organization's endowment funds

Part VI Land, Buildings, and Equipment. See Form 990, Part X, line 10.

Description of property	(a) Cost or other basis (investment)	(b) Cost or other basis (other)	(c) Accumulated depreciation	(d) Book value
1a Land		1,492,200.		1,492,200.
b Buildings		12,971,837.	2,651,837.	10,320,000.
c Leasehold improvements				
d Equipment		1,119,058.	668,410.	450,648.
e Other				
Total. Add lines 1a through 1e (Column (d) must equal Form 990, Part X, column (B), line 10(c))				12,262,848.

Part VII Investments - Other Securities. See Form 990, Part X, line 12

(a) Description of security or category (including name of security)	(b) Book value	(c) Method of valuation: Cost or end-of-year market value
(1) Financial derivatives		
(2) Closely-held equity interests		
(3) Other		
(A)		
(B)		
(C)		
(D)		
(E)		
(F)		
(G)		
(H)		
(I)		
Total. (Col (b) must equal Form 990, Part X, col (B) line 12.)		

Part VIII Investments - Program Related. See Form 990, Part X, line 13

(a) Description of investment type	(b) Book value	(c) Method of valuation: Cost or end-of-year market value
(1)		
(2)		
(3)		
(4)		
(5)		
(6)		
(7)		
(8)		
(9)		
(10)		
Total. (Col (b) must equal Form 990, Part X, col (B) line 13.)		

Part IX Other Assets. See Form 990, Part X, line 15

(a) Description	(b) Book value
(1) LONG-TERM INVESTMENTS	1,174,712.
(2)	
(3)	
(4)	
(5)	
(6)	
(7)	
(8)	
(9)	
(10)	
Total. (Column (b) must equal Form 990, Part X, col (B) line 15.)	1,174,712.

Part X Other Liabilities. See Form 990, Part X, line 25.

1. (a) Description of liability	(b) Book value
(1) Federal income taxes	
(2) FUNDS HELD FOR OTHERS	26,351.
(3)	
(4)	
(5)	
(6)	
(7)	
(8)	
(9)	
(10)	
(11)	
Total. (Column (b) must equal Form 990, Part X, col (B) line 25.)	26,351.

FIN 48 (ASC 740) Footnote: In Part XIV, provide the text of the footnote to the organization's financial statements that reports the organization's liability for uncertain tax positions under

2. FIN 48 (ASC 740)

Part XI Reconciliation of Change in Net Assets from Form 990 to Audited Financial Statements			
1	Total revenue (Form 990, Part VIII, column (A), line 12)	1	6,839,850.
2	Total expenses (Form 990, Part IX, column (A), line 25)	2	6,879,399.
3	Excess or (deficit) for the year. Subtract line 2 from line 1	3	-39,549.
4	Net unrealized gains (losses) on investments	4	
5	Donated services and use of facilities	5	
6	Investment expenses	6	
7	Prior period adjustments	7	
8	Other (Describe in Part XIV.)	8	5,590,677.
9	Total adjustments (net). Add lines 4 through 8	9	5,590,677.
10	Excess or (deficit) for the year per audited financial statements. Combine lines 3 and 9	10	5,551,128.

Part XII Reconciliation of Revenue per Audited Financial Statements With Revenue per Return			
1	Total revenue, gains, and other support per audited financial statements	1	6,812,491.
2	Amounts included on line 1 but not on Form 990, Part VIII, line 12:		
a	Net unrealized gains on investments	2a	
b	Donated services and use of facilities	2b	
c	Recoveries of prior year grants	2c	
d	Other (Describe in Part XIV.)	2d	
e	Add lines 2a through 2d	2e	0.
3	Subtract line 2e from line 1	3	6,812,491.
4	Amounts included on Form 990, Part VIII, line 12, but not on line 1:		
a	Investment expenses not included on Form 990, Part VIII, line 7b	4a	
b	Other (Describe in Part XIV.)	4b	27,359.
c	Add lines 4a and 4b	4c	27,359.
5	Total revenue. Add lines 3 and 4c. (This must equal Form 990, Part I, line 12.)	5	6,839,850.

Part XIII Reconciliation of Expenses per Audited Financial Statements With Expenses per Return			
1	Total expenses and losses per audited financial statements	1	6,852,039.
2	Amounts included on line 1 but not on Form 990, Part IX, line 25:		
a	Donated services and use of facilities	2a	
b	Prior year adjustments	2b	
c	Other losses	2c	
d	Other (Describe in Part XIV.)	2d	
e	Add lines 2a through 2d	2e	0.
3	Subtract line 2e from line 1	3	6,852,039.
4	Amounts included on Form 990, Part IX, line 25, but not on line 1:		
a	Investment expenses not included on Form 990, Part VIII, line 7b	4a	
b	Other (Describe in Part XIV.)	4b	27,359.
c	Add lines 4a and 4b	4c	27,359.
5	Total expenses. Add lines 3 and 4c. (This must equal Form 990, Part I, line 18.)	5	6,879,398.

Part XIV Supplemental Information

Complete this part to provide the descriptions required for Part II, lines 3, 5, and 9; Part III, lines 1a and 4, Part IV, lines 1b and 2b, Part V, line 4; Part X, line 2; Part XI, line 8, Part XII, lines 2d and 4b; and Part XIII, lines 2d and 4b. Also complete this part to provide any additional information.

PART XI, LINE 8 - OTHER ADJUSTMENTS:

FAIR VALUE ADJUSTMENT 5,590,677.

FUNDRAISING

Part II Fundraising Events. Complete if the organization answered "Yes" to Form 990, Part IV, line 18, or reported more than \$15,000 of fundraising event contributions and gross income on Form 990-EZ, lines 1 and 6b. List events with gross receipts greater than \$5,000.

		(a) Event #1	(b) Event #2	(c) Other events	(d) Total events (add col (a) through col. (c))	
		STRONG KIDS CAMPAIGN		NONE		
	Revenue	(event type)	(event type)	(total number)		
	1	Gross receipts	352,445.		352,445.	
	2	Less: Charitable contributions	352,445.		352,445.	
	3	Gross income (line 1 minus line 2)				
Direct Expenses	4	Cash prizes				
	5	Noncash prizes				
	6	Rent/facility costs				
	7	Food and beverages				
	8	Entertainment				
	9	Other direct expenses	20,035.			20,035.
	10	Direct expense summary. Add lines 4 through 9 in column (d)				(20,035)
11	Net income summary. Combine line 3, column (d), and line 10				-20,035.	

Part III Gaming. Complete if the organization answered "Yes" to Form 990, Part IV, line 19, or reported more than \$15,000 on Form 990-EZ, line 6a.

		(a) Bingo	(b) Pull tabs/instant bingo/progressive bingo	(c) Other gaming	(d) Total gaming (add col. (a) through col. (c))
Revenue	1	Gross revenue			
Direct Expenses	2	Cash prizes			
	3	Noncash prizes			
	4	Rent/facility costs			
	5	Other direct expenses			
	6	Volunteer labor	<input type="checkbox"/> Yes _____ % <input type="checkbox"/> No	<input type="checkbox"/> Yes _____ % <input type="checkbox"/> No	<input type="checkbox"/> Yes _____ % <input type="checkbox"/> No
7	Direct expense summary. Add lines 2 through 5 in column (d)				()
8	Net gaming income summary. Combine line 1, column d, and line 7				

9 Enter the state(s) in which the organization operates gaming activities _____
 a Is the organization licensed to operate gaming activities in each of these states? Yes No
 b If "No," explain: _____

 10a Were any of the organization's gaming licenses revoked, suspended or terminated during the tax year? Yes No
 b If "Yes," explain: _____

**ATTACHMENT
DO NOT PROCESS**

- 11 Does the organization operate gaming activities with nonmembers? Yes No
- 12 Is the organization a grantor, beneficiary or trustee of a trust or a member of a partnership or other entity formed to administer charitable gaming? Yes No
- 13 Indicate the percentage of gaming activity operated in:
- | | |
|-----|---|
| 13a | % |
| 13b | % |
- a The organization's facility
- b An outside facility
- 14 Enter the name and address of the person who prepares the organization's gaming/special events books and records:

Name ▶ _____

Address ▶ _____

- 15a Does the organization have a contract with a third party from whom the organization receives gaming revenue? Yes No
- b If "Yes," enter the amount of gaming revenue received by the organization ▶ \$ _____ and the amount of gaming revenue retained by the third party ▶ \$ _____
- c If "Yes," enter name and address of the third party:

Name ▶ _____

Address ▶ _____

16 Gaming manager information:

Name ▶ _____

Gaming manager compensation ▶ \$ _____

Description of services provided ▶ _____

Director/officer Employee Independent contractor

17 Mandatory distributions:

- a Is the organization required under state law to make charitable distributions from the gaming proceeds to retain the state gaming license? Yes No
- b Enter the amount of distributions required under state law to be distributed to other exempt organizations or spent in the organization's own exempt activities during the tax year ▶ \$ _____

Part IV **Supplemental Information.** Complete this part to provide the explanations required by Part I, line 2b, columns (iii) and (v), and Part III, lines 9, 9b, 10b, 15b, 15c, 16, and 17b, as applicable. Also complete this part to provide any additional information (see instructions).

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**SCHEDULE J
(Form 990)**

Compensation Information

OMB No 1545-0047

For certain Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees

2011

▶ Complete if the organization answered "Yes" to Form 990, Part IV, line 23.

Open to Public Inspection

▶ Attach to Form 990. ▶ See separate instructions.

Department of the Treasury
Internal Revenue Service

Name of the organization

SOUTH SOUND YOUNG MEN'S CHRISTIAN ASSN.

Employer identification number

91-0586473

Part I Questions Regarding Compensation

1a Check the appropriate box(es) if the organization provided any of the following to or for a person listed in Form 990, Part VII, Section A, line 1a. Complete Part III to provide any relevant information regarding these items

- | | |
|--|--|
| <input type="checkbox"/> First-class or charter travel | <input type="checkbox"/> Housing allowance or residence for personal use |
| <input type="checkbox"/> Travel for companions | <input type="checkbox"/> Payments for business use of personal residence |
| <input type="checkbox"/> Tax indemnification and gross-up payments | <input type="checkbox"/> Health or social club dues or initiation fees |
| <input type="checkbox"/> Discretionary spending account | <input type="checkbox"/> Personal services (e.g., maid, chauffeur, chef) |

b If any of the boxes on line 1a are checked, did the organization follow a written policy regarding payment or reimbursement or provision of all of the expenses described above? If "No," complete Part III to explain

2 Did the organization require substantiation prior to reimbursing or allowing expenses incurred by all officers, directors, trustees, and the CEO/Executive Director, regarding the items checked in line 1a?

3 Indicate which, if any, of the following the filing organization used to establish the compensation of the organization's CEO/Executive Director. Check all that apply. Do not check any boxes for methods used by a related organization to establish compensation of the CEO/Executive Director. Explain in Part III

- | | |
|--|--|
| <input checked="" type="checkbox"/> Compensation committee | <input type="checkbox"/> Written employment contract |
| <input type="checkbox"/> Independent compensation consultant | <input type="checkbox"/> Compensation survey or study |
| <input type="checkbox"/> Form 990 of other organizations | <input type="checkbox"/> Approval by the board or compensation committee |

4 During the year, did any person listed in Form 990, Part VII, Section A, line 1a, with respect to the filing organization or a related organization:

- a** Receive a severance payment or change-of-control payment?
b Participate in, or receive payment from, a supplemental nonqualified retirement plan?
c Participate in, or receive payment from, an equity-based compensation arrangement?
 If "Yes" to any of lines 4a-c, list the persons and provide the applicable amounts for each item in Part III.

Only section 501(c)(3) and 501(c)(4) organizations must complete lines 5-9.

