

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WELLNESS WITH INTENTION

WINONA FAMILY YMCA 2022 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 2022

207

VOLUNTEERS



1,789

VOLUNTEER HOURS



\$53,580.55

VALUE OF
VOLUNTEER HOURS

FINANCIAL AID:

In 2022, we received 480 applications for financial aid and provided nearly \$125,000 in membership and program fee subsidies. This enabled families and youth to open memberships, and to participate in swim lessons, youth sports, and camp at an equitable cost.

2022 HIGHLIGHTS



YOUTH TRINONA

2022 was the first year that the Winona Family YMCA partnered with Trinona, our local triathlon, to host the youth section of their race weekend in our new facility. Nearly 80 youth between the ages of 6 and 15 competed in swimming, biking, and running. Many of our staff also volunteered the next day at the adult triathlon as well.



HISTORY WALL

To honor our past and look forward to a bright new future, we created a History Wall dating all the way back to the beginning of the first YMCA in London, England in 1844. The wall features a plethora of facts about sports invented by YMCA members, images of previous Winona Y buildings, and photos of current and past members. Members have been having fun finding their relatives or even themselves in the history of the Winona Family YMCA.

TAKE BACK DAYS

ASAP (Alliance for Substance Abuse Prevention) and the YMCA sponsored two National RX Take Back Days in April and October with the assistance of the Winona Police Department and Winona County Law Enforcement. This was an opportunity for community members to bring in outdated prescriptions, over-the-counter medications, and e-cigarettes. Winona Senior High School National Honor Society provided volunteers for each event.



INDOOR IRONMAN

Last March, nearly 30 YMCA members and Staff participated in our first Indoor Ironman. This indoor triathlon was spread out over the entire month, and allowed individuals of all abilities to participate in the race. The distances of 2.4 miles of swimming, 112 miles of running or walking, and 26.2 miles of biking could be completed creatively to meet everyone's fitness needs. The top 3 finishers in 2022 were Julie Splittsoesser, Dan Johnson, and Steve Kinstler.

FIRST AID/CPR/AED CLASSES

Our YMCA staff taught 19 American Red Cross classes this year and certified 119 individuals in First Aid/CPR/AED. We partnered this year with Saint Mary's University to provide classes for their students, and hosted two classes last fall. We plan to offer three more sessions this spring for their students.

2022 PROGRAM HIGHLIGHTS

MEMBERSHIPS

We have grown to nearly 6000 members! Members scanned into our facility over 212,500 times, with an average of almost 600 visitors per day, in addition to day pass and guest pass traffic. This was the highest facility usage we have experienced in several years. We also welcomed Nationwide Members from other facilities, with over 4,000 check-ins this year.

AFTER SCHOOL CARE & SUMMER CARE

Our After School Care programs had 88 school agers in 2022, and After School Care enrollment more than doubled at our Bluffview site. We welcomed many new kids this year, as well as friends of families who are already members. We offered also offered all day care on scheduled no school days. Our summer care numbers in 2022 doubled this year as well.

CHILD WATCH

The Y's in-house care service, Child Watch, offers up to 2 free hours of childcare with a family membership while the parent or guardian gets some much needed self-care time. We had 6,170 visits in 2022. We expanded our hours on weekdays to better meet the needs of our young families, and doubled the number of infant spaces per hour time slot. Our volunteers continue to play an important part in our program as well. 9 volunteers contributed 64.5 volunteer hours in Child Watch!

CAMP WENONAH

Camp is a meaningful experience, full of lasting memories and friendships. This 170 acre plot with prairie and woodlands has provided countless learning opportunities for hundreds of youth since the 1970s. In 2022 we welcomed 190 kids to Camp Wenonah this year, a quarter of which joined us for multiple weeks.

