

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SUPPORT THAT MATTERS

2021 WINONA FAMILY YMCA | ANNUAL REPORT

WINONA FAMILY YMCA

The Winona YMCA is an inclusive organization open to all. We welcome all people regardless of ability, age, background, ethnicity/race, faith/religion, gender, gender identity or sexual orientation. The Y believes that, in a diverse world, we are stronger when we are inclusive, when our doors are open to all, and when everyone has the opportunity to learn, grow, and thrive.

OUR MISSION

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

OUR VISION

To connect and engage people by enhancing lives and building community.

CORE VALUES



VOLUNTEERS IN 2021

81

VOLUNTEERS



1,519.25
VOLUNTEER HOURS



\$43,359.40
VALUE OF
VOLUNTEER HOURS

FINANCIAL AID:

In 2021, we received 531 applications for financial aid and provided nearly \$150,000 in membership and program fee subsidies. This enabled our families and youth to open memberships, and to participate in swim lessons, youth sports, and camp at an equitable cost.

2021 HIGHLIGHTS



NEW FACILITY

After a decade of planning, designing, and fundraising, we opened our new facility in January of 2021. With more parking, better handicap accessibility, and 24/7 access, our new, 65,000 square foot building has been a wonderful asset to our community. Our membership more than doubled to over 5,800 members, restoring the Y's revenue engine and generating the funds needed to support community service programs and scholarships.

FACILITY FEATURES:

- Modern, bright, and inviting fitness, weight, and group exercise facilities
- A light-filled 6-lane pool with co-ed sauna, whirlpool and steam room directly on the pool deck
- Inclusive locker rooms for all ages, genders and abilities
- A mixed-use gymnasium for a variety of youth and adult sports and programs
- Fully ADA compliant space with an elevator and universally accessible design
- Energy efficiency that benefits the environment
- Home of Winona Health's Physical Therapy, Speech Language Pathology, and Occupational Therapy services
- Office space for community partners: Live Well Winona, Winona County Alliance for Substance Abuse Prevention, and the American Red Cross
- Expanded public transportation via the City of Winona's new bus stop on our campus



CAPITAL CAMPAIGN

In January 2022, we celebrated the success of our Capital Campaign! Thanks to several significant unexpected contributions, and the anticipated fulfillment of the outstanding pledges, the construction loan principal will be fully covered. A small amount of interest is remaining, which the board has committed to fund through operational overages.

2021 PROGRAM HIGHLIGHTS



SWIMMING

We had 526 participants in group swim lessons and swim team, along with 131 private lesson requests in 2021. To date, 68 youth and adults have completed their private swim lessons and learned to swim in our new pool!

CARE PROGRAMS

The After School Care and Summer Care programs each had 30 youth enrolled at the YMCA and Bluffview Montessori School. We are working on opening a licensed preschool classroom, after school care, and summer care program in Rollingstone.

CAMP WENONAH 2021

Nearly 300 youth participated in youth sports, and 240 attended Camp Wenonah in 2021. We are bringing back our Junior Camp Counselor program, which allows high school students who have loved being a camper in the past to make an impact as a camp leader.

PERSONAL TRAINERS

We now have 16 Personal Trainers on our team, offering a variety of specialties, availability, and interests. As of March 2022, we had 103 active personal training clients working one-on-one with a personal trainer, and we have led teen weight room orientations for 57 youth between the ages of 13 and 15.

MEMBERSHIP

We offer membership add-ons for 24/7 access, towel service, locker rental, and coffee service. As of March 2022, we had 667 units signed up for 24/7. We have members ranging from 18 years of age to 70's utilizing the after-hours access on a regular basis. Individuals who work 12 hour shifts and those trying to avoid crowds are particularly excited to have a safe space to work out.

CORPORATE PARTNERSHIP

We built our Corporate Partnership program up from 7 partners in 2020 to 16 in March of 2022. Winona Health was the first partner on the new plan. There are currently 228 people making use of our Corporate agreements; over 80% of which are Winona Health employees. We are also working with 5 non-profits and Winona County to help under-served populations such as foster families, individuals with physical and mental disabilities, as well as mental illness. These memberships are tailored to meet the needs of each individual and non-profit.