5 For persons listed in Form 990, Part VII, Section A, line 1a, did the organization pay or accrue any compensation contingent on the revenues of:

- a** The organization?
b Any related organization?
 If "Yes" to line 5a or 5b, describe in Part III.

6 For persons listed in Form 990, Part VII, Section A, line 1a, did the organization pay or accrue any compensation contingent on the net earnings of:

- a** The organization?
b Any related organization?
 If "Yes" to line 6a or 6b, describe in Part III.

7 For persons listed in Form 990, Part VII, Section A, line 1a, did the organization provide any non-fixed payments not described in lines 5 and 6? If "Yes," describe in Part III

8 Were any amounts reported in Form 990, Part VII, paid or accrued pursuant to a contract that was subject to the initial contract exception described in Regulations section 53.4958-4(a)(3)? If "Yes," describe in Part III

9 If "Yes" to line 8, did the organization also follow the rebuttable presumption procedure described in Regulations section 53.4958-6(c)?

	Yes	No
1b		
2	X	
4a		X
4b		X
4c		X
5a		X
5b		X
6a		X
6b		X
7		X
8		X
9		

LHA For Paperwork Reduction Act Notice, see the Instructions for Form 990.

Schedule J (Form 990) 2011

Part II Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees. Use duplicate copies if additional space is needed

For each individual whose compensation must be reported in Schedule J, report compensation from the organization on row (i) and from related organizations, described in the instructions, on row (ii). Do not list any individuals that are not listed on Form 990, Part VII.

Note. The sum of columns (B)(i)-(iii) for each listed individual must equal the total amount of Form 990, Part VII, Section A, line 1a, applicable column (D) and (E) amounts for that individual.

(A) Name	(B) Breakdown of W-2 and/or 1099-MISC compensation			(C) Retirement and other deferred compensation	(D) Nontaxable benefits	(E) Total of columns (B)(i)-(D)	(F) Compensation reported as deferred in prior Form 990
	(i) Base compensation	(ii) Bonus & incentive compensation	(iii) Other reportable compensation				
1 MICHAEL WEST	(i) 172,371.	(ii) 0.	(iii) 0.	0.	0.	172,371.	0.
	(ii) 0.			0.	0.	0.	0.
2	(i)						
	(ii)						
3	(i)						
	(ii)						
4	(i)						
	(ii)						
5	(i)						
	(ii)						
6	(i)						
	(ii)						
7	(i)						
	(ii)						
8	(i)						
	(ii)						
9	(i)						
	(ii)						
10	(i)						
	(ii)						
11	(i)						
	(ii)						
12	(i)						
	(ii)						
13	(i)						
	(ii)						
14	(i)						
	(ii)						
15	(i)						
	(ii)						
16	(i)						
	(ii)						

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Part III Supplemental Information

Complete this part to provide the information, explanation, or descriptions required for Part I, lines 1a, 1b, 3, 4a, 4b, 4c, 5a, 5b, 6a, 6b, 7, and 8, and for Part II. Also complete this part for any additional information.

**PART I, LINE 3: COMPENSATION COMMITTEE PERFORMS STUDY OF EQUITABLE
COMPENSATION FOR SIMILAR POSITION.**

Multiple horizontal lines for providing supplemental information.

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SCHEDULE O
(Form 990 or 990-EZ)

Department of the Treasury
Internal Revenue Service

Supplemental Information to Form 990 or 990-EZ

Complete to provide information for responses to specific questions on
Form 990 or 990-EZ or to provide any additional information.
▶ Attach to Form 990 or 990-EZ.

OMB No 1545-0047

2011

Open to Public
Inspection

Name of the organization

SOUTH SOUND YOUNG MEN'S CHRISTIAN ASSN.

Employer identification number

91-0586473

FORM 990, PART I, LINE 1, DESCRIPTION OF ORGANIZATION MISSION:

DEVELOPMENT OF SPIRIT, MIND AND BODY THROUGH RECREATIONAL, HEALTH AND
LEADERSHIP PROGRAMS.

INTRODUCTION

THE SOUTH SOUND YMCA SERVES OUR COMMUNITY BY MEETING THE HEALTH
AND SOCIAL SERVICE NEEDS OF FAMILIES AND INDIVIDUALS. WE WORK TO HELP
PEOPLE DEVELOP VALUES AND BEHAVIORS THAT ARE CONSISTENT WITH CHRISTIAN
PRINCIPLES. THEY ARE FOR PEOPLE OF ALL FAITHS, RACES, ABILITIES AND
INCOMES. NO ONE IS TURNED AWAY FOR INABILITY TO PAY.

IN THE YMCA, A VOLUNTEER BOARD HIRES AND SETS POLICY FOR ITS CEO,
WHO MANAGES THE OPERATION WITH FULL-TIME AND PART-TIME STAFF AND
VOLUNTEER LEADERS. OUR YMCA MEETS COMMUNITY NEEDS THROUGH ORGANIZED
ACTIVITIES CALLED PROGRAMS, IN YMCA BUILDINGS AND FROM RENTED QUARTERS,
DONATED SPACE, STOREFRONTS, PARKS AND PLAYGROUNDS.

THE SOUTH SOUND YMCA MEETS COMMUNITY NEEDS COUNTYWIDE. THERE ARE
MANY HUNDREDS OF CORPORATE YMCAS THAT ARE FORMAL MEMBERS OF THE
NATIONAL MOVEMENT. THE CORPORATE YMCAS CAN BE AS EXTENSIVE AS NEW
YORK CITY, WITH MORE THAN 20 BRANCHES, OR AS UNCOMPLICATED AS A SINGLE
YMCA IN A TOWN LIKE VISALIA, CALIFORNIA.

THE ENTIRE SYSTEM INVITES CREATIVITY AND CHANGE THROUGH ITS
AUTONOMOUS MEMBER YMCAS, ITS DECENTRALIZATION AND ITS LACK OF REGIONAL
BOUNDARIES. OVER ITS LONG HISTORY, THE YMCA HAS BEEN RENEWED AGAIN AND
AGAIN BY THE ACTIONS OF ITS MEMBER ASSOCIATIONS, THEIR PROGRAM
INNOVATIONS AND THEIR COMMON SENSE APPROACH.

YMCAS IN THE US ARE PART OF A WORLDWIDE MOVEMENT, THE WORLD

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ALLIANCE OF YMCAS. IT IS A NON-BINDING ORGANIZATION OF INDEPENDENT YMCA MOVEMENTS FROM MORE THAN 100 COUNTRIES, WITH HEADQUARTERS IN GENEVA, SWITZERLAND.

PURPOSE

THE YMCA IS A MEMBERSHIP ASSOCIATION OF MEN, WOMEN AND CHILDREN OF ALL AGES, ABILITIES, INCOMES, RACES AND RELIGIONS. IT IS DEDICATED TO BUILDING HEALTHY BODY, MIND AND SPIRIT OF INDIVIDUALS AND FAMILIES. IT PUTS CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT PROMOTE GOOD HEALTH, STRONG FAMILIES, YOUTH LEADERSHIP, COMMUNITY DEVELOPMENT AND INTERNATIONAL UNDERSTANDING.

GOALS

TO PROVIDE OPPORTUNITIES, ENCOURAGEMENT AND SUPPORT FOR INDIVIDUALS TO ENHANCE AND MAINTAIN THEIR COMMITMENT TO MENTAL, PHYSICAL AND SPIRITUAL WELL-BEING;

TO PROVIDE OPPORTUNITIES AND SUPPORT FOR FAMILIES TO ENRICH THEIR RELATIONSHIPS THROUGH ACTIVITIES DESIGNED TO EXAMINE AND CLARIFY VALUES, IMPROVE COMMUNICATION AND ENCOURAGE POSITIVE INTERACTION;

TO PROVIDE THE ENVIRONMENT, OPPORTUNITY AND ENCOURAGEMENT FOR YOUTH TO DEVELOP SKILLS AND VALUES THAT FOSTER LEADERSHIP, CONFIDENCE, SELF-ESTEEM, SELF-RELIANCE AND MUTUAL RESPECT;

TO PROVIDE OPPORTUNITIES AND SUPPORT FOR INDIVIDUALS AND GROUPS TO DEVELOP A SENSE OF CITIZENSHIP THROUGH PROGRAMS THAT MEET IDENTIFIED COMMUNITY NEEDS;

TO PROVIDE OPPORTUNITIES AND SUPPORT FOR INDIVIDUALS TO EXPAND THEIR AWARENESS, INTEREST, RESPECT AND APPRECIATION OF THE VARIED PEOPLES AND

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CULTURES OF OUR GLOBAL SOCIETY.

MEMBERS

IN 2011, 59,723 PEOPLE WERE SOUTH SOUND YMCA MEMBERS AND PROGRAM PARTICIPANTS, INCLUDING 31,718 CHILDREN AND TEENS AND 28,005 ADULTS. OF THESE, 4,128 PEOPLE RECEIVED \$591,266 IN FINANCIAL ASSISTANCE.

VOLUNTEERS

IN 2011, 1,134 POLICY AND PROGRAM VOLUNTEERS DONATED 14,233 HOURS TO OUR YMCA.

FORM 990, PART III, LINE 4A, DESCRIPTION OF PROGRAM SERVICE:

DESCRIPTION OF YMCA PROGRAMS

AQUATICS: LIFELONG ACTIVITY

WATER IS AN UNFAMILIAR PLACE FOR PEOPLE WHO TRAVEL MOSTLY ON DRY GROUND. BUT SINCE THE PLANET HAS MORE WATER THAN LAND, THERE ARE SWIMMING LESSONS TO BE LEARNED.

AT THE YMCA, LEARNING IS A GREAT DEAL MORE THAN IT MIGHT SEEM. IT'S TAKING PEOPLE INTO WATER THAT SOME FIND SCARY AT FIRST AND TEACHING THEM NOT ONLY TO SURVIVE BUT ALSO TO THRIVE AND TO FIND FUN, FITNESS, STRESS RELIEF, ADVENTURE AND LIFELONG ENJOYMENT.

EVERY YEAR THOUSANDS OF PEOPLE LEARN TO SWIM AT THE YMCA. THAT'S A LOT OF SPLASHING AROUND WITHOUT EVEN BEGINNING TO COUNT THE THOUSANDS

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MORE WHO ALREADY KNOW HOW TO

SWIM AND JOIN THE YMCA TO SWIM LAPS, LOOSEN MUSCLES AND JOINTS WITH AQUATIC EXERCISES, BECOME PART OF SWIM TEAMS, LEARN LIFE GUARDING, AND INTRODUCE BABIES TO THE POOL OR JUST PLAY AROUND IN THE WATER.

THE RECENT ACCENT ON HEALTHY LIVING FOR ALL AGES HAS ONLY INCREASE INTEREST IN AQUATICS. MANY PEOPLE CLAIM THAT SWIMMING IS THE BEST FORM OF EXERCISE FOR YOUNG AND OLD TO KEEP THE BODY FIT AND TRIM WHILE STRENGTHENING THE HEART AND LUNGS.

WATER'S BUOYANCY IS A PARTICULAR PLEASURE FOR PEOPLE TEMPORARILY OR PERMANENTLY DISABLED. OUR YMCAS OFFER PROGRAMS SPECIFICALLY FOR SUCH CHILD AND ADULTS. WATER CAN OFTEN FREE THEM TO MOVE AROUND WITHOUT SUPPORT AND STRENGTHEN LITTLE-USED MUSCLES.

SOMETIMES PEOPLE WITH DISABILITIES TAKE PART IN REGULAR CLASSES. BECAUSE RESPECT FOR OTHERS, REGARDLESS OF AGE OR ABILITY, IS AN UNDERLYING VALUE FOR ALL YMCA PROGRAMS, THESE CLASSES PROVIDE AN ATMOSPHERE OF ACCEPTANCE THAT IS ITSELF A POSITIVE EXPERIENCE.

