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Part III

Statement of Program Service Accomplishments

Check if Schedule O contains a response or note to any line in this Part III

☐ ☒

1

Briefly describe the organization’s mission

TO PUT JUDEO CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT ,MIND AND BODY FOR ALL THE SARATOGA REGIONAL YMCA WELCOMES MEN, WOMEN AND CHILDREN OF ALL AGES, INCOMES, ABILITIES, RACES AND RELIGIONS

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

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

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 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 \$ 4,968,410 including grants of \$) (Revenue \$)
	YOUTH DEVELOPMENT THE YMCA IS A LEADER IN NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN EVERY DAY, THE SARATOGA REGIONAL YMCA HELPS YOUNG PEOPLE DEEPEN POSITIVE VALUES, THEIR COMMITMENT TO SERVICE, AND THEIR MOTIVATION TO LEARN OUR YMCA PROGRAMS SUCH AS BEFORE AND AFTER SCHOOL ENRICHMENT, CHILD WATCH, FULL DAY CHILDCARE, PRESCHOOL, LEADERS CLUB, COMPETITIVE GYMNASTICS, COMPETITIVE SWIMMING, YOUTH FITNESS, MICRO SOCCER, YOUTH TENNIS, YOUTH SWIM LESSONS, YOUTH GYMNASTICS CLASSES, AND SUMMER DAY CAMPS OFFER A RANGE OF EXPERIENCES THAT ENRICH COGNITIVE, SOCIAL, PHYSICAL AND EMOTIONAL GROWTH EXPENSES INCLUDE SUBSIDIES AND DIRECT FINANCIAL ASSISTANCE THAT ENABLE ALL YOUTH TO PARTICIPATE WITHOUT REGARD TO THEIR ABILITY TO PAY (SEE SCH O FOR MORE) THE SARATOGA REGIONAL YMCA HAS CHILD CARE PROGRAMS THAT SERVE CHILDREN FROM INFANCY THROUGH MIDDLE SCHOOL DAY CARE THE YMCA CHILD CARE CENTER IN MALTA PROVIDES TOP QUALITY CHILDCARE TO NEARLY 100 CHILDREN 2 TO 5 YEARS OF AGE THE CHILDREN EXPERIENCE AGE APPROPRIATE ACTIVITIES ENABLING THEM TO STRENGTHEN THEIR LARGE MOTOR SKILLS, VERBAL SKILLS AND THEIR COGNITIVE SOCIAL AND EMOTIONAL SKILLS ADDITIONALLY, THEY ARE INTRODUCED TO DIFFERENT CULTURAL AND THEME RELATED EXPERIENCES, FITNESS PROGRAMS, COMPUTERS AND SWIM LESSONS OPPORTUNITIES FOR COMMUNITY SERVICE ARE OFFERED SUCH AS DONATING TO THE LOCAL FOOD PANTRY AND HOLIDAY DONATIONS TO LOCAL SERVICE ORGANIZATIONS PRESCHOOL THE PRESCHOOL PROGRAM OFFERS OVER 250 CHILDREN AGES 2 TO 5 A QUALITY DEVELOPMENTALLY APPROPRIATE CLASSROOM EXPERIENCE ENHANCED BY A HEALTHY KIDS CURRICULUM COMPONENT IN ADDITION TO CLASSROOM LEARNING, REGULAR FIELD TRIPS AND SWIM AND TUMBLING LESSONS ARE PROVIDED TO THE CHILDREN PRESCHOOL IS HELD AT THE SARATOGA SPRINGS AND WILTON BRANCHES AND A COLLABORATIVE INTERGENERATIONAL PROGRAM IS HELD OFFSITE AT WESLEY HEALTH CARE CENTER WHERE THE CHILDREN INTERACT REGULARLY WITH RESIDENTS B A S E (BEFORE AND AFTER SCHOOL ENRICHMENT) THIS IS A NYS LICENSED PROGRAM THAT PROVIDES A SAFE, RELIABLE AND NURTURING BEFORE AND AFTER SCHOOL ENVIRONMENT FOR ELEMENTARY SCHOOL CHILDREN OF WORKING PARENTS OVER 300 CHILDREN PARTICIPATED IN THE PROGRAM CHILDREN IN THE PROGRAM ENJOY A WIDE VARIETY OF ACTIVITIES INCLUDING PLAYS, ARTS AND CRAFTS, PHYSICAL GAMES, SWIMMING AND ASSISTANCE WITH HOMEWORK

4b	(Code) (Expenses \$ 4,226,644 including grants of \$) (Revenue \$)
	HEALTHY LIVING YMCAS FOCUS ON HEALTHY LIVING BY ADVOCATING HEALTH AND WELL-BEING FROM THE INSIDE OUT - THE SPIRIT,MIND AND BODY THE YMCA PROVIDED OVER 30,000 PEOPLE WITH THE SUPPORTIVE RELATIONSHIPS AND ENVIRONMENTS THEY NEED FOR THEIR SUCCESSFUL PURSUIT OF HEALTH AND WELL-BEING THIS IS PARTICULARLY IMPORTANT AS OUR NATION STRUGGLES WITH AN OBESITY CRISIS, FAMILIES STRUGGLE WITH WORK/LIFE BALANCE AND INDIVIDUALS SEARCH FOR PERSONAL FULFILLMENT WE BRING FAMILIES TOGETHER AND OFFER SPORT, RECREATIONAL AND SOCIAL NETWORKS THAT BUILD RELATIONSHIPS AND STRENGTHEN BONDS OUR PROGRAMS ARE ACCESSIBLE, AFFORDABLE AND OPEN TO ALL FAITHS, BACKGROUNDS, ABILITIES AND INCOME LEVELS IN 2013 WE PROVIDED 1,347,324 IN FINANCIAL ASSISTANCE TO OVERCOME BARRIERS TO PARTICIPATION PROGRAMS INCLUDE FAMILY NIGHTS, GROUP FITNESS CLASSES, CPR AND FIRST AID CLASSES, LIFEGUARD TRAININGS, OBESITY PROGRAMS, PRE NATAL PROGRAMS, PERSONAL FITNESS TRAININGS, ADULT LEARN TO SWIM PROGRAMS, AND BASKETBALL AND TENNIS LEAGUES THE EMPHASIS OF HEALTH OF SPIRIT, MIND AND BODY IS EMBODIED IN THE HEALTH AND WELLNESS PROGRAMS OF THE Y Y PROGRAMS STRESS PROPER EXERCISE, NUTRITION, STRESS MANAGEMENT AND AVOIDANCE OF ABUSIVE SUBSTANCES AND BEHAVIORS THE PROGRAMS ARE DESIGNED TO SERVE PEOPLE OF ALL AGES, WITH SPECIFIC PROGRAMS FOR CHILDREN THROUGH SENIORS Y WELLNESS AREAS ARE STAFFED WITH KNOWLEDGABLE AND TRAINED INDIVIDUALS WHO CAN ANSWER QUESTIONS AND OFFER SUPPORT TO MEMBERS WHO ARE LOOKING FOR A PROGRAM TAILORED TO THEIR NEEDS MANY DIFFERENT Y PHYSICAL PROGRAMS WERE USED BY OUR OVER 32,000 MEMBERS OVER THE LAST 10 YEARS, OBESITY RATES IN THE UNITED STATES HAVE INCREASED BY 60% AND ACCORDING TO THE NEW ENGLAND JOURNAL OF MEDICINE THE CURRENT GENERATION OF AMERICAN CAN BE THE FIRST TO LEAD SHORTER LIVES THAN THEIR PARENTS MORE THAN 50% OF US ADULTS DO NOT GET ENOUGH PHYSICAL ACTIVITY TO MAKE A DIFFERENCE IN THEIR HEALTH AND HEALTH PROBLEMS RELATED TO OBESITY COST OUR COUNTRY AN ESTIMATED 147 TO 210 BILLION PER YEAR IN DIRECT HEALTH CARE COSTS AS WELL AS THE INDIRECT ECONOMIC COSTS OF LOST PRODUCTIVITY THE YMCA IS UNIQUELY POSITIONED TO HELP COMBAT THE OBESITY CRISIS IN AMERICA, AND WE DESIGN OUR PHYSICAL PROGRAMS TO INTRODUCE PEOPLE TO HEALTHIER LIFESTYLES BY INCORPORATING BETTER EATING HABITS THROUGH OUR NUTRITION CLASSES, ASSISTING IN DEVELOPING ATTAINABLE GOALS BY INTERACTIONS WITH OUR FLOOR STAFF, UTILIZING FITNESS ASSESSMENT PROGRAMS, AND INCORPORATING GROUP AND INDIVIDUAL EXERCISE PROGRAMS THE SARATOGA REGIONAL YMCA IS TARGETING THIS GROWING CRISIS AND DESIGNS PROGRAMS TO SHIFT HOW WE FOCUS OUR WORK INSIDE AND OUTSIDE OF THE YMCA TO ENGAGE HEALTH SEEKERS - CHILDREN, YOUTH, TEENS, ADULTS, SENIORS AND FAMILIES WHOSE SUCCESSFUL PURSUIT OF HEALTH AND WELL-BEING REQUIRES CONTINUOUSLY SUPPORTIVE RELATIONSHIPS AND ENVIRONMENTS INSIDE THE Y WE CAN INFLUENCE AND MOTIVATE HEALTH SEEKERS TO MAKE POSITIVE CHANGES IN THE PURSUIT OF WELL-BEING AND OUTSIDE THE Y WE CAN HELP CREATE AND SUSTAIN HEALTHIER COMMUNITIES