FITNESS & WELLNESS

Our weekly Group Fitness offerings include 3 virtual classes, 8 Aqua Fit classes, and 52 land-based classes. In addition, we offer several Small Group Training opportunities such as TRX, and Box Fit. The Fitness and Wellness department has seen an increase in Personal Training clients, which has led to the need to recruit 6 additional Personal Trainers over the last year as well. Our Wellness Center received a makeover in 2022, with the addition of new equipment, including a squat rack, glute trainer, and several accessories that give many more options for our members. In addition, we made our Personal Training/Cycle Studio available for members when the room is not in use. Teen Weight Room Orientations have been very popular, with over 160 completed orientations for 13-15 year-olds. These orientations help equip our younger members with the knowledge to safely use cardio and strength equipment.



SPORTS

We served 372 kids through our youth sports programs in 2022. The most popular programs were the Morrie Miller Youth Tackle Football League with 91 youth from the Winona and Lewiston teams in addition to hundreds of participants from other communities. Our Happy Hoops preschool basketball program had 58 participants in the Spring and 31 participants in the Fall, and 1st-2nd grade basketball camp had 41 participants in the fall. We also offered flag football, track and field, and volleyball programs.

AQUATICS

Aquatics was very busy in 2022! We were able to certify almost all of our staff as American Red Cross Swim Instructors, and taught 419 individuals how to swim in Group Lessons, and 124 in Private Lessons. Swim Team was popular this year with 77 participants who competed in 2 local swim meets in Red Wing and La Crosse as well as one here at the Y for all swimmers on the team. Our two pool events, the Floating Easter Egg Hunt, and the Floating Pumpkin Patch were successful with over 80 attendees between them. The return of Water Volleyball on Monday and Friday evenings was icing on the cake.

FOR YOUTH DEVELOPMENT

FIRST-TIME CAMPER BLOSSOMS AT CAMP WENONAH

Our staff was contacted prior to the start of Camp Wenonah, by a foster family who had a child with special needs in their care. The child had an IEP at school and several support systems in place to help him be successful. The family wanted him to experience camp, but they were unsure how he would do in that new environment. The family met with our staff and toured camp before signing up. The child was a little timid and reserved when camp first started. Since he was one of the older campers, camp staff invited him to take on more of a leadership role that week - and he truly blossomed! He was able to experience Camp Wenonah in a meaningful way that left him feeling satisfied, and valued. He went home at the end of that week and told his foster family that he wanted to sign up for another week of camp!

TEEN NIGHT

In partnership with ASAP, we began hosting Teen Night events for 6th-9th graders. Over the 3 events in 2022, 221 youth got to dance, sing, play volleyball, basketball, dodgeball, and games. The costume contest for our Teen Night: Halloween Bash was very popular with winners in five categories. We had invaluable support from volunteers from our ASAP Youth Council, National Honor Society students from Winona Senior High School, and staff alongside their family members. ASAP also donated money for our food at each event.

FOR HEALTHY LIVING

DANCING BUILDS CONFIDENCE

A young girl was being bullied at school. She was interested in dancing, and her family signed her up for private dance lessons at the YMCA. She worked for several months with a young instructor, who not only helped her strengthen her dance skills, but also helped her build confidence. Her mother shared with staff how much more confident and strong her daughter felt going to school.

COMPANIONSHIP DIRECTOR MELTS HEARTS

In September of 2022, the YMCA created the new position of Companionship Director which was filled by a 6 year old Golden Retriever named Rey Skywalker (named after the new Star Wars trilogy). Rey made the transition to a career canine to offer support to those who need a little mood boost from a four-legged friend, or a furry listening ear to talk to. Since she started, she has been melting the hearts of members and staff alike. Rey brings joy and laughter to everyone she meets, and helps people de-stress. She's paid in back scratches and belly rubs!

FOR SOCIAL RESPONSIBILITY

THERE IS A PLACE FOR EVERYONE HERE

Tarsila, a Brazil native, was living her dream in 2020 as an educator in China. During her winter break back home in Brazil, Tarsila's employer told her to not return to China as the COVID-19 virus was rapidly spreading out of control. She decided to move to Minnesota and obtain her certification for teaching. Her first months in Minnesota were a shock. Depression began to sink in, with over 4,000 miles separating her from almost everyone she knew. One day, Tarsila decided to explore. She wanted to check out the building with the big Y on it that always had a lot of cars in the parking lot. As she walked through the doors, she immediately felt welcomed. The staff explained what the Y was, and provided membership and financial assistance information. Shortly after completing the simple financial assistance application, Tarsila signed the membership paperwork and began experiencing all that the Y offers. It didn't take long for Tarsila to find her groove at the Y, and it quickly became an extension of her life. It also helped her acclimate and connect to the Winona community. "This happened to me when it had to happen to me. It helped me enjoy the little things in life since moving to Winona. People will find where they belong, there is a place for everyone here," said Tarsila.