IN RECENT YEARS, YMCA HEALTH AND FITNESS EXPERTS HAVE ADAPTED AEROBIC EXERCISES FOR THE POOL TO CREATE GENTLE-IMPACT AEROBICS. WATER ENABLES EXERCISERS TO WORK AT HIGHER INTENSITY WITH LESS IMPACT THAN ON A GYM OR EXERCISE-ROOM FLOOR. MANY OLDER EXERCISERS ESPECIALLY LIKE WATER AEROBICS.

FUN FOR THE WHOLE FAMILY

MOST PEOPLE COUNT SWIMMING AS A FAMILY AFFAIR AT THE OCEAN, LAKES, RIVERS AND POOLS. IT IS OFTEN A FAMILY AFFAIR AT THE YMCA, TOO, WITH SWIMMING TIMES SET-ASIDE JUST FOR FAMILIES. WATER SPORTS AND SWIMMING ARE ALSO STANDARD FEATURES AT YMCA CAMPS.

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THE YMCA® INNOVATION AND LEADERSHIP IN AQUATICS STARTED BACK IN 1885, WHEN THE BROOKLYN, NEW YORK YMCA BUILT AN INDOOR POOL FOR SWIMMING BATH, AS IT WAS CALLED. SWIMMERS ALL DID THE BREASTSTROKE.

A CANADIAN SWIMMING INSTRUCTOR HIRED BY THE DETROIT YMCA IN 1906 REVOLUTIONIZED TEACHING WITH MASS SWIMMING LESSONS AND DRY-LAND DRILLS. AND HE CHANGED THE BASIC STROKE TO THE CRAWL.

YMCA PROGRESSIVE SWIMMING INSTRUCTION WAS PIONEERED IN THE 1930S. LEARN-TO-SWIM MONTH WAS A FEATURE OF THE 1950S. NATIONAL LIFEGUARD TRAINING AND CERTIFICATION AND A FOCUS ON BRINGING PEOPLE WITH DISABILITIES INTO THE POOLS MARKED THE 1970S. AEROBICS AND OTHER FITNESS REGIMENS WENT ON IN THE 1980S.

SAFETY AROUND WATER

YMCAS TAKE SAFETY SERIOUSLY. ONLY THOSE TRAINED AND CERTIFIED TO RIGOROUS YMCA SWIMMING STANDARDS TEACH IN YMCA POOLS.

LESSONS ARE AVAILABLE FOR ALL AGES, ABILITY LEVELS AND INTERESTS. BABIES AS YOUNG AS 6 MONTHS CAN ENJOY WATER PLAY WITH THEIR PARENTS IN THE SKIPPERS PROGRAM, WITH AN INSTRUCTOR IN THE POOL TO COACH THE ADULTS ON SAFETY SKILLS. THREE TO 5-YEAR OLDS CAN TAKE PRE-SWIMMING CLASSES ON THEIR OWN. AT THE CORE IS THE CURRENT PROGRESSIVE SWIMMING PROGRAM FOR 6-YEAR-OLDS TO ADULTS. BEGINNERS, OR POLLIWOGS, LEARN SIMPLE STROKES AND PERSONAL SAFETY SKILLS AS THEY GET A FEEL FOR THE WATER. THOSE WHO STAY IN THE SWIM RIGHT UP TO THE MOST ADVANCED LEVEL, SHARKS, ARE CHALLENGED TO MASTER THE SIDESTROKE, BACK DIVE AND LIFESAVING SKILLS.

WORKING FROM THE OVERALL YMCA PHILOSOPHY OF SELF-DEVELOPMENT, THE INSTRUCTORS USE A PROBLEM-SOLVING, GUIDED DISCOVERY TEACHING APPROACH.

THE EMPHASIS IS ON LEARNING, NOT PASSING OR FAILING. MANY YOUNGSTERS

Name of the organization SOUTH SOUND YOUNG MEN'S CHRISTIAN ASSN.	Employer identification number 91-0586473
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AND ADULTS WHO LEARN TO SWIM AT YMCAS BECOME TEACHERS THEMSELVES, WHO GROW IN THEIR OWN LEADERSHIP ABILITIES AS WELL AS SWIMMING SKILLS.

SELF-ESTEEM GROWS

SWIMMING AT THE YMCA IS TAUGHT IN A POSITIVE MANNER OF TRUSTING, SUPPORTING, AND CARING. PEOPLE LEARN IN A NON-THREATENING ATMOSPHERE FREE FROM DISCOURAGING CRITICISM. IT MEANS POSITIVE FEEDBACK AND REINFORCEMENT FOR EVEN THE TINIEST GAIN. ACCOMPLISHMENT BUILDS CONFIDENCE AND SELF ESTEEM. IT WORKS WONDERS.

AQUATIC ACCOMPLISHMENTS

AS RESIDENTS OF THE PUGET SOUND, PEOPLE IN THIS COMMUNITY COULD BE SUBJECT TO TRAUMATIC INCIDENTS AROUND WATER. OUR AQUATIC PROGRAMS HELP PREVENT THAT FROM HAPPENING. IN 2011 WE PROVIDED SWIMMING LESSONS TO 5,456 CHILDREN, YOUTH AND TEENS.

CHILD CARE: WORK WITHOUT WORRY

IN 1980, A GROUP OF YMCA DIRECTORS MET TO DISCUSS THE RAPIDLY GROWING NEED FOR CHILDCARE. THEY RECOGNIZED THAT THE KINDS OF FAMILIES KIDS WERE GROWING UP IN HAD CHANGED. MOST HAD BOTH PARENTS ON THE JOB OR A SINGLE PARENT WHO WORKED. THAT MEANT SOME KID OF DAY CARE WAS NEEDED TO FILL THE GAPS.

IT WAS A NATURAL FOR YMCAS. THEY HAD BEEN ACTIVE FOR 60 YEARS IN A VARIETY OF PARENT-CHILD ACTIVITIES. THEY HAD BEEN INVOLVED IN CHILD CARE, TOO BEFORE IT WAS EVER CALLED THAT WITH YOUNGSTERS COMING IN

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AFTER SCHOOL TO YMCA GAME ROOMS, GYMS, POOLS AND CRAFT CLASSES, GETTING TO KNOW YMCA STAFF MEMBERS AND OTHER KIDS THERE. IN THE SUMMER THERE WERE DAY CAMPS AND FUN CLUBS ALONG WITH REGULAR RESIDENT SUMMER CAMP. ALL OF THIS IS STILL AROUND TODAY, PLUS THERE ARE FORMAL CHILDCARE PROGRAMS.

TO CREATE ITS BASIC MANUALS, THE YMCA DREW FROM ITS OWN EXPERIENCE AND ADDED THE ADVICE OF EXPERTS ON CHILD DEVELOPMENT. THE RESULT WAS AN ABILITY TO SET UP AT MULTIPLE SITES, WITH DAILY ACTIVITIES MAPPED OUT BY WELL-PREPARED STAFF MEMBERS. IN ADDITION TO YMCA TRAINING, MANY YMCA CHILDCARE PROFESSIONALS HAVE ADVANCED DEGREES IN EARLY CHILDHOOD EDUCATION, ESPECIALLY THOSE WHO WORK WITH PRESCHOOLERS, INFANTS AND TODDLERS.

FOCUSES ON FAMILY VALUES AND INVOLVEMENT

NO MATTER HOW MANY HOURS YOUNGSTERS SPEND IN A CHILD CARE SETTING EACH WEEK, IT IS STILL THE FAMILY THAT IS THE SINGLE MOST IMPORTANT STRUCTURE IN THEIR LIVES. GOOD CHILD CARE MUST BE GOOD FAMILY CARE, YMCA CHILD CARE PROGRAMS OFFER WONDERFUL OPPORTUNITIES TO STRENGTHEN FAMILIES, HELPING THEM BETTER COMMUNICATE; WORK AND PLAY TOGETHER; SHARE VALUES; FEEL A SENSE OF COMMUNITY WITH OTHER FAMILIES AND EVEN IMPROVE THEIR ECONOMIC STABILITY.

CONVENIENT LOCATIONS AND CARING STAFF MEMBERS

THE YMCA APPROACH IS CHARACTERISTICALLY FLEXIBLE. OUR CHILDCARE TAKES PLACE IN A VARIETY OF SETTINGS [○]IN THE YMCA[®] MULTIPURPOSE BUILDINGS AND IN SCHOOL GYMNASIUMS, CAFETERIAS AND PORTABLES. THE HIGH STANDARDS FOR THE CARE OF CHILDREN REFLECT THE YMCA MOVEMENT[®] VALUES AND EXPECTATIONS: YMCAS MEET AND OFTEN EXCEED GOVERNMENT LICENSING

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STANDARDS.

STAFF MEMBERS ARE WELL PREPARED AND PARTICIPATE IN ONGOING TRAINING THROUGH THE YMCA SYSTEM OF PROGRAM SCHOOLS, TRAINING EVENTS AND CERTIFICATION. THEY BELIEVE THEIR PROGRAMS CAN HELP DEVELOP A BETTER LIFE FOR CHILDREN AND FAMILIES.

LIKE ALL YMCA PROGRAMS, CHILDCARE IS OPEN TO ALL, WITH FINANCIAL AID AVAILABLE FOR THOSE UNABLE TO PAY FULL FEES. WE PRIDE OURSELVES IN OUR COMMITMENT TO TURN NO ONE AWAY. THE BOTTOM LINE FOR YMCA CHILDCARE IS WHAT'S BEST FOR THE FAMILY. PROVIDING IT IS THE YMCA'S WAY OF WORKING TO IMPROVE THE QUALITY OF LIFE FOR THE WHOLE CHILD, THE WHOLE FAMILY AND THE WHOLE COMMUNITY.

AGE-APPROPRIATE EXPERIENCE FOR YOUNG CHILDREN

EARLY CHILDHOOD CENTERS

THE SOUTH SOUND YMCA PROVIDES CARE TO CHILDREN AGES 1 TO 6 YEARS AT SOUTH PUGET SOUND COMMUNITY COLLEGE. PARENTS CAN CONCENTRATE ON STUDIES KNOWING THEIR CHILDREN ARE RECEIVING EXCELLENT CARE. CHILDREN ALSO RECEIVE CARE AFTER 6 PM WHILE THEIR PARENT IS ATTENDING EVENING CLASSES.

AT OUR BRANCHES, MOTHERS AND FATHERS CAN TAKE ADVANTAGE OF DROP IN CARE WHILE THEY WORK OUT OR ATTEND A PROGRAM.

SCHOOL AGE

PARENTS' WORKDAYS TYPICALLY START EARLIER AND LATER THAN THEIR CHILDREN'S SCHOOL DAYS. THOSE MORNING AND AFTERNOON TIME GAPS CAN BE EMPTY, EVEN LONELY OR THEY CAN BE FILLED CREATIVELY AND CONSTRUCTIVELY. CHILDREN CONCENTRATE ON ACADEMICS AT ELEMENTARY

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SCHOOL, BUT THERE IS SOMETHING ELSE FOR THEM TO LEARN IN YMCA PROGRAMS BEFORE AND AFTER THOSE HOURS.

YMCA CHILDCARE FOR THESE 6 TO 12-YEAR OLDS PROVIDES CHANCES TO EXPRESS INDIVIDUAL TALENTS IN THE ARTS, CRAFTS, GAMES, SPORTS OR OTHER AREAS OF INTEREST, TAKING FULL ADVANTAGE OF YMCA FACILITIES AND CLASSES. KIDS FIND OUT WHAT PARTICIPATION AND SUCCESS IS ALL ABOUT IN AN APPROACH THAT SAYS EVERYBODY PLAYS, EVERYBODY WINS.