4c	(Code) (Expenses \$ 481,571 including grants of \$) (Revenue \$)
	SOCIAL RESPONSIBILITY OUR YMCA PROVIDES A VARIETY OF PROGRAMS TO DEVELOP PERSONAL EDUCATIONAL/VOCATIONAL/LEADERSHIP SKILLS, AND WE PARTNER WITH OTHER COMMUNITY ORGANIZATIONS TO IDENTIFY AND RESPOND TO COMMUNITY NEEDS OUR YMCA PARTNERS WITH THE US NAVY MAKING ACCESS TO Y FACILITIES AND PROGRAMS AFFORDABLE TO ENLISTED PERSONNEL AND THEIR FAMILIES WE ALSO SUPPORT THE YMCA MOVEMENT INTERNATIONALLY PARTICIPATING IN THE YMCA OF THE USA WORLD SERVICE CAMPAIGN AND ARE INVOLVED IN SUPPORTING YMCA'S IN NEED THROUGHOUT THE WORLD WE PROMOTE VOLUNTEERISM AND GIVING THROUGH OUR WE BUILD PEOPLE ANNUAL SUPPORT CAMPAIGN, THE PROCEEDS OF WHICH ARE USED TO SCHOLARSHIP Y PROGRAMS TO INDIVIDUALS AND FAMILIES IN NEED WE SUPPORT MANY LOCAL ORGANIZATIONS BY DONATING FREE YMCA MEMBERSHIPS FOR THEM TO USE TO RAISE MONEY IN THEIR SILENT AUCTIONS THESE ARE ALL COMMUNITY BUILDING EFFORTS THAT BUILD THE FOUNDATION FOR FUTURE GENERATIONS TO THRIVE BUILDING STRONG COMMUNITIES IS ONE OF THE MAIN OBJECTIVES OF THE YMCA MOVEMENT AT THE SARATOGA REGIONAL YMCA, MANY PROGRAMS ARE OFFERED THROUGHOUT THE YEAR TO ACHIEVE THIS OBJECTIVE HEALTHY KIDS DAY IS HELD ANNUALLY IN EARLY APRIL WHEN THERE ARE MANY ACTIVITIES PROVIDED THAT OFFER HEALTH RELATED INFORMATION TO CHILDREN AND FAMILIES OVER 300 CHILDREN AND FAMILIES ATTEND OTHER COMMUNITY DAYS, BLOOD DRIVES, HEALTH SCREENINGS, HEALTH FAIRS AND MEMBER APPRECIATION DAYS ARE HELD THROUGH THE YEAR TO HELP BUILD A SENSE OF COMMUNITY AMONGST MEMBERS THE SARATOGA REGIONAL YMCA PARTICIPATES IN MANY COMMUNITY COLLABORATIONS INCLUDING A STUDENT MENTORING PROGRAM WITH SKIDMORE COLLEGE, A TEEN FIT PROGRAM AT THE CORINTH BRANCH IN ASSOCIATION WITH SARATOGA COUNTY, FREE SWIM LESSONS TO CHILDREN IN CORINTH IN THE SUMMER, THE MEMBERSHIP CONTRACT WITH THE UNITED STATES NAVY, AND A SPACE SHARING AGREEMENT WITH THE SARATOGA SPRINGS CITY SCHOOL DISTRICT

4d	Other program services (Describe in Schedule O)
	(Expenses \$ including grants of \$) (Revenue \$)

4e	Total program service expenses ▶ 9,676,625
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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)? If "Yes," complete Schedule A 	1 Yes	
2 Is the organization required to complete Schedule B, Schedule of Contributors (see instructions)? 	2 Yes	
3 Did the organization engage in direct or indirect political campaign activities on behalf of or in opposition to candidates for public office? If "Yes," complete Schedule C, Part I	3	No
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? If "Yes," complete Schedule C, Part II	4	No
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? If "Yes," complete Schedule C, Part III	5	No
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? If "Yes," complete Schedule D, Part I 	6	No
7 Did the organization receive or hold a conservation easement, including easements to preserve open space, the environment, historic land areas, or historic structures? If "Yes," complete Schedule D, Part II 	7	No
8 Did the organization maintain collections of works of art, historical treasures, or other similar assets? If "Yes," complete Schedule D, Part III 	8	No
9 Did the organization report an amount in Part X, line 21 for escrow or custodial account liability, serve as a custodian for amounts not listed in Part X, or provide credit counseling, debt management, credit repair, or debt negotiation services? If "Yes," complete Schedule D, Part IV 	9	No
10 Did the organization, directly or through a related organization, hold assets in temporarily restricted endowments, permanent endowments, or quasi-endowments? If "Yes," complete Schedule D, Part V 	10 Yes	
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? If "Yes," complete Schedule D, Part VI 	11a Yes	
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? If "Yes," complete Schedule D, Part VII 	11b	No
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? If "Yes," complete Schedule D, Part VIII 	11c	No
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? If "Yes," complete Schedule D, Part IX 	11d	No
e Did the organization report an amount for other liabilities in Part X, line 25? If "Yes," complete Schedule D, Part X 	11e Yes	
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)? If "Yes," complete Schedule D, Part X 	11f	No
12a Did the organization obtain separate, independent audited financial statements for the tax year? If "Yes," complete Schedule D, Parts XI and XII 	12a Yes	
b Was the organization included in consolidated, independent audited financial statements for the tax year? If "Yes," and if the organization answered "No" to line 12a, then completing Schedule D, Parts XI and XII is optional 	12b	No
13 Is the organization a school described in section 170(b)(1)(A)(ii)? If "Yes," complete Schedule E	13	No
14a Did the organization maintain an office, employees, or agents outside of the United States?	14a	No
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? If "Yes," complete Schedule F, Parts I and IV	14b	No
15 Did the organization report on Part IX, column (A), line 3, more than \$5,000 of grants or other assistance to or for any foreign organization? If "Yes," complete Schedule F, Parts II and IV	15	No
16 Did the organization report on Part IX, column (A), line 3, more than \$5,000 of aggregate grants or other assistance to or for foreign individuals? If "Yes," complete Schedule F, Parts III and IV	16	No
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? If "Yes," complete Schedule G, Part I (see instructions) 	17	No
18 Did the organization report more than \$15,000 total of fundraising event gross income and contributions on Part VIII, lines 1c and 8a? If "Yes," complete Schedule G, Part II 	18 Yes	
19 Did the organization report more than \$15,000 of gross income from gaming activities on Part VIII, line 9a? If "Yes," complete Schedule G, Part III 	19	No
20a Did the organization operate one or more hospital facilities? If "Yes," complete Schedule H	20a	No
b If "Yes" to line 20a, did the organization attach a copy of its audited financial statements to this return?	20b	

Part IV

Checklist of Required Schedules (continued)

