



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GOVERNING BOARD INFORMATION

## Salina Family YMCA

Serving Salina since 1886



**YMCA of SALINA, KANSAS**

570 YMCA Drive  
Salina, KS 67401  
785.825.2151

[www.salinaymca.org](http://www.salinaymca.org)

## Hello,

Thank you for your interest in learning more about the YMCA and the role of our Board of Directors.

Here you will have the opportunity to learn more about the Y, the Y's mission, and the responsibilities of the governing board. We believe as you further explore the Salina Family YMCA the more you would love to partner with our organization in its areas of focus of youth development, healthy living and social responsibility.

The process for becoming a member of our board begins with a conversation regarding your interest, the completion of an application, interview with a member of our governance committee and requires board approval.

Should you determine that you have an interest in exploring a board position with the Salina Family YMCA please complete the application and return it to me. Applications may be emailed, mailed or dropped off for your convenience.

If you have any questions, please do not hesitate to contact me at 785-404-4064 or via email at [alassley@salinaymca.org](mailto:alassley@salinaymca.org).

Thank you for your interest in a potential Governing Board position with the Salina Family YMCA.

Angie Lassley, President & CEO

## About the Y

The Y is the leading nonprofit committed to strengthening communities through youth development, healthy living and social responsibility.

## Our Cause Defines Us

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

## Strengthening Community

With a focus on youth development, healthy living and social responsibility, the Y works to nurture the potential of children and teens, improve the community's health and well-being, and give back and support our neighbors.

At the Y, no child, family or adult is turned away due to inability to pay. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure.

The Salina Family YMCA provides scholarships and dues waivers to children and families in our community. The Y is a unique nonprofit that offers subsidies to those in need, ensuring that our programs and services are available to all.

## What Does The YMCA Stand For?

In the beginning, back in 1844, young men drawn to London for jobs in factories lived in squalid and unsafe conditions. Street life offered only taverns and brothels. A 23-year-old clerk named George Williams thought to improve the lives of young workers by offering a place for prayer, bible study, mutual support and group residence. The now famous initials stood for:

### Young Men's Christian Association

The Y idea, which began among evangelicals, was unusual because it crossed the rigid lines that separated all the different churches and social classes in England in those days. This openness was a trait that would lead eventually to including in Ys all men, women and children, regardless of race, religion, financial circumstances or nationality.

So, we're not just for the Young, not just for Men, and not just for Christians any more. But we're still an Association – a community within a community – working to meet social, physical and spiritual needs for the greater good of all.

Because we welcome everyone, because we share what we have by offering financial assistance to those who cannot otherwise afford our programs and memberships, because we promote the core values of Caring, Honesty, Respect and Responsibility, and because we strive to engage and improve the spirit, mind and body, we state as our Mission:

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

## How We Do It

There is no other nonprofit quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnerships to not just promise, but to deliver, lasting personal and social change. The Y is community centered. For nearly 160 years, we've been listening and responding to our communities. The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in community needs. The Y nurtures potential. We believe that everyone should have the opportunity to learn, grow and thrive. The Y has local presence and national reach. We mobilize local communities to effect lasting, meaningful change.



First Salina Y facility at 9th & Iron , 1909—1979

## Salina Family YMCA

The Salina Family YMCA was chartered in 1886, spearheaded by a group of dedicated citizens who believed in the values promoted by the Y and wanted to make a positive difference in the community. As our mission to increase our service coverage to neighboring counties developed, we have continued to grow and collaborate with schools, government agencies and a variety of nonprofit organizations.



Current facility was opened at 570 YMCA Drive in 1979

## Serving Hundreds each day

Hundreds of youth and adults into the Salina Family YMCA facilities on a daily basis seeking support and services in order to improve their quality of life. We are proud to be a great community resource that helps families creatively spend time together; individuals maintain healthier lifestyles; and give children and teens positive experience and memories that will last a lifetime.

## Areas of Focus—Programs

### Youth Development

- EEC—Early Education Center (2.5-5yrs)
- Y's Kids After School Program
- Summer Day Camp
- Youth Sports
- Swimming Lessons & Pre-Swim Team
- Martial Arts
- Gymnastics—Recreational & Competitive Team
- Kid Gym Drop in Care
- Teen/Family Programs
- Birthday Parties

### Healthy Living

- Wellness Instruction such as Personal & Group Training, Fitness Assessment and Orientations
- Group Exercise (Land & Water). Classes include, but are not limited to: Yoga, Boot Camp, Zumba, Drum Fitness and more!
- Facilities that include state of the art Cardiovascular machines, free weights, Circuit Training and more.
- Active Older Adult social activities and classes
- Silver Sneakers

### Social Responsibility

- Volunteer Opportunities
- Teen Leaders Club
- Chronic Health Focus
- Corporate Wellness & Challenge
- Lifeguard Certification
- Wellness and Aquatic Certifications
- Financial Assistance

Each year, we touch the lives of over 24,000 people in Salina and surrounding counties.