EACH DAY THERE IS TIME FOR KIDS TO CALL THEIR OWN. AND TIME IS SET ASIDE TO TACKLE HOMEWORK WITH TUTORING AVAILABLE. CLOSE COMMUNICATION WITH SCHOOLS IS IMPORTANT. MANY PROGRAMS FOR THESE OLDER CHILDREN ALSO INCLUDE FIELD TRIPS TO WIDEN THEIR WORLD.

YMCA PEOPLE KNOW HOW TO CHALLENGE SCHOOL-AGE CHILDREN AND HOW TO LISTEN TO THEM. CHILDREN IN THIS AGE GROUP TYPICALLY ENJOY INTERACTING WITH ALL THE ADULTS INVOLVED, BUT STAFF ALSO HAS A RESPONSIBILITY TO GIVE FEEDBACK TO PARENTS AS OFTEN AS POSSIBLE.

DAY CAMPS

WHILE HELPFUL FOR WORKING PARENTS, DAY CAMPS ARE AN EXCITING OPPORTUNITY FOR CHILDREN TO EXPERIENCE THE BEST OF YMCA ACTIVITIES. DAY CAMPS ARE OFFERED IN THE SPRING, SUMMER, AND WINTER AND DURING MID-WINTER SCHOOL BREAKS. THESE CAMPS OFFER A WIDE VARIETY OF INDOOR AND OUTDOOR ACTIVITIES, INCLUDING SPORTS, OVERNIGHT CAMPING, CRAFTS AND VISITS TO MUSEUMS, ZOOS AND PARKS.

CHILDCARE ACCOMPLISHMENTS

IN MANY INSTANCES, YMCA CHILDCARE ALLOWS PARENTS OF THE CHILDREN TO REMAIN GAINFULLY EMPLOYED, KNOWING THAT THEIR CHILDREN ARE THRIVING IN A SAFE, SUPPORTIVE ENVIRONMENT. FOR PARENTS WHO CANNOT AFFORD THE

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FULL FEE, CARE IS PROVIDED ON A SLIDING SCALE BASIS. WITH THE INCREASED COST OF LIVING IN OR AREA, THERE ARE MORE HOMES WHERE BOTH MOM AND DAD MUST WORK AND MANY SINGLE FAMILIES THAT CRITICALLY NEED THIS SERVICE. IN 2011 THE YMCA CARED FOR 3,159 CHILDREN AND PROVIDED \$299,546 IN FINANCIAL ASSISTANCE.

WE CONTINUE TO REACH OUT TO THE COMMUNITY BY CREATING MORE PROGRAMS AND ADDED FOUR MORE CHILDCARE SITES THIS SCHOOL YEAR. THE SOUTH SOUND YMCA NOW PROVIDES CHILDCARE IN 33 LOCATIONS.

YMCA OLDER ADULTS: A PLACE FOR ALL AGES

THE Y, M AND C IN YMCA STAND FOR YOUNG, MEN AND CHRISTIAN. AND WHEN THEY BEGAN 150 YEARS AGO, YMCAS OPENED THE DOOR ONLY TO CHRISTIAN YOUNG MEN. IT CERTAINLY IS DIFFERENT TODAY. OVER THE YEARS YMCA KEPT OPENING THEIR DOORS WIDER AND WIDER UNTIL THEY INCLUDED ENTIRE FAMILIES: MEN, WOMEN AND CHILDREN OF ALL AGES, RACES AND RELIGIONS.

THE YMCA HAS BEEN KEEPING PACE WITH MANY FOLKS SINCE THEIR CHILDHOOD. THERE NO REASON TO SHUT THEM OUT ONCE THEY REACH RETIREMENT. YMCA HAVE FOUND THAT OLDER ADULTS NEED EXERCISE AND THE EXTRA EDGE OF GOOD HEALTH IT PROVIDES TO MEET LIFE CHANGING CHALLENGES. THEY WANT A PLACE TO GO, LIKE THE YMCA, THAT THEY CAN DEPEND ON A PLACE WHERE THEY CAN ENRICH THEIR LIVES AND DEVELOP NEW SKILLS, NEW INTERESTS AND NEW FRIENDS.

BENEFICIAL USE OF TIME

LIKE EVERYONE ELSE, OLDER PEOPLE NEED TO CONTINUE HAVING A MISSION IN THEIR LIVES, A SENSE OF DIRECTION AND PURPOSE. THEIR LIVES UNDERGO MAJOR CHANGES WITH RETIREMENT, ADDED TO THE NATURAL CHANGES IN FAMILY

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LIFE THAT COME WITH AGE. AT THE SAME TIME, THEY OFTEN HAVE THE ADVANTAGE OF MORE TIME TO SPEND IN CONSTRUCTIVE WAYS, DOING THINGS THEY LIKE TO DO AND FINDING NEW CHALLENGES.

THE SOUTH SOUND YMCA PLAYS AN IMPORTANT ROLE IN THIS PROCESS BY OFFERING A VARIETY OF OPPORTUNITIES AND ACTIVITIES. EXERCISE IS UNIVERSALLY RECOMMENDED REGARDLESS OF AGE, AND MANY SEEK OUT THE YMCA FOR THAT PURPOSE. FAVORITES FOR OLDER ADULTS ARE LIGHTER EXERCISES, WATER ACTIVITIES AND WALKING.

THE HABITS OF ATTENDING REGULAR EXERCISE CLASSES OFTEN LEAD TO CREATION OF SOCIAL CLUBS. SOME OF THESE CLUBS HAVE A SINGLE FOCUS, LIKE GETTING TOGETHER TO SWIM, FOR MEALS OR TO TACKLE A COMMUNITY SERVICE PROJECT. OTHERS INCLUDE A VARIETY OF ACTIVITIES, SUCH AS CLASSES RANGING FROM CRAFTS TO CURRENT AFFAIRS. ALSO POPULAR ARE DAY TRIPS AND CAMPING.

SOMETIMES OTHER FRIENDS AND FAMILY MEMBERS ARE INVITED. NEW FRIENDS ARE IMPORTANT AT EVERY AGE, BUT THE OPPORTUNITY TO MAKE THEM AT THE TIME OF LIFE WHEN MANY PEOPLE EXPERIENCE THE LOSS OF OLD FRIENDS AND FAMILY MEMBERS IS ESPECIALLY VALUABLE.

OPPORTUNITIES FOR HELPING OTHERS

MANY OLDER ADULTS CHOOSE TO OFFER THEIR EXTRA HOURS AND THEIR LIFETIME OF EXPERIENCE TO THEIR YMCAS, VOLUNTEERING IN MANY AREAS, FROM FUNDRAISING TO PROGRAMS. YMCAS TAKE CARE TO MATCH THE SKILLS AND INTEREST OF VOLUNTEERS WITH THE VARIOUS PROJECTS THAT ARE AVAILABLE.

A PARTICULARLY IMPORTANT WAY FOR OLDER MEMBERS TO HELP THEIR YMCAS AND ENRICH THEIR OWN LIVES IS THROUGH INTERACTIONS WITH OUR YOUTH: EATING LUNCH WITH CHILDREN IN DAY CARE, SUPERVISING A GROUP OF ELEMENTARY SCHOOL KIDS ON A FIELD TRIP, ASSISTING WITH A YOUTH SWIM

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CLASS OR SPORTS LEAGUE OR A ADVISING A TEEN CLUB. OLDER ADULTS TODAY INVOLVE THEMSELVES IN THE FULL LIFE OF THE YMCA. MANY DISCOVER THAT THIS HELPS THEM IN THEIR RELATIONS WITH YOUNGER MEMBERS OF THEIR OWN FAMILIES.

IMPROVED MOBILITY AND A SENSE OF WELL-BEING

JOGGERS DON'T GET OFF THE TRACK BECAUSE THEY'VE REACHED A CERTAIN AGE. NOR DO SWIMMERS THROW IN THE TOWEL.

IN THE YMCA'S FAVORITE HEALTH AND EXERCISE PROGRAMS, IT'S SOMETIMES THE OLDER PARTICIPANTS WHO SET THE PACE (IF NOT FOR SPEED, BUT FOR DEDICATION TO STAYING FIT. THEY ARE AN INSPIRATION TO PEOPLE DECADES YOUNGER WHO CAN SEE HOW EXERCISE HAS HELPED THEM STAY ACTIVE.

THE SOUTH SOUND YMCA BRANCHES INCLUDED A SPECTRUM OF AGES IN THEIR CLASSES. THIS GIVES OLDER ADULTS A RANGE OF PROGRAMS TO CHOOSE FROM AND FIND THE ONES THAT ARE BEST FOR THEM.

WHILE SOME OLDER PEOPLE JOIN CLASSES WITH ADULTS OF ALL AGES, OTHERS ARE MORE COMFORTABLE WITH PROGRAMS LIMITED TO MEMBERS OF THEIR OWN AGE GROUP. IT'S A CHOICE WE BELIEVE OLDER ADULTS SHOULD BE ABLE TO MAKE THEMSELVES.

SOME ARE NEWCOMERS TO THE FITNESS FIELD, PERHAPS FINDING TIME LATER IN LIFE FOR THE EXERCISE THEY HAD ALWAYS MEANT TO DO BUT KEPT PUTTING OFF.

OTHERS TRY THE YMCA AT THE RECOMMENDATION OF A PHYSICIAN TO HELP DEAL WITH A PHYSICAL PROBLEM. YMCA STAFF MEMBERS HELP THEM FIND AN APPROPRIATE PROGRAM, ONE THEY'LL ENJOY DURING WORKOUTS AND AT OTHER TIMES BECAUSE OF HOW MUCH BETTER IT MAKES THEM FEEL.

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OLDER ADULT ACCOMPLISHMENTS

IN 2011, THE SOUTH SOUND YMCA SERVED 6,642 ADULTS 55 YEARS OF AGE AND OLDER.

SPORTS: DEVELOPS VALUES STRONGER THAN WINNING

COACHES START WITH PLAYERS AT WHATEVER SKILL LEVEL THEY FIND THEM. THEY TRY TO WORK WITH EACH PLAYER TO SET GOALS AND EVALUATE PROGRESS IN LIGHT OF PLAYERS OWN STANDARDS NOT THOSE OF THE FASTEST, STRONGEST OR MOST COORDINATED.

THE TEACHING COMPONENT IS IMPORTANT. PRACTICE SESSIONS INCLUDE A REVIEW OF SKILLS LEARNED AND THE INTRODUCTION OF NEW ONES. PLAYERS HAVE OPPORTUNITIES TO TAKE VARIOUS POSITIONS ON THE TEAM, BECAUSE NO WINNING SCORE MATTERS MORE THAN GIVING THEM ALL THE CHANCE TO STRIVE AND TO STRETCH ONESELF.

SOME BRANCH YMCA ALSO SPONSOR COMPETITIVE TEAMS, BACKED UP BY DEVELOPMENTAL INSTRUCTION. MOST ARE IN AQUATICS OR GYMNASTICS. THE YMCA YOUTH SPORTS PHILOSOPHY CARRIES OVER TO THESE, TOO. EVEN WHEN THE GOVERNING BODY FOR A SPORT REQUIRES THAT TIMES AND SCORES BE POSTED AT THE COMPETITION, YMCA COACHES ENCOURAGE PARTICIPANTS TO COMPARE THEIR MARKS WITH THEIR OWN PAST PERFORMANCE.

BUILDS SELF-ESTEEM

THOSE IN YMCA YOUTH SPORTS WHO LEARN A GAME WELL AND IMPROVE THEIR LEVELS OF SKILL GENERATE AUTHENTIC FEELINGS OF SELF-ESTEEM. VOLUNTEER COACHES, ROLE MODELS THEMSELVES, WHO ARE TRAINED AND ADVISED, TO AVOID PUT-DOWNS AND HAVE NO TRYOUTS OF CUTS, GUIDE THEM.