21	Did the organization report more than \$5,000 of grants or other assistance to any domestic organization or government on Part IX, column (A), line 1? <i>If "Yes," complete Schedule I, Parts I and II</i>	21		No
22	Did the organization report more than \$5,000 of grants or 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>	22		No
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>	23	Yes	
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 25a</i>	24a		No
b	Did the organization invest any proceeds of tax-exempt bonds beyond a temporary period exception?	24b		
c	Did the organization maintain an escrow account other than a refunding escrow at any time during the year to defease any tax-exempt bonds?	24c		
d	Did the organization act as an "on behalf of" issuer for bonds outstanding at any time during the year?	24d		
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>	25a		No
b	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>	25b		No
26	Did the organization report any amount on Part X, line 5, 6, or 22 for receivables from or payables to any current or former officers, directors, trustees, key employees, highest compensated employees, or disqualified persons? <i>If so, complete Schedule L, Part II</i>	26		No
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>	27		No
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)			
a	A current or former officer, director, trustee, or key employee? <i>If "Yes," complete Schedule L, Part IV</i>	28a		No
b	A family member of a current or former officer, director, trustee, or key employee? <i>If "Yes," complete Schedule L, Part IV</i>	28b		No
c	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>	28c		No
29	Did the organization receive more than \$25,000 in non-cash contributions? <i>If "Yes," complete Schedule M</i>	29		No
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>	30		No
31	Did the organization liquidate, terminate, or dissolve and cease operations? <i>If "Yes," complete Schedule N, Part I</i>	31		No
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>	32		No
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>	33		No
34	Was the organization related to any tax-exempt or taxable entity? <i>If "Yes," complete Schedule R, Part II, III, or IV, and Part V, line 1</i>	34		No
35a	Did the organization have a controlled entity within the meaning of section 512(b)(13)?	35a		No
b	If "Yes" to line 35a, 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>	35b		
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>	36		No
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>	37		No
38	Did the organization complete Schedule O and provide explanations in Schedule O for Part VI, lines 11b and 19? Note. All Form 990 filers are required to complete Schedule O	38	Yes	

Part V

Statements Regarding Other IRS Filings and Tax Compliance

Check if Schedule O contains a response or note to any line in this Part V

		Yes	No
1a	Enter the number reported in Box 3 of Form 1096. Enter -0- if not applicable.		
1b	Enter the number of Forms W-2G included in line 1a. Enter -0- if not applicable.		
1c	Did the organization comply with backup withholding rules for reportable payments to vendors and reportable gaming (gambling) winnings to prize winners?	Yes	
2a	Enter the number of employees reported on Form W-3, Transmittal of Wage and Tax Statements, filed for the calendar year ending with or within the year covered by this return.		
2b	If at least one is reported on line 2a, did the organization file all required federal employment tax returns? Note. If the sum of lines 1a and 2a is greater than 250, you may be required to e-file (see instructions).	Yes	
3a	Did the organization have unrelated business gross income of \$1,000 or more during the year?		No
3b	If "Yes," has it filed a Form 990-T for this year? If "No" to line 3b, provide an explanation in Schedule O.		
4a	At any time during the calendar year, did the organization have an interest in, or a signature or other authority over, a financial account in a foreign country (such as a bank account, securities account, or other financial account)?		No
b	If "Yes," enter the name of the foreign country: _____ See instructions for filing requirements for Form TD F 90-22.1, Report of Foreign Bank and Financial Accounts.		
5a	Was the organization a party to a prohibited tax shelter transaction at any time during the tax year?		No
5b	Did any taxable party notify the organization that it was or is a party to a prohibited tax shelter transaction?		No
5c	If "Yes," to line 5a or 5b, did the organization file Form 8886-T?		
6a	Does the organization have annual gross receipts that are normally greater than \$100,000, and did the organization solicit any contributions that were not tax deductible as charitable contributions?		No
6b	If "Yes," did the organization include with every solicitation an express statement that such contributions or gifts were not tax deductible?		
7	Organizations that may receive deductible contributions under section 170(c).		
7a	Did the organization receive a payment in excess of \$75 made partly as a contribution and partly for goods and services provided to the payor?		No
7b	If "Yes," did the organization notify the donor of the value of the goods or services provided?		
7c	Did the organization sell, exchange, or otherwise dispose of tangible personal property for which it was required to file Form 8282?		No
7d	If "Yes," indicate the number of Forms 8282 filed during the year.		
7e	Did the organization receive any funds, directly or indirectly, to pay premiums on a personal benefit contract?		No
7f	Did the organization, during the year, pay premiums, directly or indirectly, on a personal benefit contract?		No
7g	If the organization received a contribution of qualified intellectual property, did the organization file Form 8899 as required?		No
7h	If the organization received a contribution of cars, boats, airplanes, or other vehicles, did the organization file a Form 1098-C?		No
8	Sponsoring organizations maintaining donor advised funds and section 509(a)(3) supporting organizations. Did the supporting organization, or a donor advised fund maintained by a sponsoring organization, have excess business holdings at any time during the year?		
9	Sponsoring organizations maintaining donor advised funds.		
9a	Did the organization make any taxable distributions under section 4966?		
9b	Did the organization make a distribution to a donor, donor advisor, or related person?		
10	Section 501(c)(7) organizations. Enter		
10a	Initiation fees and capital contributions included on Part VIII, line 12.		
10b	Gross receipts, included on Form 990, Part VIII, line 12, for public use of club facilities.		
11	Section 501(c)(12) organizations. Enter		
11a	Gross income from members or shareholders.		
11b	Gross income from other sources (Do not net amounts due or paid to other sources against amounts due or received from them).		
12a	Section 4947(a)(1) non-exempt charitable trusts. Is the organization filing Form 990 in lieu of Form 1041?		
12b	If "Yes," enter the amount of tax-exempt interest received or accrued during the year.		
13	Section 501(c)(29) qualified nonprofit health insurance issuers.		
13a	Is the organization licensed to issue qualified health plans in more than one state? Note. See the instructions for additional information the organization must report on Schedule O.		
13b	Enter the amount of reserves the organization is required to maintain by the states in which the organization is licensed to issue qualified health plans.		
13c	Enter the amount of reserves on hand.		
14a	Did the organization receive any payments for indoor tanning services during the tax year?		No
14b	If "Yes," has it filed a Form 720 to report these payments? If "No," provide an explanation in Schedule O.		

Part VI

Governance, Management, and Disclosure

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

Check if Schedule O contains a response or note to any line 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		
b	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?	2	Yes
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?	3	No
4	Did the organization make any significant changes to its governing documents since the prior Form 990 was filed?	4	No
5	Did the organization become aware during the year of a significant diversion of the organization's assets?	5	No
6	Did the organization have members or stockholders?	6	No
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?	7a	Yes
b	Are any governance decisions of the organization reserved to (or subject to approval by) members, stockholders, or persons other than the governing body?	7b	No
8	Did the organization contemporaneously document the meetings held or written actions undertaken during the year by the following		
a	The governing body?	8a	Yes
b	Each committee with authority to act on behalf of the governing body?	8b	Yes
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	9	No

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?	10a	No
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?	10b	
11a	Has the organization provided a complete copy of this Form 990 to all members of its governing body before filing the form?	11a	No
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	12a	Yes
b	Were officers, directors, or trustees, and key employees required to disclose annually interests that could give rise to conflicts?	12b	Yes
c	Did the organization regularly and consistently monitor and enforce compliance with the policy? If "Yes," describe in Schedule O how this was done	12c	Yes
13	Did the organization have a written whistleblower policy?	13	Yes
14	Did the organization have a written document retention and destruction policy?	14	Yes
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	15a	Yes
b	Other officers or key employees of the organization	15b	Yes
	If "Yes" to line 15a or 15b, describe the process in Schedule O (see instructions)		
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?	16a	No
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?	16b	

Section C. Disclosure

17	List the States with which a copy of this Form 990 is required to be filed	NY
18	Section 6104 requires an organization to make its Form 1023 (or 1024 if applicable), 990, and 990-T (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 ☐ Other (explain in Schedule O)	
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 JOHN PECORA 290 WEST AVENUE SARATOGA SPRINGS, NY 12866 (518) 583-9622	