GROUP CLASSES

The YMCA offers 62 group exercise classes every week! We offer 49 land classes, 3 virtual classes, and 10 water classes including: Aqua Fit, Group Cycle, Body Pump, Pilates, Yoga, Zumba, Active Older Adult, and Yoga - just to name a few. In late 2021 we introduced two new classes - Hip Hop Cardio and Jazz Dance Fit. Work Out Wednesdays and Box Fit also offer affordable small group accountability.

FOR YOUTH DEVELOPMENT

ANDREW'S Y STORY

As a volunteer basketball coach, Andrew experienced firsthand the immense joy and energy coming from the kids in our youth basketball program this year. After pausing our youth programs due to the pandemic, it was incredible to see a full gym of players and spectators once again, and for the first time in our new facility. Members exercising in the adjoining Wellness Center even came over to watch and cheer for the players. Andrew's own son was so excited for his first game day that he woke up multiple times during the night and finally got up at 4am. The confidence, joy and fun that the kids experienced in that first week of practices and games was immeasurable. It's also fun to see the full circle of our members, going from players themselves, to volunteer parent coaches, to volunteer officials.

BEN'S Y STORY

"The girls you have running the after school programs at Bluffview are amazing. I am so impressed with all of them every time I pick up my daughter after work. They are kind hearted, gentle souls that represent our brand so well and do so much for little girls like my daughter who look up to them. They are so nice and well engaged with her. She loves them and is always so happy there. For a girl who comes from a trauma background, things like this make such a big impact on her leading a normal happy life. Thanks for all they do!"

TEEN NIGHT

On February 25, 2022, the Winona Family YMCA partnered with Winona County Alliance for Substance Abuse Prevention to host a free Teen Night for approximately 100 area youth, filled with food, fitness, games, karaoke, prizes, and lots of laughter. Dodgeball was a highlight of the evening for many participants! The event received great feedback from attendees, as well as parents, who appreciated knowing their teens were somewhere safe and fun on a Friday night.

MARY'S Y STORY

"One year ago, my left leg was fractured in 15 places. I have 2 long plates and lots of screws! I had 3 months of no weight bearing on that leg. You can imagine lots of muscle weakness after this immobility.

With the encouragement of my Physical Therapist, I began going to the morning aquatic aerobics class at the YMCA. When I first started, I was walking with a walker, then a cane and finally walking independently. I was increasing my leg range of motion and even able to do Jumping Jacks in the pool; just like a kid again! But after several months, I knew I needed to get my legs even stronger.

So, for Valentine's Day, I purchased the introductory package with a Personal Trainer. I was assigned to Jake, who is a body builder and Nursing Student. We established goals to improve my walking skills, leg muscle strengthening and endurance. Immediately, I began to notice the difference. When I first started, I couldn't even go up the 1 step riser with my traumatized leg. Now I'm using 3-4 step risers! After a couple weeks, I could climb my flight of stairs at home without hanging on to the handrails! I just broke down into tears of joy when that happened. WOW!

I continued on by purchasing the 10 session package. I've gradually increased weights and repetitions on specific machines for leg strength. I've increased my endurance, but have a long way to go. Today, we started different exercises so that I can get up off the floor and out of a chair without hand support. These are basic life skills I wanted to accomplish.

My husband, Steve, noticed the difference with a trainer AND he is now training as well! Both of us are working hard to be more mobile and "buff!" I will be continuing leg strengthening and then begin upper body exercises. If we don't use it, we lose it!

I appreciate Jake's Nursing background and we can talk shop sometime! Brooke, another Personal Trainer in training, comes to learn and watch. Both of their encouragement and direction has made a significant impact in my life and my recovery from a traumatic injury. YOU BOTH ROCK!"

KRISTINE'S Y STORY

"It's only a slight exaggeration when I say, the opening of the new YMCA in January saved my life! Getting back to a regular schedule of swimming and personal training at the YMCA allows me to challenge my sedentary inclination and increase my strength, stamina, balance and overall fitness. I know my health, physical, mental and emotional, are interdependent and I need to keep moving to enjoy all aspects of my life. The staff are extremely welcoming and helpful. The facility is spacious, open and well ventilated. Just walking into the building and to the Women's locker room cause me to take more steps than I would in a normal day at home. I love the water and enjoy the freedom to move unencumbered, reaping the benefits of the aerobic workout."