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WHAT[Ⓢ] KEY ABOUT THE VOLUNTEERS, OR COACHES, IS THAT THEY ARE THERE FOR THE YOUNGSTERS BECAUSE THEY WANT TO BE, AND THEY KNOW THE VALUE OF SPORTS IN A CHILD[Ⓢ] DEVELOPMENT. MANY AREN[Ⓢ] EVEN PARENTS OF THE KIDS WHO PLAY. THE YOUNGSTERS LEARN TO BUILD POSITIVE RELATIONSHIPS WITH ADULTS OUTSIDE THEIR HOMES AND SCHOOLS.

STRENGTHENS FAMILIES

THERE IS NOTHING UNUSUAL ABOUT MOMS, DADS, BROTHERS AND SISTERS TURNING OUT TO WATCH THE YOUNGSTERS PLAY OR TO HELP THE TEAM IN SOME WAY. THE SOUTH SOUND YMCA HOLDS EVENTS FOR PARENTS AND CHILDREN TO TAKE PART IN TOGETHER. THE MORE INVOLVED PARENTS ARE, THE MORE OPEN THE LINES OF COMMUNICATION BECOME. THE PARENTS, IN EFFECT, JOIN THE TEAM AS THEY LEARN THE VALUES OF THE YMCA APPROACH AND, IT IS HOPED, HELP THEIR CHILDREN TO ACT ON THOSE VALUES IN MANY ASPECTS OF THEIR LIVES.

PROMOTES HEALTHY LIFESTYLES

THE PLAY THAT DRAWS YOUNGSTERS TO YOUTH SPORTS PROGRAMS CAN BUILD LIFELONG POSITIVE ATTITUDES, HABITS OF HEALTHY EXERCISE AND GOOD NUTRITION, AND WAYS TO HAVE FUN AS ADULTS.

THERE IS LITTLE OR NO COACHING ON MOST ADULT TEAMS, BUT THE SAME RULES APPLY [Ⓢ]NO PUT-DOWNS, NO NAME-CALLING, NO PROFANITY, RESPECT FOR OTHERS AND GIVING EVERYONE A CHANCE TO PLAY.

LESS OBVIOUS BUT JUST AS IMPORTANT IS AN AWARENESS OF THE OPPORTUNITIES THAT COME WITH BELONGING TO A COMMUNITY ORGANIZATION. YOUNGSTERS, PARENTS AND INDIVIDUAL ADULTS IN YMCA SPORTS OFTEN GET INVOLVED IN OTHER ACTIVITIES, PERHAPS JOINING ANOTHER YMCA PROGRAM SUCH AS INDIAN GUIDES OR DAY CAMP. THEY CAN ALSO GET A CHANCE TO LEARN

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ABOUT HELPING OTHERS THROUGH YMCA SERVICE PROJECTS. BEING A WINNER IN LIFE IS PART OF ALL IT IS ABOUT.

YMCA SPORTS SEEK TO BRING OUT THE BEST IN EVERY PARTICIPANT. THE IDEALS ARE HIGH FOR TEAMS AND LEAGUES. YMCA® VALUE THE APPROACH THAT SAYS EVERYBODY PLAYS, REGARDLESS OF ABILITY.

THEY VALUE COOPERATION OVER COMPETITION, FAIR PLAY OVER WINNING AT ANY COST, GOOD FEELING AND GOOD HEALTH OVER A GOOD SCORE, CHARACTER DEVELOPMENT IN YOUNG PEOPLE OVER DEVELOPING THE NEXT SUPERSTAR. THEY VALUE BUILDING SELF-ESTEEM OVER BEATING THE OPPONENT. THE YMCA KNOWS THAT WITH SUCH AN APPROACH, EVERYBODY WINS UNDEFEATED IN SPIRIT, MIND AND BODY.

THESE VALUES COMBINE TO KEEP COMPETITION IN PERSPECTIVE, GIVING EVERYONE THE FUN OF SPORTS WITHOUT FEELINGS OF REJECTION OR FAILURE. THIS IS ESPECIALLY IMPORTANT FOR ELEMENTARY AND MIDDLE SCHOOL KIDS.

TEACHES COOPERATION AND TEAMWORK

YOUNGSTERS IN TEAM SPORTS LEARN HOW TO WORK IN GROUPS ON AND OFF THE PLAYING FIELDS. THEY SEE HOW A TASK CARRIED OUT AT A SINGLE POSITION AFFECTS AN ENTIRE TEAM. THEY LEARN THE DISCIPLINE OF HARD WORK, THE NECESSITY TO TRUST OTHERS, AND THE ART OF BLENDING THEIR SKILLS WITH OTHERS IN A COMMON PURSUIT. ALL OF THIS MAKES A BETTER TEAM.

HELPING TEAMMATES IMPROVES THE LEVEL OF PLAY. SO DOES PAYING ATTENTION WITH EYES AND EARS. BEING PART OF THAT BETTER TEAM MEANS THAT RESPONSIBILITIES AND DECISION-MAKING SKILLS ALSO GROW. THE GOAL, OF COURSE, IS FOR EACH AND EVERY TEAM TO IMPROVE. AT THE END OF THE SEASON, THERE MAY BE AWARDS FOR PARTICIPATION BUT NOT FOR WIN, PLACE

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OR SHOW.

ANOTHER ASPECT OF TEAMWORK IS GETTING ALONG WITH A MIX OF PEOPLE. OUR BRANCHES TYPICALLY BRING TOGETHER THOSE FROM A VARIETY OF ECONOMIC LEVELS, ETHNIC BACKGROUNDS, RELIGIONS AND NEIGHBORHOODS, AS WELL AS THOSE WITH DIFFERENT SKILL LEVELS. THEY ALL PLAY TOGETHER AND START TO UNDERSTAND AND APPRECIATE EACH OTHER.

THE YOUNGSTERS WHO LEARN TO PLAY BY YMCA RULES CAN BECOME WINNERS IN LIFE. THEY CAN GROW INTO HEALTHIER AND MORE SELF-ASSURED, LOVING AND GIVING ADULTS AND PARENTS.

MEETS THE PHYSICAL AND SOCIAL NEEDS OF KIDS

DRIBBLING A BASKETBALL DOWN A COURT OR SPIKING A VOLLEYBALL OVER THE NET @THAT@ HOW A LOT OF GIRLS AND BOYS DEFINE FUN AND GAMES. YMCA PEOPLE INVENTED BASKETBALL IN 1891 AND VOLLEYBALL IN 1895. IN THE CENTURY SINCE THEY FIRST WERE PLAYED IN YMCA GYMS, THESE TWO GAMES HAVE BECOME POPULAR THE WORLD OVER. THEY HAVE NEVER BELONGED JUST TO THE YMCA BUT TO EVERYONE. MOST OF THE NEW THINGS YMCAS DEVELOP THEY GIVE THE WORLD. NO CHARGE.

YOUTH SPORTS ARE OFFERED BY MOST OF THE YMCAS. THE SPORTS VARY DEPENDING ON COMMUNITY SIZE AND NEED, AVAILABLE FIELDS AND FACILITIES AND, OF COURSE, POPULARITY. FLAG FOOTBALL, BASEBALL, SOFTBALL, SOCCER, T-BALL, FLOOR HOCKEY, TENNIS, FIELD HOCKEY, GYMNASTICS AND SWIMMING ARE COMMON, AS WELL AS BASKETBALL AND VOLLEYBALL.

DEVELOPS SKILLS

THE CLEAR EMPHASIS ON PERSONAL GROWTH DOESN@ MEAN THAT THE YMCA ISN@ SERIOUS ABOUT TEACHING THE SKILLS THAT LEAD TO GOOD PLAY ON ITS COURTS AND FIELDS. IT IS THROUGH PRACTICE, PERSISTENCE AND PATIENCE,

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IN FACT, THAT YOUNGSTERS IMPROVE SKILLS.

YOUTH ACCOMPLISHMENTS

THE SOUTH SOUND YMCA OFFERS BASKETBALL, FLAG FOOTBALL, MARTIAL ARTS, GYMNASTICS, ROLLER HOCKEY, VOLLEYBALL, WALLEYBALL, CHESS, TRACK AND AQUATIC PROGRAMS. IN 2011, THE YMCA GAVE \$20,200 IN DIRECT FINANCIAL ASSISTANCE TO YOUTHS PARTICIPATING IN THESE ACTIVITIES.

HEALTH AND FITNESS: GOOD HEALTH

PREVENTION IS THE KEY WORD FOR PHYSICAL EDUCATION AND HEALTH AT THE YMCA. THE YMCA TAKES THE WELLNESS, OR HOLISTIC APPROACH. ITS HEALTH AND FITNESS PROGRAMS ARE ORGANIZED AROUND THE PRINCIPLE THAT THERE IS A ONENESS OF BODY, MIND AND SPIRIT.

ALL OF WHAT THE YMCA DOES IS AIMED AT A LONG AND PRODUCTIVE LIFE AND HAVING FUN LIVING IT. THAT'S THE WAY THE YMCA APPROACHES EXERCISE. IT'S NOT SOMETHING JUST FOR THE BODY. IT'S A WAY OF LIFE THAT REQUIRES EDUCATION IN GOOD NUTRITION, PROPER EXERCISE, AVOIDANCE OF DRUG AND ALCOHOL ABUSE, DEALING WITH STRESS AND STRUCTURING LIFE TO LESSON PROBLEMS POSED BY CHRONIC AILMENTS SUCH AS ARTHRITIS, CANCER AND HEART DISEASE.

TODAY, EMPHASIS ON PREVENTION STRETCHES FROM THE FIELDS OF MEDICINE TO INSURANCE. PEOPLE UNDERSTAND HOW IMPORTANT THEIR DAILY ACTIONS CAN BE FOR LONG-TERM HEALTH. THE YMCA IS A MAJOR PROVIDER OF AFFORDABLE HEALTH AND FITNESS PROGRAMS, WITH FINANCIAL AID AVAILABLE. IT ENCOURAGES SELF-IMPROVEMENT. ITS MEMBERSHIP IS CULTURALLY DIVERSE, MADE UP OF PEOPLE OF ALL AGES AND ABILITIES.

YMCA STAFFS ARE WELL TRAINED AND CERTIFIED WHERE NEEDED. YMCA

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STANDARDS GENERALLY MEET OR EXCEED THOSE REQUIRED BY LOCAL AND STATE LICENSING BOARDS. SINCE THE 1880S THE YMCA HAS BEEN A LEADER IN THE FIELD. ITS OWN HEALTH AND FITNESS PROFESSIONALS NUMBER IN THE THOUSANDS. IT HAS ALSO BEEN A TRAINING GROUND FOR RECREATION AND PHYSICAL EDUCATION PROFESSIONALS OUTSIDE THE YMCA, FOR THE HEALTH CLUB INDUSTRY AND FOR CORPORATE WELLNESS PROGRAMS.

IT WAS IN 1891 THAT A YMCA PHYSICAL PROGRAMS LEADER CREATED THE NOW FAMILIAR RED TRIANGLE. TO THIS DAY, IT SYMBOLIZES THE ASSOCIATION'S COMMITMENT TO HELPING PEOPLE BUILD HEALTHY LIVES, ALONG WITH THE YMCA'S OTHER COMMUNITY SERVICE PROGRAMS.

BECAUSE HEALTHY EXERCISE HAS BEEN A YMCA STAPLE FOR SO LONG, THE YMCA ALREADY HAD HEALTH AND FITNESS CENTERS IN ALL 50 STATES IN THE 1970S, WHEN THE PURSUIT OF GOOD HEALTH TURNED INTO A NATIONAL PASSION. YMCAS ARE STILL LEADERS TODAY, WITH STATE OF THE ART EQUIPMENT AND EXERCISE INNOVATIONS SUCH AS YOUTH FITNESS, CROSS TRAINING AND CLASSES FOR OLDER ADULTS.