Part VII

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

Check if Schedule O contains a response or note to any line 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, or 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 (list any hours for related organizations below dotted line)	(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) JAMES LETTS CEO	40 00	X		X				199,506	0	34,828
(2) GEORGE CARLSON DIRECTOR	2 00	X						0	0	0
(3) JAMES HILL PRESIDENT	2 00	X		X				0	0	0
(4) ALYSA ARNOLD DIRECTOR	2 00	X						0	0	0
(5) ALAN OPPENHEIM 1ST VICE-PRE	2 00	X		X				0	0	0
(6) JASON MACGREGOR TREASURER	2 00	X		X				0	0	0
(7) JENNIFER PERRY DIRECTOR	2 00	X						0	0	0
(8) JEFF METHVEN DIRECTOR	2 00	X						0	0	0
(9) MIKE PICCIRILLO DIRECTOR	2 00	X						0	0	0
(10) CHAD KIESOW DIRECTOR	2 00	X						0	0	0
(11) LUCILE LUCAS DIRECTOR	2 00	X						0	0	0
(12) JEFFREY VUKELIC DIRECTOR	2 00	X						0	0	0
(13) DENISE POLIT DIRECTOR	2 00	X						0	0	0
(14) PAUL LOOMIS DIRECTOR	2 00	X						0	0	0
(15) THERESA SKAINE SECRETARY	2 00	X						0	0	0
(16) MICHAEL J TOOHEY CHAIR TRUSTE	2 00	X						0	0	0
(17) TIMOTHY PROVOST VICE CHAIR T	2 00	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 (list any hours for related organizations below dotted line)	(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) SONNY BONACIO TRUSTEE	2 00	X						0	0	0
(19) WILLIAM P DAKE TRUSTEE	2 00	X						0	0	0
(20) HARVEY FOX TRUSTEE	2 00	X						0	0	0
(21) RONALD RIGGI TRUSTEE	2 00	X						0	0	0
(22) WILLARD GRANDE TRUSTEE EMER	2 00	X						0	0	0
(23) NANCY LESTER TRUSTEE EMER	2 00	X						0	0	0
(24) RICK SCHUMAKER DIRECTOR	2 00	X						0	0	0
(25) KELLY ARMER COO	40 00			X				129,664	0	26,992
(26) JOHN PECORA CFO	40 00			X				105,581	0	14,864
1b Sub-Total										
c Total from continuation sheets to Part VII, Section A										
d Total (add lines 1b and 1c)								434,751		76,684

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

3

	Yes	No
3 Did the organization list any former officer, director or trustee, key employee, or highest compensated employee on line 1a? <i>If "Yes," complete Schedule J for such individual</i>		No
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? <i>If "Yes," complete Schedule J for such individual</i>	Yes	
5 Did any person listed on line 1a receive or accrue compensation from any unrelated organization or individual for services rendered to the organization? <i>If "Yes," complete Schedule J for such person</i>		No

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
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		

Part VIII

Statement of Revenue

Check if Schedule O contains a response or note to any line in this Part VIII

			(A) Total revenue	(B) Related or exempt function revenue	(C) Unrelated business revenue	(D) Revenue excluded from tax under sections 512-514	
Contributions, Gifts, Grants and Other Similar Amounts	1a	Federated campaigns	1a				
	b	Membership dues	1b				
	c	Fundraising events	1c				
	d	Related organizations	1d				
	e	Government grants (contributions)	1e	234,757			
	f	All other contributions, gifts, grants, and similar amounts not included above	1f	363,718			
	g	Noncash contributions included in lines 1a-1f \$					
	h	Total. Add lines 1a-1f		598,475			
Program Service Revenue	2a	MEMBERSHIP FEES	Business Code	6,845,892	6,845,892		
	b	PROGRAM SERVICE FEES		3,917,404	3,917,404		
	c						
	d						
	e						
	f	All other program service revenue					
	g	Total. Add lines 2a-2f		10,763,296			
	Other Revenue	3	Investment income (including dividends, interest, and other similar amounts)	15,600			15,600
4		Income from investment of tax-exempt bond proceeds					
5		Royalties					
6a		Gross rents	(i) Real	(ii) Personal			
		b	Less rental expenses				
		c	Rental income or (loss)				
		d	Net rental income or (loss)				
7a		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)	30,099	30,099		
8a		Gross income from fundraising events (not including \$ _____ of contributions reported on line 1c) See Part IV, line 18	a	81,022			
		b	Less direct expenses	b	50,325		
		c	Net income or (loss) from fundraising events		30,697		30,697
9a		Gross income from gaming activities See Part IV, line 19	a				
		b	Less direct expenses	b			
		c	Net income or (loss) from gaming activities				
10a		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					
11a	OTHER INCOME		10,819			10,819	
b							
c							
d	All other revenue						
e	Total. Add lines 11a-11d		10,819				
12	Total revenue. See Instructions		11,448,986	10,793,395		57,116	

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).

Check if Schedule O contains a response or note to any line 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.	434,751	141,104	245,977	47,670
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.	4,530,621	4,243,192	241,211	46,218
8	Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions).	284,091	247,119	31,734	5,238
9	Other employee benefits.	285,236	248,115	31,861	5,260
10	Payroll taxes.	461,109	407,845	44,914	8,350
11	Fees for services (non-employees):				
a	Management.				
b	Legal.				
c	Accounting.				
d	Lobbying.				
e	Professional fundraising services. See Part IV, line 17.				
f	Investment management fees.				
g	Other (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Schedule O).	185,213	180,251	3,998	964
12	Advertising and promotion.	58,345	46,700		11,645
13	Office expenses.	11,402	8,809	216	2,377
14	Information technology.	16,423	16,030	351	42
15	Royalties.				
16	Occupancy.	909,725	890,088	17,234	2,403
17	Travel.	60,019	54,001	5,367	651
18	Payments of travel or entertainment expenses for any federal, state, or local public officials.				
19	Conferences, conventions, and meetings.	42,757	35,780	5,273	1,704
20	Interest.	201,146	193,108	8,038	
21	Payments to affiliates.				
22	Depreciation, depletion, and amortization.	936,704	912,598	22,232	1,874
23	Insurance.	80,181	67,628	12,553	
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	AWARDS & GRANTS	1,347,324	1,149,335	197,472	517
b	PROGRAM & OTHER SUPPLIES	500,652	448,369	22,333	29,950
c	EQUIPMENT	217,533	213,494	3,234	805
d	ORGANIZATIONAL DUES	122,431	103,248	19,183	
e	All other expenses	81,463	69,811	11,652	
25	Total functional expenses. Add lines 1 through 24e.	10,767,126	9,676,625	924,833	165,668
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

Check if Schedule O contains a response or note to any line in this Part X

				(A)		(B)
				Beginning of year		End of year
Assets	1	Cash—non-interest-bearing		1,700	1	1,750
	2	Savings and temporary cash investments		1,789,692	2	1,866,569
	3	Pledges and grants receivable, net		213,773	3	124,652
	4	Accounts receivable, net		221,474	4	281,030
	5	Loans and other receivables from current and former officers, directors, trustees, key employees, and highest compensated employees Complete Part II of Schedule L			5	
	6	Loans and other 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) Complete Part II of Schedule L			6	
	7	Notes and loans receivable, net			7	
	8	Inventories for sale or use		936	8	979
	9	Prepaid expenses and deferred charges		38,086	9	50,806
	10a	Land, buildings, and equipment cost or other basis Complete Part VI of Schedule D	10a22,456,048			
	b	Less accumulated depreciation	10b4,656,092	17,756,347	10c	17,799,956
	11	Investments—publicly traded securities		521,423	11	728,760
	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			15	
	16	Total assets. Add lines 1 through 15 (must equal line 34)		20,543,431	16	20,854,502
Liabilities	17	Accounts payable and accrued expenses		912,077	17	570,283
	18	Grants payable			18	
	19	Deferred revenue		1,279,887	19	1,211,610
	20	Tax-exempt bond liabilities			20	
	21	Escrow or custodial account liability Complete Part IV of Schedule D			21	
	22	Loans and other 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		818,575	23	780,459
	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		19,033	25	20,721
	26	Total liabilities. Add lines 17 through 25		3,029,572	26	2,583,073
Net Assets or Fund Balances	Organizations that follow SFAS 117 (ASC 958), check here ☒ and complete lines 27 through 29, and lines 33 and 34.					
	27	Unrestricted net assets		17,499,985	27	18,207,534
	28	Temporarily restricted net assets		151	28	50,151
	29	Permanently restricted net assets		13,723	29	13,744
	Organizations that do not follow SFAS 117 (ASC 958), check here ☐ 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		17,513,859	33	18,271,429
	34	Total liabilities and net assets/fund balances		20,543,431	34	20,854,502

Part XI Reconciliation of Net Assets

Check if Schedule O contains a response or note to any line in this Part XI

1	Total revenue (must equal Part VIII, column (A), line 12)	1	11,448,986
2	Total expenses (must equal Part IX, column (A), line 25)	2	10,767,126
3	Revenue less expenses Subtract line 2 from line 1	3	681,860
4	Net assets or fund balances at beginning of year (must equal Part X, line 33, column (A))	4	17,513,859
5	Net unrealized gains (losses) on investments	5	75,710
6	Donated services and use of facilities	6	
7	Investment expenses	7	
8	Prior period adjustments	8	
9	Other changes in net assets or fund balances (explain in Schedule O)	9	
10	Net assets or fund balances at end of year Combine lines 3 through 9 (must equal Part X, line 33, column (B))	10	18,271,429