# Board of Directors Responsibilities & Qualifications

## Responsibilities

**To Perform Its Legal Responsibility** as set forth in the Articles of Incorporation and Bylaws, including those statutory requirements of Federal and State governments relating to tax exempt, non-profit organizations; and to provide appropriate resolutions for all contracts, bank signatures, membership in the National Council of YMCAs, and all other agreements normally associated with a corporate body.

**To Formulate Plans and Directions for the Association and Adopt Policies and Operating Procedures** including, but not restricted to, personnel policy and other such policies normally required as a corporate body.

**To Employ and Supervise an Executive Director** and authorize the employment of additional staff necessary to carry out the purposes of the Association.

**Annually to Adopt and Control an Operating Budget and Financial Plan, and to Provide an Independent Audit** of the Association's financial operation.

**To Protect the Assets of the Association**, including the investment of funds, the safe keeping of all legal documents and provision for adequate insurance coverage.

**To Provide for Maintenance of Property and Equipment** by provision of adequate funds in annual operating budgets and provision for repair and replacement reserves.

**To Approve and Provide Effective Programs and Services** which fulfill the purpose and goals of the organization and meet the needs of the communities served by the Association.

**To Maintain Good Public Relations** by carrying on a continuous program of interpretation and through an effectively managed and operated Association.

## Leadership Roles

The roles of Chair, Chair-Elect, Treasurer, Secretary and Committee Chairs are filled by volunteers on the Board of Directors. All members are asked to consider a leadership role within their term(s).



## Time Commitment

Board meetings are held once a month for usually 1 hour, at 7:00am typically on the fourth Wednesday of the month. In addition each board member is expected to serve on a committee that would generally meet for an hour. Committee schedules vary based the chart of work. Board members are also asked to attend special events throughout the year.

## Terms

Terms are established at three years. A Board Member may renew for a second, three year term, but after that must be off for a minimum of one year. However, the member may choose to remain on a committee. Committees also have a maximum of 2, three-year terms.

## Qualifications of Board Members

All board members should be chosen for their individual qualities and should possess either demonstrated qualities of leadership or potential for leadership. Among the most desirable qualifications of individual board members are:

- Enthusiasm about the YMCA and conviction about its purpose
- Interest in people – their problems and their potential
- Demonstrate interest in community service
- Willingness to give time, effort and resources to the work of the Association
- Ability to command community confidence and respect
- Special skills, knowledge and expertise that are needed by the organization
- Ability to assess information and make important decisions
- Courage to state one's views on important issues
- Willingness to accept and support decisions democratically made
- Unquestionable personal character
- High standing among men and women of his or her profession or business; a respected citizen in the community
- Ability to deal openly and directly with staff and other board members when pleased – or displeased – about something
- Be a part of the Salina Family YMCA as a member and supporter

# Board Members Expectations

To help the Y be successful and to be a valued board member, I will keep the following as my expectations:

- I am responsible for the stability and development of the Salina Family YMCA. As a member of the Governing Board, I pledge to help carry out the mission of the Association.
- I am responsible to review, approve, and monitor the annual budget.
- I am responsible to take an active role in fundraising for the organization. Along with my other board members accept the responsibility of meeting the annual campaign goal as established in the budget.
- I am responsible to understand the legal aspects of the organization and to ensure proper insurance coverage and policies established and to monitor implementation of these policies.
- I agree to give annually what is for me a substantial financial donation.
- I understand that board service will involve a commitment of my personal time, talent and energy.
- I will be active on one or more committees.
- I understand that my attendance at board and committee meetings is crucial to the progress of the branch and will commit to be present 75% of the time.
- I understand that the day to day operation of the branch is the responsibility of the staff.
- I agree to keep confidential any sensitive information shared at board or committee meetings, or in conversations with staff or other board members.
- As a member of the branch board, I pledge to carry out this agreement to the best of my ability and to trust and encourage my fellow board members to do likewise.

## Y Staff Support to the Board

- Y staff will provide me with appropriate financial information that allows me to make sound fiscal decisions which ensures the association's financial health.
- Y staff will provide statistical and analytical reports on the membership, programs and services of the Y to aid board members in making informed policy decisions.

These responsibilities I would accept in good faith as a member of the Salina Family YMCA Governing Board.