ALL AGES, ALL ABILITIES, ALL INCOMES

THE YMCA APPROACH IS THAT EXERCISE AND HEALTH EDUCATION ARE IMPORTANT AND SHOULD BE PROVIDED FOR PEOPLE OF ALL AGES AND ABILITIES. YMCAS LOOK FOR WAYS THAT ALL MEMBERS OF A FAMILY CAN PARTICIPATE IN PHYSICAL ACTIVITY, WHICH HELPS TAKE THE EDGE OFF TENSION AT HOME AND ENCOURAGES OPEN COMMUNICATION.

YMCA FAMILY SWIM TIMES ARE DESIGNED TO GIVE PARENTS AND CHILDREN A CHANCE TO PLAY TOGETHER, RELAX AND HAVE FUN.

OUR YMCA OFFERS SUBSIDIZED MEMBERSHIPS, SO NO ONE HAS TO BE TURNED AWAY FOR INABILITY TO PAY. FAMILY MEMBERSHIP ARE LESS PER PERSON THAN INDIVIDUAL MEMBERS WOULD BE, WHICH IS FURTHER ENCOURAGEMENT TO BRING

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EVERYBODY. CHILDREN WHO GROW UP IN YMCA PROGRAMS GET A GOOD BASIC KNOWLEDGE ABOUT HEALTH ISSUES, BUT EVEN BETTER, THEY LEARN ALONG THE WAY JUST HOW GREAT IT IS TO FEEL GOOD. THEY DEVELOP LIFESTYLES THAT INCLUDED TIME FOR FITNESS AND FUN.

EVERYONE® INVITED

THE YMCA IS A COMMUNITY SERVICE FOR ALL ○A WARM, RELAXED PLACE LED BY VOLUNTEERS AND RUN BY WELL TRAINED AND HELPFUL EMPLOYEES WHO MAINTAIN ITS WHOLESOME ATMOSPHERE.

IT ENCOURAGES INDEPENDENCE AND SELF-RELIANCE. THIS COMBINED WITH ITS OPEN DOOR POLICY HAS LED OUR YMCAS TO BE CENTERS FOR PEOPLE UNDERGOING PHYSICAL THERAPY, THOSE WITH PERMANENT DISABILITIES, THOSE RECOVERING FROM DISEASE AND THOSE SEEKING IMPROVED FLEXIBILITY AND STRENGTH.

A JOYFUL AND PRODUCTIVE LIFE

YMCA HEALTH PROGRAMS, ALONG WITH EXERCISE AND EDUCATION, GENERALLY INCLUDE A BROADENING OF ONE® CIRCLE OF FRIENDS AT EVERY LEVEL OF DEVELOPMENT.

WE BELIEVE KIDS SHOULD BE KIDS. PROVIDING OPPORTUNITIES TO LEARN VARIOUS SPORTS GIVES THEM NOT ONLY FIRST-RATE PHYSICAL EXERCISE BUT ALSO THE CHANCE TO FEEL GOOD ABOUT MASTERING NEW SKILLS AND LEARNING TO COOPERATE WITH OTHERS AS PART OF A TEAM.

WHEN YOUNGSTERS MOVE TO MIDDLE SCHOOLS, MANY ARE READY TO LEARN MORE ABOUT TAKING CARE OF THEIR BODIES AND IMPROVING THEIR ATHLETIC ABILITIES. THIS IS THE TIME WHEN WE WILL ADD DISCUSSIONS ABOUT HEALTH ISSUES, FROM NUTRITION TO DRUG AWARENESS.

THERE IS MORE DIVERSITY FOR HIGH SCHOOL YOUTH. SOME ARE READY FOR STRENGTH TRAINING WORK FOR SPECIFIC SPORTS. OTHER PARTICIPANTS ARE

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ATTRACTED TO AEROBICS. THE YMCA CONTINUES TO EMPHASIZE VALUES THAT PROMOTE A LIFELONG HEALTHY OUTLOOK. AND YMCA INSTRUCTORS, JUST BY BEING WHO THEY ARE, ARE GREAT ROLE MODELS. THEY ARE TRAINED, CERTIFIED, DEPENDABLE AND CARING.

INDEPENDENCE AND LONGEVITY

ADULTS NEED AND RECEIVE THE WIDEST RANGE OF EXERCISE ALTERNATIVES. WORKING OUT WITH WEIGHTS OR KEEPING STEP IN AEROBIC DANCE HELPS MANY STAY IN SHAPE. OTHERS WANT MORE TO TRAIN FOR AN EVENT, PERHAPS. AND SOME WANT LESS JUST THE STRENGTH TO MOVE FROM THE COUCH TO THE JOGGING PATH. WHATEVER THE GOAL, A YMCA STAFF MEMBER WILL HELP THE INDIVIDUAL DRAW UP A REALISTIC PLAN TO ACHIEVE IT, OFFER ENCOURAGEMENT ALONG THE WAY AND HELP MAP OUT A NEW DIRECTION WHEN THE GOAL IS REACHED.

THERE IS NO AGE BARRIER TO FITNESS. SOME OLDER PEOPLE WHO HAVE ALWAYS EXERCISED REGULARLY CONTINUE RIGHT ON WITH THE ACTIVITIES THEY ENJOY, JOINING CLASSES WITH PEOPLE DECADES YOUNGER. OTHERS MAY NEED A SLOWER PACE OR A PROGRAM DESIGNED TO DEAL WITH A PARTICULAR PROBLEM, LIKE ARTHRITIS. YMCAS RESPOND WITH SPECIAL CLASSES AND INDIVIDUAL EXERCISE PLANS. THE EMPHASIS IS ON HELPING OLDER ADULTS MAINTAIN THE BEST PHYSICAL CONDITION POSSIBLE, WHICH IN TURN HELPS THEM MAINTAIN INDEPENDENCE.

NOR DO DISABILITIES FROM ACCIDENT OR DISEASE NECESSARILY LIMIT EXERCISE OPPORTUNITIES AT THE YMCA. AN EXPERT WILL OFTEN WORK WITH STAFF PEOPLE TO DESIGN A SPECIAL PROGRAM FOR A GROUP WITH A PARTICULAR PROBLEM. OFTEN THE YMCA STAFF INTEGRATES PEOPLE WITH DISABILITIES INTO REGULAR EXERCISE PROGRAMS, PROVIDING SPECIAL HELP WHEN NEEDED.

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FAMILY: GOOD TIMES TOGETHER

OPEN TO ALL KINDS OF FAMILIES

THE YMCA IS PROUD TO BE A FAMILY ORGANIZATION. FAMILY AT THE YMCA INCLUDES ALL THESE AND MORE: THE SINGLE DAD OR MOM BRINGING UP KIDS ALONE; TWO PARENTS BOTH WORKING OUTSIDE THE HOME AND THEIR KIDS; THE SINGLE PERSON OR COUPLE LIVING WITH AND CARING FOR A GRANDPARENT OR OTHER

RELATIVE; THE BREADWINNING DAD AND HOMEMAKING MOM (OR VICE VERSA) AND KIDS; THE CHILDLESS COUPLE; AND MORE.

IT REFLECTS THE FACTS. CURRENTLY, TWO THIRDS OF US MOTHERS ARE IN THE WORKFORCE. A QUARTER OF ALL CHILDREN ARE RAISED BY A SINGLE PARENT AND A THIRD LIVE IN STEPFAMILIES. AMERICANS, RESTLESS BY NATURE, GIVE LITTLE THOUGHT TO MOVING THOUSANDS OF MILES AWAY FROM THEIR EXTENDED FAMILY OF GRANDPARENTS, AUNTS AND UNCLES TO TAKE A NEW JOB OR MAKE A NEW LIFE. FEWER AND FEWER FAMILIES HAVE A RELATIVE AT HOME TO WATCH THE KIDS DURING THE DAY.

SUCH ISOLATION INCREASES PRESSURE ON PARENTS, WHO ARE STRETCHED THIN BETWEEN WORK AND HOME WITHOUT ENOUGH TIME FOR EITHER ONE. THEY MAY HAVE TO TAKE CHANCES ON MAKESHIFT ARRANGEMENTS, WHICH CAN OFTEN BREAK DOWN. THEY TRY TO BE A GOOD PARENT BUT HAVE FEW PEOPLE TO LEAN ON FOR SUPPORT. OUR BRANCH YMCAS FILL THE GAP WHEN THEY CAN.

STRENGTHENS FAMILY COMMUNICATION

YMCAS ARE ALERT TO THE SPECIAL NEEDS OF FAMILIES AND THEIR INDIVIDUAL MEMBERS. STAFF MEMBERS AND VOLUNTEERS ALIKE PAY CLOSE ATTENTION WHEN MEMBERS TALK ABOUT WHAT'S HAPPENING IN THEIR LIVES AND

ATTACHMENT
DO NOT PROCESS AS ORIGINALLY

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HOMES. TUTORING, COUNSELING, SUPPORT GROUPS, SEMINARS OALL HELP TO STRENGTHEN FAMILIES.

THE YMCA GIVES FAMILIES A SAFE, RELIABLE AND AFFORDABLE PLACE TO GO. YMCAS OFFER PROGRAMS THAT COMMIT CHILDREN AND ADULTS TO SETTING ASIDE TIME TO SPEND TOTALLY ABSORBED IN PROJECTS AND FUN TOGETHER. MANY OFFER PARENT-CHILD ACTIVITIES, HEALTH PROMOTING EXERCISES FOR FAMILIES AND CLASSES FOR PARENTS. WE RESERVE REGULAR TIME SLOTS ON THEIR SCHEDULES EXPRESSLY FOR FAMILIES TO SWIM, WORK OUT AND PLAY TOGETHER.

YMCAS WERE EARLY PROVIDERS OF CHILD CARE FOR THE CHILDREN OF WORKING PARENTS, OFFERING PROGRAMS TO MEET THIS COMMUNITY NEED AT THEIR OWN FACILITIES AND AT SCHOOLS. PROGRAMS OUTSIDE A YMCA BUILDING OFFER THE SAME BALANCE OF RECREATIONS, LEARNING AND VALUES DEVELOPMENT THAT COMES TOGETHER IN ALL YMCA PROGRAMS. PARENTS CAN BE CONFIDENT THAT THE CARE IS FOR THEIR WHOLE CHILD. AND YMCA CHILDCARE INVOLVES PARENTS THROUGH FAMILY ACTIVITIES AND REGULAR DISCUSSIONS WITH CAREGIVERS.

IN CHILDCARE, EVERY EFFORT IS MADE TO ASSURE THAT THE YMCA IS NOT A SUBSTITUTE FOR A PARENT BUT INSTEAD WORKS IN WAYS THAT SUPPLEMENT WHAT THE FAMILY CAN DO.

SPENDING GOOD TIME WITH THE KIDS

YMCAS HAVE DECADES OF SUCCESSFUL PROGRAMS TO BUILD ON. IN 1910 THE IDEA OF FATHER AND SON BANQUETS AND CLOSE FELLOWSHIP WAS DEVELOPED IN PROVIDENCE, RI. IT WAS FOLLOWED IN THE 1920S BY THE Y-INDIAN GUIDES IN ST. LOUIS. THE GENERAL IDEA WAS TO CREATE EVENTS IN WHICH BOTH TOOK PART. IT MEANT SETTING ASIDE TIME FOR THEM TO BE TOGETHER. MEN AND BOYS, OF COURSE, HAD COME TO THE YMCA FOR EXERCISE AND FELLOWSHIP LONG

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BEFORE THEN. BUT THESE NEW VENTURES WERE THE FIRST TO INVOLVE FATHERS AND SONS IN ACTIVITIES PLANNED SPECIFICALLY TO STRENGTHEN THEIR RELATIONSHIPS.