Part XII Financial Statements and Reporting

Check if Schedule O contains a response or note to any line in this Part XII

		Yes	No
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? If "Yes," check a box below to indicate whether the financial statements for the year were compiled or reviewed on a separate basis, consolidated basis, or both ☐ Separate basis ☐ Consolidated basis ☐ Both consolidated and separate basis		No
2b	Were the organization's financial statements audited by an independent accountant? If "Yes," check a box below to indicate whether the financial statements for the year were audited on a separate basis, consolidated basis, or both ☐ Separate basis ☒ Consolidated basis ☐ Both consolidated and separate basis	Yes	
2c	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	Yes	
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?		No
3b	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		

SCHEDULE A

(Form 990 or 990EZ)

Department of the
Treasury
Internal Revenue Service

Public Charity Status and Public Support

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.**
▶ **Information about Schedule A (Form 990 or 990-EZ) and its instructions is at *www.irs.gov/form990*.**

OMB No 1545-0047

2013

Open to Public
Inspection

Name of the organization SARATOGA REGIONAL YMCA	Employer identification number 14-1427442
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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 - Non-functionally integrated
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 monetary support
			Yes	No	Yes	No	Yes	No	
Total									

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) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(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) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(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 501(c)(3) organization, check this box and stop here ▶						

Section C. Computation of Public Support Percentage						
14 Public support percentage for 2013 (line 6, column (f) divided by line 11, column (f))		14				
15 Public support percentage for 2012 Schedule A, Part II, line 14		15				
16a 33 1/3% support test—2013. 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						▶
b 33 1/3% support test—2012. 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						▶
17a 10%-facts-and-circumstances test—2013. 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						▶
b 10%-facts-and-circumstances test—2012. 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						▶
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						▶

Part IIIPart 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) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(f) Total
1 Gifts, grants, contributions, and membership fees received (Do not include any "unusual grants.")	473,625	537,670	957,681	1,785,189	598,475	4,352,640
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	8,013,466	8,393,253	9,639,958	10,124,709	10,763,296	46,934,682
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	8,487,091	8,930,923	10,597,639	11,909,898	11,361,771	51,287,322
7a Amounts included on lines 1, 2, and 3 received from disqualified persons	39,691					39,691
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						
c Add lines 7a and 7b	39,691					39,691
8 Public support (Subtract line 7c from line 6)						51,247,631

Section B. Total Support						
Calendar year (or fiscal year beginning in) ▶	(a) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(f) Total
9 Amounts from line 6	8,487,091	8,930,923	10,597,639	11,909,898	11,361,771	51,287,322
10a Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources	16,953	3,426	35,280	21,017	45,699	122,375
b Unrelated business taxable income (less section 511 taxes) from businesses acquired after June 30, 1975						
c Add lines 10a and 10b	16,953	3,426	35,280	21,017	45,699	122,375
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)	8,504,044	8,934,349	10,632,919	11,930,915	11,407,470	51,409,697
14 First five years. If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a 501(c)(3) organization, check this box and stop here ▶						

Section C. Computation of Public Support Percentage			
15 Public support percentage for 2013 (line 8, column (f) divided by line 13, column (f))	15	99 680 %	
16 Public support percentage from 2012 Schedule A, Part III, line 15	16	99 650 %	

Section D. Computation of Investment Income Percentage			
17 Investment income percentage for 2013 (line 10c, column (f) divided by line 13, column (f))	17	0 %	
18 Investment income percentage from 2012 Schedule A, Part III, line 17	18		
19a 33 1/3% support tests—2013. 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—2012. 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 ▶			

Part IV **Supplemental Information.** Provide the explanations required by Part II, line 10; Part II, line 17a or 17b; and Part III, line 12. Also complete this part for any additional information. (See instructions).

Facts And Circumstances Test

Return Reference	Explanation	
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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.** ▶ **Information about Schedule D (Form 990) and its instructions is at www.irs.gov/form990.**

OMB No 1545-0047

2013

Open to Public Inspection

Name of the organization
SARATOGA REGIONAL YMCA

Employer identification number
14-1427442

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? ☐ Yes ☐ 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? ☐ Yes ☐ No	

Part II

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

1

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

☐ Preservation of land for public use (e g , recreation or education) ☐ Preservation of an historically important land area
☐ Protection of natural habitat ☐ Preservation of a certified historic structure
☐ Preservation of open space

2

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 Year
a	Total number of conservation easements
b	Total acreage restricted by conservation easements
c	Number of conservation easements on a certified historic structure included in (a)
d	Number of conservation easements included in (c) acquired after 8/17/06, and not on a historic structure listed in the National Register

3

Number of conservation easements modified, transferred, released, extinguished, or terminated by the organization during the tax year ▶ _____

4

Number of states where property subject to conservation easement is located ▶ _____

5

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

6

Staff and volunteer hours devoted to monitoring, inspecting, and enforcing conservation easements during the year ▶ _____

7

Amount of expenses incurred in monitoring, inspecting, and enforcing conservation easements during the year ▶ \$ _____

8

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

9

In Part XIII, 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.

1a

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 XIII, the text of the footnote to its financial statements that describes these items

b

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 ▶ \$ _____

2

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 ▶ \$ _____

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

Cat No 52283D

Schedule D (Form 990) 2013

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 XIII
- 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 XIII and complete the following table

	Amount
1c	
1d	
1e	
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 XIII Check here if the explanation has been provided in Part XIII

☐

Part V

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

	(a)Current year	(b)Prior year	b (c)Two years back	(d)Three years back	(e)Four years back
1a Beginning of year balance	607,701	566,681	428,774	319,597	199,765
b Contributions		5,808	100,000	96,800	178,352
c Net investment earnings, gains, and losses	39,889	40,419	22,628	15,826	26,719
d Grants or scholarships					
e Other expenditures for facilities and programs					83,476
f Administrative expenses	5,571	5,207	4,721	3,449	1,763
g End of year balance	642,019	607,701	566,681	428,774	319,597

- 2

Provide the estimated percentage of the current year end balance (line 1g, column (a)) held as

a

Board designated or quasi-endowment

97 860 %

b

Permanent endowment

2 140 %

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

3a(i)

☐ Yes

☐ No

(ii) related organizations

3a(ii)

☐ Yes

☐ No

b

If "Yes" to 3a(ii), are the related organizations listed as required on Schedule R?

3b

☐ Yes

☐ No
- 4

Describe in Part XIII the intended uses of the organization's endowment funds

Part VI

Land, Buildings, and Equipment. Complete if the organization answered 'Yes' to Form 990, Part IV, line 11a. 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		1,784,428		1,784,428
b Buildings		16,771,144	2,763,504	14,007,640
c Leasehold improvements				
d Equipment		3,133,732	1,576,888	1,556,844
e Other		766,744	315,700	451,044
Total. Add lines 1a through 1e (Column (d) must equal Form 990, Part X, column (B), line 10(c).)				17,799,956

Part XI

Reconciliation of Revenue per Audited Financial Statements With Revenue per Return

Complete if the organization answered 'Yes' to Form 990, Part IV, line 12a.

1	Total revenue, gains, and other support per audited financial statements	1	11,524,696
2	Amounts included on line 1 but not on Form 990, Part VIII, line 12		
a	Net unrealized gains on investments	2a	75,710
b	Donated services and use of facilities	2b	
c	Recoveries of prior year grants	2c	
d	Other (Describe in Part XIII)	2d	
e	Add lines 2a through 2d	2e	75,710
3	Subtract line 2e from line 1	3	11,448,986
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 XIII)	4b	
c	Add lines 4a and 4b	4c	
5	Total revenue Add lines 3 and 4c. (This must equal Form 990, Part I, line 12)	5	11,448,986

Part XII

Reconciliation of Expenses per Audited Financial Statements With Expenses per Return.

Complete if the organization answered 'Yes' to Form 990, Part IV, line 12a.

1	Total expenses and losses per audited financial statements	1	10,767,126
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 XIII)	2d	
e	Add lines 2a through 2d	2e	
3	Subtract line 2e from line 1	3	10,767,126
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 XIII)	4b	
c	Add lines 4a and 4b	4c	
5	Total expenses Add lines 3 and 4c. (This must equal Form 990, Part I, line 18)	5	10,767,126

Part XIII

Supplemental Information

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, lines 2d and 4b, and Part XII, lines 2d and 4b. Also complete this part to provide any additional information.