FOR HEALTHY LIVING

FOR SOCIAL RESPONSIBILITY

JESSI'S Y STORY

"I am non-binary, recognizing I present female as per my sex at birth says, I am continually feeling like I am being untrue to myself or my identity when forced to use only binary bathrooms. The YMCA in winona, however, has a "inclusive restroom" directly near the standard binary bathrooms. This has made such an impact on me that I have shared pictures of the sign "inclusive restroom" with others in my community. I can't begin to explain the astounding response it has received among the LGBTQI+ community. It is hard feeling overlooked, as someone who is non-binary, in a lot of society being the minority. This 'simple' language change has made a huge impact on me personally as well as my community. And although it may seem a simple language change I can guarantee it is anything but arbitrary or small in meaning."

MANY THANKS TO OUR DONORS

We are very appreciative of the donors that have supported the YMCA through our various campaigns, and those that contributed through in-kind gifts. Every contribution is meaningful and allows us to grow our impact.

Alan & Julie Beth
Allen Halverson
Altra Federal Credit Union, Onalaska
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Kerri Ferstl

If we have missed a donor, please accept our sincerest apology and contact us to correct the error.

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BK5K

Improvement to
Camp Wenonah

Margaret H and James E Kelly Foundation

Support for our
Capital and Annual
Campaigns

Morrie Miller Athletic Foundation

Equipment to
expand the scope
and safety of our
swim lessons

Otto Bremer Trust

Build fundraising
capacity to
sustainably
address community
health needs and
inequities in the
Winona area

Winona County PartnerSHIP

Build 3 raised
garden beds and
picnic tables,
and establish a
garden program
curriculum

Clara Barton Fund – American Red Cross

Staff training for
WSI certification

Winona County ARP Relief

Support for our
Annual Campaign

Winona County Small Business Assistance Grant

Support for our
Annual Campaign

Our banner sponsorship program recognizes donors who have contributed \$1,000 or more. The banners are proudly displayed throughout our new YMCA building, and serve as a visual reminder of the generous support of our community, which allows us to offer a robust financial assistance program. If you are interested in supporting our Annual Campaign through our banner program, visit: <https://www.winonaymca.org/annual-campaign>.

2021 BOARD MEMBERS

We are very thankful to these individuals for the many hours of volunteer service they commit to the YMCA each year. Thank you to our amazing Board Members and all they do for the Winona Family YMCA!

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GET INVOLVED

VOLUNTEER

Help us reach our goals and serve our community by volunteering your time at the Y. Each of our volunteers helps deliver the benefits of good health, strong connections, greater self-confidence, and a sense of security to all the lives we touch.

See our volunteer opportunities at:
www.winonaymca.org/volunteer

JOIN OUR TEAM

Learn, grow, and thrive with a position at the YMCA. Working at the Y, you'll discover more than a job —you'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

Learn more at:
www.winonaymca.org/employment

DONATE

We are able to provide opportunities that improve our community's health and well-being because of YOU. The activities offered through the Y bring families closer together and the programs that you fund empower people to be successful. Your generous support keeps the Y available for those who need us most and allows us to fulfill our mission.



PHONE

507-454-1520
Ext. 106



ONLINE

winonaymca.org/donate

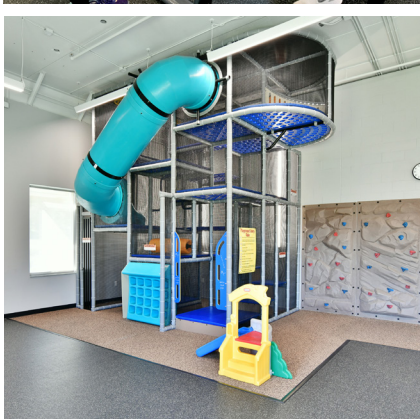


MAIL

902 Parks Ave
Winona, MN 55987

**DONATE TODAY - BECAUSE EVERY
CONTRIBUTION MAKES A DIFFERENCE!**

As always, we welcome your engagement, support, and feedback to help our organization live its mission of putting Christian principles into practice through programs that build a healthy spirit, mind and body for all.



@WINONAFAMILYYMCA