THE IDEA CONTINUED TO GROW. SOON AFTER WORLD WAR II, MOST YMCAS WELCOMED WOMEN AND GIRLS INTO MEMBERSHIP, AND MOTHER-DAUGHTER PROGRAMS WERE ADDED. NOW THERE ARE ALSO MOTHER-SON AND FATHER-DAUGHTER PROGRAMS.

BRANCH YMCAS ADAPT THESE PROGRAMS, OR CREATE NEW ONES, TO REFLECT THE ADULT-CHILD COMBINATIONS PRESENT IN THEIR COMMUNITIES.

YMCAS LEARNED THAT AN IMPORTANT WAY TO HELP CHILDREN AND YOUNG PEOPLE BUILD HEALTHY BODIES, MINDS AND SPIRITS WAS TO HELP THEIR ADULT CAREGIVERS AND ROLE MODELS DO THE SAME. FROM THE SIMPLEST SHARED PROJECTS, RESPECT, COMMUNICATIONS AND SELF-WORTH CAN GROW.

NOW ALL THROUGH THE COUNTRY YMCA® ARE MEETING FAMILIES NEEDS BY OFFERING EXPERIENCES THAT DRAW ADULTS AND CHILDREN CLOSER TOGETHER IN A SAFE, CARING AND WARM ENVIRONMENT. A SECOND LOOK AT THOSE YMCA PROGRAM SCHEDULES SHOWS THAT WHETHER LABELED @FAMILY@OR NOT, MANY ACTIVITIES DO INCLUDE FAMILIES AND CHILDREN IN SOME WAY.

AFFORDABLE RECREATION

SPLASHING EACH OTHER IN THE POOL DURING FRIDAY NIGHT FAMILY SWIM TIME MIGHT JUST BE THE BEST WAY TO RELAX AND LET THE WEEK® WORK AND WORRIES WASH AWAY. A FAMILY NIGHT OF FUN AND GAMES @IN THE POOL, GYM OR ELSEWHERE @CAN BE A FERTILE TIME FOR GROWTH.

OTHER RECREATIONAL OPPORTUNITIES ARE IMPORTANT, TOO, FROM MIXED VOLLEYBALL GAMES TO CAMPING TRIPS. SOME YMCAS SCHEDULE BIKE HIKES, PICNICS OR TRIPS TO PRO SPORTS EVENTS. THE ONLY BOUNDARIES FOR FAMILY FUN ARE SET BY THE IMAGINATION AND ENTHUSIASM OF THE PARTICIPANTS.

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SOME FAMILIES VOLUNTEER TOGETHER. THEY PLAN AND RUN YMCA EVENTS AND PROGRAMS. OTHER FAMILIES OFFER COMMUNITY SERVICES AS VOLUNTEERS FOR A FOOD PANTRY, A RECYCLING CENTER OR OTHER PROGRAMS. THEY MAKE FRIENDS WITH OTHER IN THEIR COMMUNITIES AS THEY WORK AND PLAY TOGETHER, DEVELOPING NEW SKILLS IN COMMUNICATION AND COOPERATION. FAMILIES WHO CARE ABOUT THEMSELVES LEARN TO CARE ABOUT OTHER FAMILIES.

ANOTHER KIND OF FAMILY

YMCAS DON'T JUST OFFER PROGRAMS FOR FAMILIES. THEY FUNCTION AS FAMILIES OF A SORT THEMSELVES, INVOLVING ALL MEMBERS IN ACTIVITIES THAT LEAD TO PERSONAL GROWTH AS THEY LEARN, WORK AND LAUGH TOGETHER.

FAMILY PROGRAM ACCOMPLISHMENTS

AS OF DECEMBER 2011, 41,022 PERSONS PARTICIPATED IN SOUTH SOUND YMCA PROGRAMS.

TEEN LEADERSHIP: SKILLS FOR LIFE

DEMOCRACY NEEDS LEADERS FROM AMONG ITS PEOPLE. THEY'RE NEEDED IN COMMUNITIES, FAMILIES, BUSINESS, SCHOOLS, CHURCHES, AND GOVERNMENT. IN FACT ALMOST EVERYTHING WE DO TOGETHER. GOOD LEADERS AREN'T BORN TO LEAD; THEY'RE TRAINED FOR IT. AND THAT'S THE KIND OF TRAINING THE YMCA DOES WELL FOR CHILDREN AND ADULTS.

WE ARE CONSTANTLY FORMING GROUPS, BOARDS, CLUBS, MODEL GOVERNMENTS, COMMITTEES AND TEAMS WHERE THOSE OF ALMOST ALL AGES CAN LEARN THE GIVE AND TAKE NEEDED IN WORKING TOWARD A COMMON PURPOSE. THIS IS BASIC TO FAMILY LIFE AND TO CITIZENSHIP. IT PRODUCES PEOPLE WHO CAN ROUSE THE CONSCIENCE OF A COMMUNITY, CONDUCT FAMILY AFFAIRS IN A WAY THE EVERYONE WINS, OR PERFORM WELL ON THE JOB. WHEN ALL ARE

AS ORIGINALLY
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HEARD AND THEIR VIEWS RESPECTED, SELF-CONFIDENCE FLOWERS FOR BOTH THE LEADERS AND THE FOLLOWERS.

THE YMCA® VOLUNTEER LEADERS BRING IT BACK TO ITS ROOTS AS A PLACE WHERE PEOPLE ASSOCIATE FREELY FOR THE COMMON GOOD. IN THIS RESPECT THE YMCA BECOMES A SCHOOL FOR DEMOCRACY.

LEARNING TO GIVE AND TAKE

THERE ARE NEGATIVE MODELS OF LEADERSHIP THAT THE YMCA REJECTS, SUCH AS THE HOSTILE LEADER WHO CONFRONTS AND PUNISHES. THE YMCA MODEL IS POSITIVE, BASED ON A BELIEF THAT WE ALL ARE WORTHWHILE INDIVIDUALS. THE YMCA BELIEVES THAT MORE AND BETTER WORK IS PRODUCED BY THOSE WHO ARE LED POSITIVELY AND PRAISED FOR WHAT THEY HAVE DONE WELL, RATHER THAN SCOLDED FOR WHAT THEY MISSED.

LEADERSHIP MEANS LEARNING HOW TO GET THINGS DONE ON GROUPS, HOW TO DRAW UP RULES, HOW TO FOLLOW A LEADER AND WHAT TO DO WHEN CALLED UPON TO LEAD. THAT MEANS LEARNING THE ART OF COMPROMISE, SPEAKING IN PUBLIC, ACCEPTING DIFFERENT VIEWS AND SEEKING OUT THINGS THAT UNITE PEOPLE RATHER THAN FOCUSING ON WHAT DIVIDES THEM. THESE TALENTS GIVE RISE TO DECISIONS THAT DRAW SUPPORT AND STRATEGY THAT WORKS.

FOLLOWING THE RIGHT PATH

PROGRAMS OFFERED BY THE YMCA TODAY DIFFER AT EACH BRANCH AS EACH MEETS THE PARTICULAR NEED OF ITS COMMUNITY. BUT THE ESSENTIAL COMPONENTS OF TEEN LEADERSHIP DEVELOPMENT ARE THE SAME: SELF-ESTEEM, PERSONAL HEALTH, EMPLOYMENT SKILLS AND CAREER GOALS, EDUCATION AND TRAINING AND VOLUNTEER SERVICE. THEY ALL DERIVE FROM THE YMCA® MISSION TO BUILD HEALTHY MIND, BODY AND SPIRIT.

SKILLS THROUGH PRACTICE

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THE SOUTH SOUND YMCA OFFERS A YOUTH AND GOVERNMENT PROGRAM. THOSE TAKING PART LEARN ABOUT STATE GOVERNMENT THROUGH HANDS-ON ACTIVITIES LIKE DRAFTING AND DEBATING LEGISLATION AND TAKING ON THE ROLES OF ELECTED STATE OFFICIALS.

WHETHER THROUGH SPECIALIZED PROGRAMS LIKE THESE OR THROUGH BASIC HEALTH AND EXERCISE, TEENS COMING TO THE YMCA FIND THE OPPORTUNITIES, TRAINING AND ENCOURAGEMENT THEY NEED TO MAKE THE TRANSITION FROM CHILDHOOD TO ADULTHOOD, A TIME OF WONDERFUL GROWTH. THEY DISCOVER THEIR TALENTS FOR LEADERSHIP AND LEARN HOW TO DEVELOP THEM THROUGH SERVING OTHERS.

LEADERSHIP ACCOMPLISHMENTS

THE SOUTH SOUND YMCA OFFERS PROGRAMS THAT EMPOWER TEENS THROUGH ACTIVITIES AND SERVICES THAT PROVIDE SUPPORT, TRAINING, CHALLENGE AND RECOGNITION. OUR PROGRAMS INCLUDE YOUTH IN GOVERNMENT, LATE NIGHT EVENTS, EARTH SERVICE CORPS, AMERICORP AND FAMILY PRIME TIME, AN INTERGENERATIONAL GET TOGETHER. IN 2011, THE SOUTH SOUND YMCA HAD 1,005 PERSONS PARTICIPATE IN ITS YOUTH EARTH SERVICES CORP AND YOUTH IN GOVERNMENT PROGRAMS.

COMMUNITY DEVELOPMENT: GOOD PLACES TO LIVE

THROUGH A CENTURY AND A HALF OF GROWTH, THE YMCA HAS CELEBRATED DIVERSITY. PEOPLE OF ALL KINDS COME TOGETHER AT THE YMCA. THEY REACH OUT, BRINGING OTHERS INTO AN ORGANIZATION WHERE ALL FEEL COMFORTABLE. THE YMCA BECOMES A COMMUNITY IN ITSELF, ONE WHICH HELPS BUILD CULTURAL AWARENESS AND MEANINGFUL, RESPECTFUL INTERACTION AMONG PEOPLE IN LOCAL NEIGHBORHOODS.

LOOK FOR THE MERCHANT, THE TEACHER, THE COMPUTER PROGRAMMER, THE

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SALESMAN, THE TRUCK DRIVER AND THE MAYOR ON THE EXERCISE MATS AT A 7
A.M. WORKOUT. THEIR COOL-DOWN OFTEN INCLUDES SOME TALK ON HOT TOPICS
IN TOWN. LOOK FOR THOSE SAME PEOPLE AT A YMCA BOARD MEETING, MAKING
PLANS AND DECISIONS TOGETHER WITH A COMMON PURPOSE: STRENGTHENING THE
COMMUNITY AND IMPROVING LIVES.

COORDINATED SERVICE

THE YMCA IS A LEADER IN MEETING HEALTH AND SOCIAL SERVICE NEEDS.
BUT YMCAS DON'T DO IT ALONE. COLLABORATION IS AT THE HEART OF THEIR
COMMUNITY DEVELOPMENT NETWORK. THE YMCA ACTS AS AN AGENT FOR CHANGE,
EITHER CALLED IN TO HELP OR ORIGINATING AN IDEA AND BUILDING SUPPORT
FROM OTHER GROUPS (GOVERNMENTAL AND PRIVATE, EDUCATIONAL AND SOCIAL
SERVICE. THE MUTUAL DRIVE TO GET THINGS DONE IS MORE IMPORTANT THAN
BATTLES OVER TURF OR DOLLARS.