Return Reference	Explanation

[illegible]

SCHEDULE G
(Form 990 or 990-EZ)

Supplemental Information Regarding
Fundraising or Gaming Activities

OMB No 1545-0047

2013

Open to Public Inspection

Department of the Treasury
Internal Revenue Service

Complete if the organization answered "Yes" to Form 990, Part IV, lines 17, 18, or 19, or if the organization entered more than \$15,000 on Form 990-EZ, line 6a.
▶ Attach to Form 990 or Form 990-EZ. ▶ See separate instructions.

▶ Information about Schedule G (Form 990 or 990-EZ) and its instructions is at www.irs.gov/form990.

Name of the organization SARATOGA REGIONAL YMCA	Employer identification number 14-1427442
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Part I Fundraising Activities. Complete if the organization answered "Yes" to Form 990, Part IV, line 17.
Form 990-EZ filers are not required to complete this part.

1

Indicate whether the organization raised funds through any of the following activities. Check all that apply.

a

☐

Mail solicitations

b

☐

Internet and email solicitations

c

☐

Phone solicitations

d

☐

In-person solicitations

e

☐

Solicitation of non-government grants

f

☐

Solicitation of government grants

g

☐

Special fundraising events

2a

Did the organization have a written or oral agreement with any individual (including officers, directors, trustees or key employees listed in Form 990, Part VII) or entity in connection with professional fundraising services?

☐ Yes ☐ No

b

If "Yes," list the ten highest paid individuals or entities (fundraisers) pursuant to agreements under which the fundraiser is to be compensated at least \$5,000 by the organization.

(i) Name and address of individual or entity (fundraiser)	(ii) Activity	(iii) Did fundraiser have custody or control of contributions?		(iv) Gross receipts from activity	(v) Amount paid to (or retained by) fundraiser listed in col (i)	(vi) Amount paid to (or retained by) organization
		Yes	No			
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Total ▶						

3 List all states in which the organization is registered or licensed to solicit contributions or has been notified it is exempt from registration or licensing

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
		<u>GOLF OUTING</u> (event type)	<u>OTHER FUNDRAISE</u> (event type)	<u> </u> (total number)	(add col (a) through col (c))
Revenue	1	Gross receipts	74,727	6,295	81,022
	2	Less Contributions . . .			
	3	Gross income (line 1 minus line 2)	74,727	6,295	81,022
Direct Expenses	4	Cash prizes			
	5	Noncash prizes . . .			
	6	Rent/facility costs . . .			
	7	Food and beverages .			
	8	Entertainment			
	9	Other direct expenses .	46,758	3,567	50,325
	10	Direct expense summary Add lines 4 through 9 in column (d) ▶			
	11	Net income summary Subtract line 10 from line 3, column (d) ▶			
					30,697

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			
	2	Cash prizes			
Direct Expenses	3	Non-cash prizes			
	4	Rent/facility costs			
	5	Other direct expenses . . .			
	6	Volunteer labor	☐ Yes _____ % ☐ No	☐ Yes _____ % ☐ No	
	7	Direct expense summary Add lines 2 through 5 in column (d) ▶			
	8	Net gaming income summary Subtract line 7 from line 1, column (d) ▶			

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 _____

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

a The organization's facility	13a	%
b An outside facility	13b	%

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 distributed to other exempt organizations or spent in the organization's own exempt activities during the tax year ▶ \$ _____

Part IV **Supplemental Information.** 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).

Return Reference	Explanation
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Schedule J
(Form 990)

Department of the Treasury
Internal Revenue Service

Compensation Information

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

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

▶ Information about Schedule J (Form 990) and its instructions is at www.irs.gov/form990.

OMB No 1545-0047

2013

Open to Public Inspection

Name of the organization
SARATOGA REGIONAL YMCA

Employer identification number
14-1427442

Part I

Questions Regarding Compensation

	Yes	No
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 ☐ First-class or charter travel ☐ Travel for companions ☐ Tax idemnification and gross-up payments ☐ Discretionary spending account ☐ Housing allowance or residence for personal use ☐ Payments for business use of personal residence ☒ Health or social club dues or initiation fees ☐ Personal services (e g , maid, chauffeur, chef)		
b If any of the boxes in 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	Yes	
2 Did the organization require substantiation prior to reimbursing or allowing expenses incurred by all directors, trustees, officers, including the CEO/Executive Director, regarding the items checked in line 1a?	Yes	
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, but explain in Part III ☒ Compensation committee ☐ Independent compensation consultant ☒ Form 990 of other organizations ☐ Written employment contract ☒ Compensation survey or study ☒ 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?		No
b Participate in, or receive payment from, a supplemental nonqualified retirement plan?		No
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		No
Only 501(c)(3) and 501(c)(4) organizations only 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?		No
b Any related organization? If "Yes," to line 5a or 5b, describe in Part III		No
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?		No
b Any related organization? If "Yes," to line 6a or 6b, describe in Part III		No
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		No
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		No
9 If "Yes" to line 8, did the organization also follow the rebuttable presumption procedure described in Regulations section 53 4958-6(c)?		

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 and Title		(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)JAMES LETTS	CEO	(i) (ii)	182,723	7,000	9,783	31,948	2,880	234,334
(2)KELLY ARMER	COO	(i) (ii)	114,882	5,000	9,782	23,567	3,425	156,656

Part III Supplemental Information

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.

Return Reference	Explanation
SCHEDULE J, PART III	PART I - LINE 1A ALL FULL-TIME EMPLOYEES ARE PROVIDED FAMILY MEMBERSHIPS TO THE SARATOGA REGIONAL YMCA IN ACCORDANCE WITH THE ORGANIZATION'S POLICY

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 to provide any additional information.
▶ Attach to Form 990 or 990-EZ.
▶ Information about Schedule O (Form 990 or 990-EZ) and its instructions is at
www.irs.gov/form990.

OMB No 1545-0047

2013

Open to Public
Inspection

Name of the organization SARATOGA REGIONAL YMCA	Employer identification number 14-1427442
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Return Reference	Explanation
FORM 990 - ORGANIZATION'S MISSION	TO PUT JUDEO CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL THE SARATOGA REGIONAL YMCA WELCOMES MEN, WOMEN AND CHILDREN OF ALL AGES, INCOMES, ABILITIES, RACES AND RELIGIONS

Return Reference	Explanation
FORM 990, PAGE 2, PART III, LINE 4A	THE SARATOGA REGIONAL YMCA HAS CHILD CARE PROGRAMS THAT SERVE CHILDREN FROM INFANCY THROUGH MIDDLE SCHOOL DAY CARE. THE YMCA CHILD CARE CENTER IN MALTA PROVIDES TOP QUALITY CHILDCARE TO NEARLY 100 CHILDREN 2 TO 5 YEARS OF AGE. THE CHILDREN EXPERIENCE AGE APPROPRIATE ACTIVITIES ENABLING THEM TO STRENGTHEN THEIR LARGE MOTOR SKILLS, VERBAL SKILLS AND THEIR COGNITIVE SOCIAL AND EMOTIONAL SKILLS. ADDITIONALLY, THEY ARE INTRODUCED TO DIFFERENT CULTURAL AND THEME RELATED EXPERIENCES, FITNESS PROGRAMS, COMPUTERS AND SWIM LESSONS. OPPORTUNITIES FOR COMMUNITY SERVICE ARE OFFERED SUCH AS DONATING TO THE LOCAL FOOD PANTRY AND HOLIDAY DONATIONS TO LOCAL SERVICE ORGANIZATIONS. PRESCHOOL THE PRESCHOOL PROGRAM OFFERS OVER 250 CHILDREN AGES 2 TO 5 A QUALITY DEVELOPMENTALLY APPROPRIATE CLASSROOM EXPERIENCE ENHANCED BY A HEALTHY KIDS CURRICULUM COMPONENT. IN ADDITION TO CLASSROOM LEARNING, REGULAR FIELD TRIPS AND SWIM AND TUMBLING LESSONS ARE PROVIDED TO THE CHILDREN. PRESCHOOL IS HELD AT THE SARATOGA SPRINGS AND WILTON BRANCHES AND A COLLABORATIVE INTERGENERATIONAL PROGRAM IS HELD OFFSITE AT WESLEY HEALTH CARE CENTER WHERE THE CHILDREN INTERACT REGULARLY WITH RESIDENTS. B A S E (BEFORE AND AFTER SCHOOL ENRICHMENT) THIS IS A NYS LICENSED PROGRAM THAT PROVIDES A SAFE, RELIABLE AND NURTURING BEFORE AND AFTER SCHOOL ENVIRONMENT FOR ELEMENTARY SCHOOL CHILDREN OF WORKING PARENTS. OVER 300 CHILDREN PARTICIPATED IN THE PROGRAM. CHILDREN IN THE PROGRAM ENJOY A WIDE VARIETY OF ACTIVITIES INCLUDING PLAYS, ARTS AND CRAFTS, PHYSICAL GAMES, SWIMMING AND ASSISTANCE WITH HOMEWORK.