COMMUNITY SELF-RELIANCE

YMCAS BEGAN IN ENGLAND IN 1844, AND SEVEN YEARS LATER IN BOSTON,
AS ASSOCIATES OF WHAT MIGHT BE CALLED TODAY BORN-AGAIN PROTESTANT YOUNG
MEN WHO WERE ANXIOUS TO SAVE THE SOULS OF OTHER YOUNG MEN. THEY WERE
WORRIED ABOUT THE TEMPTATIONS FACING THOSE NEWLY ARRIVED FROM FARMS TO
WORK IN THE URBAN FACTORIES. BOSTON'S ORIGINAL YMCA CONSTITUTION
DEDICATED THE
ORGANIZATION TO WORK TO IMPROVE (THE SPIRITUAL AND MENTAL CONDITION OF
YOUNG MEN. (AS THE YEARS PASSED, THE ORGANIZATION ADDED A SOCIAL
MISSION TO ITS ORIGINAL RELIGIOUS PURPOSE.

REACHING OUT TO THOSE NOT YET SAVED, THE YMCA ESTABLISHED A HABIT
EARLY OF OPENING ITS DOORS WIDE. TODAY IT'S EVANGELIZING IS GONE, BUT

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THE YMCAS INCLUSIVENESS HAS BECOME EVEN MORE DISTINCTIVE. THE YMCA SERVES ALL PEOPLE REGARDLESS OF AGE, GENDER, RELIGION, INCOME OR ABILITY. IT KNOWS DIVERSITY IS A SOURCE OF STRENGTH.

YMCA COMMUNITY DEVELOPMENT EMPOWERS PEOPLE OF ALL BACKGROUNDS TO TAKE AN ACTIVE PART IN ISSUES THAT AFFECT THEIR LIVES, TO LOOK BEYOND SYMPTOMS AND FIND ROOT CAUSES, AND TO CREATE LASTING SOLUTIONS TOGETHER. THAT COMMUNITY SELF-RELIANCE.

PROGRAM SERVICE ACCOMPLISHMENTS EXPENSES

A. PHYSICAL EDUCATION \$ 398,584

B. AQUATICS 543,247

C. YOUTH PROGRAMS 677,504

D. CHILD CARE 2,238,469

E. MEMBERSHIP 1,701,934

FORM 990, PART III, LINE 4D, OTHER PROGRAM SERVICES:

SEE ATTACHED

EXPENSES \$ 941,832. INCLUDING GRANTS OF \$ 0. REVENUE \$ 454,267.

FORM 990, PART VI, SECTION B, LINE 11: A COPY OF THE 990 WAS PROVIDED TO THE GOVERNING BODY FINANCE COMMITTEE TO REVIEW BEFORE IT WAS FILED.

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FORM 990, PART VI, SECTION B, LINE 12C: THE ORGANIZATION MONITORS AND ENFORCES COMPLIANCE WITH ITS CONFLICT OF INTEREST POLICY ON A REGULAR BASIS.

FORM 990, PART VI, SECTION B, LINE 15: THE ORGANIZATION DETERMINES COMPENSATION OF OFFICERS THROUGH A COMPARABILITY STUDY, APPROVED BY THE GOVERNING BODY.

FORM 990, PART VI, SECTION C, LINE 19: THESE ITEMS WOULD BE MADE AVAILABLE ON AN INDIVIDUAL BASIS, UPON REQUEST.

PAGE 9, PART VIII, RELATIONSHIP OF ACTIVITIES TO THE ACCOMPLISHMENT OF EXEMPT PURPOSES

LINE 2(E): YMCA PHYSICAL EDUCATION

WELL-BEING MEANS A HEALTHY BODY, MIND AND SPIRIT. YMCA HEALTH ENHANCEMENT PROGRAMS ARE MEDICALLY BASED PROGRAMS THAT STRESS THE VALUE OF PREVENTION THROUGH GOOD EXERCISE HABITS AND HEALTH INCLUDING NUTRITION, STRESS MANAGEMENT AND HEALTH EDUCATION.

THEY ARE MADE AVAILABLE AT A FEE THAT A MAJOR SEGMENT OF THE COMMUNITY CAN AFFORD, WITH FINANCIAL ASSISTANCE AVAILABLE FOR THOSE WHO CANNOT AFFORD THE FULL FEE.

YMCA FAMILY PROGRAMS

THESE PROGRAMS HELP PEOPLE GROW AS RESPONSIBLE MEMBERS OF FAMILIES. THEY PROVIDE CHILDREN AND THEIR PARENTS WITH ACTIVITIES THAT FOSTER UNDERSTANDING AND COMPANIONSHIP. ACTIVITIES ARE PLANNED TO

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BRING GROUPS OF FAMILIES TOGETHER TO SUPPORT EACH OTHER. PARENTS HAVE THE OPPORTUNITY TO LEARN FROM EACH OTHER AND FROM THEIR CHILDREN IN AN ENJOYABLE WAY. THE SOUTH SOUND YMCA HAS ACTIVE, GROWING PROGRAMS SUCH AS FAMILY SWIM AND FAMILY PRIME TIME. AS OF DECEMBER 2011, 41,022 PERSONS PARTICIPATED IN SOUTH SOUND YMCA PROGRAMS.

YMCA OLDER ADULTS

THE SOUTH SOUND YMCA OFFERS WATER AEROBICS AND OTHER EXERCISE PROGRAMS SPECIFICALLY DESIGNED FOR OLDER ADULTS. IN 2011, THE YMCA SERVED 6,642 ADULTS 55 YEARS OF AGE AND OLDER.

LINE 2(D): YMCA AQUATICS

YMCA AQUATICS PROGRAMS ARE PART OF THE YMCA'S OVERALL GOAL OF BUILDING HEALTHY SPIRIT, MIND AND BODY. IN ADDITION TO PROVIDING SPECIFIC SWIMMING AND WATER SAFETY SKILLS, THEY PROMOTE GOOD HEALTH THROUGH REGULAR EXERCISE. THEY ALSO PROMOTE TEAMWORK, SELF-CONFIDENCE AND LEADERSHIP. THESE PROGRAMS ARE OFFERED AT FEES AFFORDABLE TO THE COMMUNITY AT LARGE, WITH FINANCIAL ASSISTANCE FOR THOSE WHO CANNOT AFFORD THE FULL FEE.

AS RESIDENTS OF THE SOUTH PUGET SOUND, PEOPLE IN THIS COMMUNITY COULD BE SUBJECT TO TRAUMATIC INCIDENTS AROUND WATER. OUR AQUATICS PROGRAMS HELP PREVENT THAT FROM HAPPENING. IN 2011, THE SOUTH SOUND YMCA PROVIDED SWIMMING LESSONS TO 5,456 CHILDREN, YOUTH AND TEENS.

LINE 2(C): YMCA YOUTH

YMCA YOUTH

THESE PROGRAMS PROMOTE AN APPRECIATION OF ONE'S OWN WORTH. WHATEVER THE SPORT, THE FOCUS IS ON FULL AND EQUAL PARTICIPATION OF

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ALL; EVERY CHILD PLAYS IN EVERY GAME. WIN OR LOSE, YMCA YOUTH SPORTS PROGRAMS EMPHASIZE DEVELOPMENT OF SKILL, HEALTH AND FITNESS, SAFETY, COOPERATION, SELF-ESTEEM AND RESPECT FOR OTHERS. THE SOUTH SOUND YMCA OFFERS BASKETBALL, VOLLEYBALL, FLAG FOOTBALL, BASEBALL, SOFTBALL, SOCCER, T-BALL, FIELD HOCKEY, GYMNASTICS AND SWIMMING. IN 2011, THE SOUTH SOUND YMCA GAVE \$20,200 IN FINANCIAL ASSISTANCE TO YOUTHS PARTICIPATING IN THESE ACTIVITIES.

YMCA TEEN LEADERSHIP

THE SOUTH SOUND YMCA OFFERS PROGRAMS THAT EMPOWER TEENS THROUGH ACTIVITIES AND SERVICES THAT PROVIDE SUPPORT, TRAINING, CHALLENGE AND RECOGNITION. OUR PROGRAMS INCLUDE YOUTH IN GOVERNMENT, LATE NIGHT EVENTS, EARTH SERVICE CORPS, AMERICORP AND FAMILY PRIME TIME, AN INTERGENERATIONAL GET TOGETHER. IN 2011, THE SOUTH SOUND YMCA HAD 1,005 PERSONS PARTICIPATE IN ITS YOUTH EARTH SERVICES CORP AND YOUTH IN GOVERNMENT PROGRAMS.

LINE 2(B): YMCA CHILDCARE

THE CENTRAL FOCUS OF ALL YMCA CHILDCARE PROGRAMS IS TO FOSTER GROWTH AND DEVELOPMENT, NOT ONLY IN CHILDREN, BUT ALSO IN THEIR PARENTS AND FAMILIES. THESE EDUCATIONAL PROGRAMS HELP KIDS DEVELOP MORAL AND ETHICAL BEHAVIOR, SELF-ESTEEM AND LEADERSHIP. PARENTS PLAY AN IMPORTANT ROLE IN POLICY AND PROGRAM DECISIONS.

IN MANY INSTANCES, YMCA CHILDCARE ALLOWS PARENTS OF THE CHILDREN IN OUR PROGRAM TO REMAIN GAINFULLY EMPLOYED, KNOWING THAT THEIR CHILDREN ARE THRIVING IN A SAFE, SUPPORTIVE ENVIRONMENT. FOR PARENTS WHO CANNOT AFFORD THE FULL FEE, CARE IS PROVIDED ON A SLIDING SCALE

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BASIS. WITH THE INCREASED COST OF LIVING IN OUR AREA, THERE ARE MORE HOMES WHERE BOTH MOM AND DAD MUST WORK AND THERE ARE MANY SINGLE PARENT FAMILIES THAT CRITICALLY NEED THIS SERVICE. IN 2011, THE SOUTH SOUND YMCA CARED FOR 3,159 CHILDREN AND PROVIDED \$299,546 IN FINANCIAL ASSISTANCE.

LINE 2(A): MEMBERSHIP DUES AND ASSESSMENTS

THE YMCA IS ESSENTIALLY A MEMBERSHIP ASSOCIATION OF MEN, WOMEN AND CHILDREN OF ALL AGES, ABILITIES, INCOMES, RACES AND RELIGIONS. IT IS DEDICATED TO BUILDING HEALTHY BODY, MIND AND SPIRIT OF INDIVIDUALS AND FAMILIES. IT PUTS CHRISTIAN PRINCIPALS INTO PROACTIVE THROUGH PROGRAMS THAT PROMOTE GOOD HEALTH, STRONG FAMILIES, YOUTH LEADERSHIP, COMMUNITY DEVELOPMENT AND INTERNATIONAL UNDERSTANDING.

YMCA MEMBERS HAVE ACCESS TO ALL PROGRAMS, ACTIVITIES AND FACILITIES DESCRIBED IN THIS SECTION, ALL OF WHICH FURTHER OUR CHARITABLE CAUSE. NO ONE IS DENIED A CHANCE TO PARTICIPATE IN A YMCA PROGRAM DUE TO AN INABILITY TO PAY.

IN 2011, 59,723 PEOPLE WERE SOUTH SOUND YMCA MEMBERS AND PROGRAM PARTICIPANTS, INCLUDING 31,718 CHILDREN AND TEENS AND 28,005 ADULTS. OF THESE, 4,128 PEOPLE RECEIVED \$591,266 IN FINANCIAL ASSISTANCE.

LINE 11(B): MISCELLANEOUS

THIS INCOME IS DIRECTLY RELATED TO SOUTH SOUND YMCA PROGRAMS.

FORM 990, PART XI, LINE 5, CHANGES IN NET ASSETS:

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FAIR VALUE ADJUSTMENT

5,590,677.

THE ORGANIZATION HAD A CHANGE IN ACCOUNTING METHODS, WHICH COMPRISED OF USING FAIR VALUE MEASUREMENT FOR ASSETS AND LIABILITIES.

THE ORGANIZATION HAS NOT CHANGED ITS METHOD OF OVERSIGHT PROCESS DURING THE TAX YEAR.