Return Reference	Explanation
FORM 990, PAGE 2, PART III, LINE 4B	OVERCOME BARRIERS TO PARTICIPATION PROGRAMS INCLUDE FAMILY NIGHTS, GROUP FITNESS CLASSES, CPR AND FIRST AID CLASSES, LIFEGUARD TRAININGS, OBESITY PROGRAMS, PRE NATAL PROGRAMS, PERSONAL FITNESS TRAININGS, ADULT LEARN TO SWIM PROGRAMS, AND BASKETBALL AND TENNIS LEAGUES THE EMPHASIS OF HEALTH OF SPIRIT, MIND AND BODY IS EMBODIED IN THE HEALTH AND WELLNESS PROGRAMS OF THE Y Y PROGRAMS STRESS PROPER EXERCISE, NUTRITION, STRESS MANAGEMENT AND AVOIDANCE OF ABUSIVE SUBSTANCES AND BEHAVIORS THE PROGRAMS ARE DESIGNED TO SERVE PEOPLE OF ALL AGES, WITH SPECIFIC PROGRAMS FOR CHILDREN THROUGH SENIORS Y WELLNESS AREAS ARE STAFFED WITH KNOWLEDGABLE AND TRAINED INDIVIDUALS WHO CAN ANSWER QUESTIONS AND OFFER SUPPORT TO MEMBERS WHO ARE LOOKING FOR A PROGRAM TAILORED TO THEIR NEEDS MANY DIFFERENT Y PHYSICAL PROGRAMS WERE USED BY OUR OVER 32,000 MEMBERS OVER THE LAST 10 YEARS, OBESITY RATES IN THE UNITED STATES HAVE INCREASED BY 60% AND ACCORDING TO THE NEW ENGLAND JOURNAL OF MEDICINE THE CURRENT GENERATION OF AMERICAN CAN BE THE FIRST TO LEAD SHORTER LIVES THAN THEIR PARENTS MORE THAN 50% OF US ADULTS DO NOT GET ENOUGH PHYSICAL ACTIVITY TO MAKE A DIFFERENCE IN THEIR HEALTH AND HEALTH PROBLEMS RELATED TO OBESITY COST OUR COUNTRY AN ESTIMATED 147 TO 210 BILLION PER YEAR IN DIRECT HEALTH CARE COSTS AS WELL AS THE INDIRECT ECONOMIC COSTS OF LOST PRODUCTIVITY THE YMCA IS UNIQUELY POSITIONED TO HELP COMBAT THE OBESITY CRISIS IN AMERICA, AND WE DESIGN OUR PHYSICAL PROGRAMS TO INTRODUCE PEOPLE TO HEALTHIER LIFESTYLES BY INCORPORATING BETTER EATING HABITS THROUGH OUR NUTRITION CLASSES, ASSISTING IN DEVELOPING ATTAINABLE GOALS BY INTERACTIONS WITH OUR FLOOR STAFF, UTILIZING FITNESS ASSESSMENT PROGRAMS, AND INCORPORATING GROUP AND INDIVIDUAL EXERCISE PROGRAMS THE SARATOGA REGIONAL YMCA IS TARGETING THIS GROWING CRISIS AND DESIGNS PROGRAMS TO SHIFT HOW WE FOCUS OUR WORK INSIDE AND OUTSIDE OF THE YMCA TO ENGAGE HEALTH SEEKERS - CHILDREN, YOUTH, TEENS, ADULTS, SENIORS AND FAMILIES WHOSE SUCCESSFUL PURSUIT OF HEALTH AND WELL-BEING REQUIRES CONTINUOUSLY SUPPORTIVE RELATIONSHIPS AND ENVIRONMENTS INSIDE THE Y WE CAN INFLUENCE AND MOTIVATE HEALTH SEEKERS TO MAKE POSITIVE CHANGES IN THE PURSUIT OF WELL-BEING AND OUTSIDE THE Y WE CAN HELP CREATE AND SUSTAIN HEALTHIER COMMUNITIES

Return Reference	Explanation
FORM 990, PAGE 2, PART III, LINE 4C	ORGANIZATIONS BY DONATING FREE YMCA MEMBERSHIPS FOR THEM TO USE TO RAISE MONEY IN THEIR SILENT AUCTIONS THESE ARE ALL COMMUNITY BUILDING EFFORTS THAT BUILD THE FOUNDATION FOR FUTURE GENERATIONS TO THRIVE. BUILDING STRONG COMMUNITIES IS ONE OF THE MAIN OBJECTIVES OF THE YMCA MOVEMENT. AT THE SARATOGA REGIONAL YMCA, MANY PROGRAMS ARE OFFERED THROUGHOUT THE YEAR TO ACHIEVE THIS OBJECTIVE. HEALTHY KIDS DAY IS HELD ANNUALLY IN EARLY APRIL WHEN THERE ARE MANY ACTIVITIES PROVIDED THAT OFFER HEALTH RELATED INFORMATION TO CHILDREN AND FAMILIES. OVER 300 CHILDREN AND FAMILIES ATTEND. OTHER COMMUNITY DAYS, BLOOD DRIVES, HEALTH SCREENINGS, HEALTH FAIRS AND MEMBER APPRECIATION DAYS ARE HELD THROUGH THE YEAR TO HELP BUILD A SENSE OF COMMUNITY AMONGST MEMBERS. THE SARATOGA REGIONAL YMCA PARTICIPATES IN MANY COMMUNITY COLLABORATIONS INCLUDING A STUDENT MENTORING PROGRAM WITH SKIDMORE COLLEGE, A TEEN FIT PROGRAM AT THE CORINTH BRANCH IN ASSOCIATION WITH SARATOGA COUNTY, FREE SWIM LESSONS TO CHILDREN IN CORINTH IN THE SUMMER, THE MEMBERSHIP CONTRACT WITH THE UNITED STATES NAVY, AND A SPACE SHARING AGREEMENT WITH THE SARATOGA SPRINGS CITY SCHOOL DISTRICT.

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 2	CHAD KIESOW WILLIAM DAKE BUSINESS RELATIONSHIP

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 7A	VOTING - BOARD MEMBERS ARE REQUIRED TO BE YMCA MEMBERS BY THE ORGANIZATION'S BY-LAWS BOARD MEMBERS ELECT OTHER BOARD MEMBERS

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 11B	THE FORM IS PROVIDED ELECTRONCIALLY TO ALL BOARD OF DIRECTOR MEMBERS PRIOR TO FILING THE HIGHLIGHTS OF THE FORM ARE THEN REVIEWED IN A FINANCE COMMITTEE AND/OR BOARD MEETING SUBSEQUENT TO ITS FILING

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 12C	FOLLOWING THE ANNUAL MEETING EACH YEAR, NEW CONFLICT OF INTEREST FORMS ARE DISTRIBUTED TO ALL BOARD MEMBERS AND ARE COMPLETED AND RETURNED TO THE YMCA THE FORMS ARE REVIEWED BY THE FINANCE COMMITTEE AND ANY REPORTED CONFLICTS ARE SUMMARIZED AND PROVIDED IN A LISTING TO THE BOARD OF DIRECTORS

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 15A	SEE 15B EXPLANATION

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 15B	ALL STAFF COMPLETE ANNUAL GOALS AND OBJECTIVES AT THE BEGINNING OF THE YEAR. THESE DOCUMENTS ARE REVIEWED AND APPROVED BY THE CEO. TOWARD THE END OF THE YEAR, ALL STAFF ARE REQUIRED TO UPDATE THE DOCUMENT WITH THEIR RESULTS. STAFF ARE THEN MEASURED USING A SMART APPRAISAL FORM WHICH QUANTIFIES THE PERFORMANCE ON THEIR GOALS AND OTHER POINTS OF THEIR JOB. SALARIES ARE THEN BASED OFF OF PERFORMANCE - A LISTING OF SALARIES IS PREPARED AND PROVIDED TO THE BOARD OF DIRECTORS EXECUTIVE COMMITTEE WHO REVIEWS IT WITH THE CEO AND ENSURES THAT SALARIES ARE PROPERLY JUSTIFIED AND APPROPRIATE FOR EACH POSITION, AS WELL AS ENSURING THE AMOUNT FITS INTO THE ORGANIZATION'S OPERATING BUDGET. FOR "C" LEVEL STAFF, A SALARY STUDY IS PERFORMED FROM OTHER AREA AND REGIONAL Y'S AND NON-PROFIT ORGANIZATIONS USING INFORMATION FROM THE 990 FORMS. THIS STUDY IS PRESENTED TO THE EXECUTIVE COMMITTEE FOR THE CEO, COO, AND CFO ALONG WITH THE REVIEWS FOR THEIR APPRAISALS. FOR THE CEO, THE EXECUTIVE COMMITTEE PERFORMS THE ENTIRE PROCESS - COMPARING THE SALARY TO THE STUDY AND EVALUATING THE PERFORMANCE TO ARRIVE AT A SALARY. FOR THE COO AND CFO, THE CEO PROVIDES GUIDANCE TO THE EXECUTIVE COMMITTEE IN DETERMINING A SALARY.

Return Reference	Explanation
FORM 990, PAGE 6, PART VI, LINE 19	FORM 990 IS KEPT IN THE EXECUTIVE OFFICES AND IS AVAILABLE TO ANY MEMBER OF THE ORGANIZATION OR PUBLIC TO REVIEW, ALONG WITH THE BOARD OF DIRECTORS MINUTES THE 990 IS AVAILABLE ON THE INTERNET AT WWW GUIDESTAR ORG

Form **4562**
Department of the Treasury
Internal Revenue Service (99)

Depreciation and Amortization
(Including Information on Listed Property)

▶ See separate instructions. ▶ Attach to your tax return.

OMB No 1545-0172

2013

Attachment
Sequence No **179**

Name(s) shown on return
SARATOGA REGIONAL YMCA

Business or activity to which this form relates
INDIRECT DEPRECIATION

Identifying number

14-1427442

Part I Election To Expense Certain Property Under Section 179

Note: If you have any listed property, complete Part V before you complete Part I.

1	Maximum amount (see instructions)	1	500,000
2	Total cost of section 179 property placed in service (see instructions)	2	
3	Threshold cost of section 179 property before reduction in limitation (see instructions)	3	2,000,000
4	Reduction in limitation Subtract line 3 from line 2 If zero or less, enter -0-	4	
5	Dollar limitation for tax year Subtract line 4 from line 1 If zero or less, enter -0- If married filing separately, see instructions	5	

6	(a) Description of property	(b) Cost (business use only)	(c) Elected cost	
7	Listed property Enter the amount from line 29	7		
8	Total elected cost of section 179 property Add amounts in column (c), lines 6 and 7	8		
9	Tentative deduction Enter the smaller of line 5 or line 8	9		
10	Carryover of disallowed deduction from line 13 of your 2012 Form 4562	10		
11	Business income limitation Enter the smaller of business income (not less than zero) or line 5 (see instructions)	11		
12	Section 179 expense deduction Add lines 9 and 10, but do not enter more than line 11	12		
13	Carryover of disallowed deduction to 2014 Add lines 9 and 10, less line 12	13		

Note: Do not use Part II or Part III below for listed property. Instead, use Part V.

Part II Special Depreciation Allowance and Other Depreciation (Do not include listed property) (See instructions)

14	Special depreciation allowance for qualified property (other than listed property) placed in service during the tax year (see instructions)	14	
15	Property subject to section 168(f)(1) election	15	
16	Other depreciation (including ACRS)	16	936,704

Part III MACRS Depreciation (Do not include listed property.) (See instructions.)

Section A

17	MACRS deductions for assets placed in service in tax years beginning before 2013	17	
18	If you are electing to group any assets placed in service during the tax year into one or more general asset accounts, check here		

Section B—Assets Placed in Service During 2013 Tax Year Using the General Depreciation System

(a) Classification of property	(b) Month and year placed in service	(c) Basis for depreciation (business/investment use only—see instructions)	(d) Recovery period	(e) Convention	(f) Method	(g) Depreciation deduction
19a 3-year property						
b 5-year property						
c 7-year property						
d 10-year property						
e 15-year property						
f 20-year property						
g 25-year property			25 yrs		S/L	
h Residential rental property			27 5 yrs	MM	S/L	
			27 5 yrs	MM	S/L	
i Nonresidential real property			39 yrs	MM	S/L	
				MM	S/L	

Section C—Assets Placed in Service During 2013 Tax Year Using the Alternative Depreciation System

20a Class life					S/L	
b 12-year			12 yrs		S/L	
c 40-year			40 yrs	MM	S/L	

Part IV Summary (see instructions.)

21	Listed property Enter amount from line 28	21	
22	Total. Add amounts from line 12, lines 14 through 17, lines 19 and 20 in column (g), and line 21 Enter here and on the appropriate lines of your return Partnerships and S corporations—see instructions	22	936,704
23	For assets shown above and placed in service during the current year, enter the portion of the basis attributable to section 263A costs	23	

Part V

Listed Property (Include automobiles, certain other vehicles, certain computers, and property used for entertainment, recreation, or amusement.)
Note: For any vehicle for which you are using the standard mileage rate or deducting lease expense, complete **only** 24a, 24b, columns (a) through (c) of Section A, all of Section B, and Section C if applicable.

Section A—Depreciation and Other Information (Caution: See the instructions for limits for passenger automobiles.)

24a Do you have evidence to support the business/investment use claimed? ☐ Yes ☐ No						24b If "Yes," is the evidence written? ☐ Yes ☐ No			
(a) Type of property (list vehicles first)	(b) Date placed in service	(c) Business/ investment use percentage	(d) Cost or other basis	(e) Basis for depreciation (business/investment use only)	(f) Recovery period	(g) Method/ Convention	(h) Depreciation/ deduction	(i) Elected section 179 cost	
25Special depreciation allowance for qualified listed property placed in service during the tax year and used more than 50% in a qualified business use (see instructions)							25		
26 Property used more than 50% in a qualified business use									
		%							
		%							
		%							
27 Property used 50% or less in a qualified business use									
		%				S/L -			
		%				S/L -			
		%				S/L -			
28 Add amounts in column (h), lines 25 through 27 Enter here and on line 21, page 1						28			
29 Add amounts in column (i), line 26 Enter here and on line 7, page 1							29		

Section B—Information on Use of Vehicles

Complete this section for vehicles used by a sole proprietor, partner, or other "more than 5% owner," or related person
If you provided vehicles to your employees, first answer the questions in Section C to see if you meet an exception to completing this section for those vehicles

30 Total business/investment miles driven during the year (do not include commuting miles)	(a) Vehicle 1		(b) Vehicle 2		(c) Vehicle 3		(d) Vehicle 4		(e) Vehicle 5		(f) Vehicle 6	
31 Total commuting miles driven during the year												
32 Total other personal(noncommuting) miles driven												
33 Total miles driven during the year Add lines 30 through 32												
34 Was the vehicle available for personal use during off-duty hours?	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
35 Was the vehicle used primarily by a more than 5% owner or related person?												
36 Is another vehicle available for personal use?												

Section C—Questions for Employers Who Provide Vehicles for Use by Their Employees

Answer these questions to determine if you meet an exception to completing Section B for vehicles used by employees who are not more than 5% owners or related persons (see instructions)

37 Do you maintain a written policy statement that prohibits all personal use of vehicles, including commuting, by your employees?	Yes	No
38 Do you maintain a written policy statement that prohibits personal use of vehicles, except commuting, by your employees? See the instructions for vehicles used by corporate officers, directors, or 1% or more owners		
39 Do you treat all use of vehicles by employees as personal use?		
40 Do you provide more than five vehicles to your employees, obtain information from your employees about the use of vehicles, and retain the information received?		
41 Do you meet the requirements concerning qualified automobile demonstration use? (See instructions)		
Note: If your answer to 37, 38, 39, 40, or 41 is "Yes," do not complete Section B for the covered vehicles		

Part VI Amortization

(a) Description of costs	(b) Date amortization begins	(c) Amortizable amount	(d) Code section	(e) Amortization period or percentage	(f) Amortization for this year
42 Amortization of costs that begins during your 2013 tax year (see instructions)					
43 Amortization of costs that began before your 2013 tax year				43	
44 Total. Add amounts in column (f) See the instructions for where to report				44	