LOSS RESULTS IN GAIN AT THE YMCA

Last Summer, a YMCA participant lost his collection of Pokemon cards during the Child Care program. Whenever the personal belongings of child care participants go missing, staff email families and ask them to check their children's belongings to see if the items were accidentally taken home by another participant. One parent responded that they had not found the lost cards, but wanted to give the child who lost the cards something. His own child was not at the YMCA that day, but he made a special trip to the Y that afternoon to give the youth their family's own collection of Pokemon cards. He truly embodied the Y's core value of caring, and made the youth's day!

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.

Aaron & Kristen Young
Aimee Siegler
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If we have missed a donor, please accept our sincerest apology and contact us to correct the error.

DONOR THANKS CONTINUED

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& Metal Co.
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Wulf Krause

VOLUNTEERS

We are thankful to the following volunteer groups for their investment of time and talent on the following projects:



THE BELL TOWER

Logan Rivers and his Eagle Scout group of 20 volunteers spent over 200 hours rebuilding the bell tower at Camp Wenonah.

FANATICS TEAM

18 volunteers from Fanatics spent a half day installing our Little Free Library, arranging fresh wood chips, cleaning racquetball courts, and general spring cleaning around the YMCA.



THE LITTLE FREE LIBRARY

We received a Little Free Library in February of 2022 through the Impact Library Program, along with a box full of brand new youth and children's books about diversity. We hosted our first community event when the weather turned warmer with a guest reader and dedicated YMCA board member, Rick Christenson. He brought three of his favorite children's books and read to the kids in Child Watch. The sun was shining and the kids loved being outside. They listened with wrapped attention as Rick told them about "Those Darn Squirrels." We talked about our first reading in our monthly newsletter, and then, to our surprise, the requests to read came pouring in. We have had a few retired teachers who have had a great time rediscovering their passion for reading to children. It's a great way for young kids to increase their learning through sounds, pictures, and conversation, and the adults get to share their love of reading with the younger generation. Thank you to the Little Free Library Impact Program and our Readers!



VOLUNTEERISM FOR ALL AGES

We have dozens of individual volunteers each year that support the important work of the YMCA. Halle is a 13 year old student that has helped us out immensely. She has volunteered in the Wellness Center, Fitness Studio, and Kids Corner. She has a positive attitude and enjoys coming to the Y. She does everything with a smile and works hard. We are very appreciative of her volunteerism.

2022 GRANTS & FUNDRAISING

CAMPAIGNS



ANNUAL CAMPAIGN

The Winona Family YMCA runs its Annual Campaign each year to raise funds for financial assistance for YMCA memberships and program subsidies. 129 donors contributed over \$141,000 in 2022.



KISS THE COW CAMPAIGN

"Kiss the Cow" was a fun community engagement event that helped raise funds for the Annual Campaign. Becky Wisted, our Child Watch Coordinator, received the most votes via donations and ended up kissing the cow!



THE DREAM MAKER CAMPAIGN

The Dream Maker Campaign raises funds for full-year scholarships for disadvantaged youth in the Winona community. The YMCA receives referrals from guidance counselors of area schools, identifying kids whose families can't afford a YMCA membership. In 2022, 79 donors contributed over \$11,800, which is enough to provide 61 youth with full Y scholarships.

GRANTS



IMPACT LIBRARY PROGRAM

We were awarded our very own Little Free Library. So far, hundreds of books have left our library to find new homes!



WINONA COUNTY PARTNERSHIP

Programming support for LiveSTRONG at the Y, a fitness program for cancer patients and survivors (coming soon), and Prenatal Yoga classes, both in partnership with Winona Health.



MN WATER SAFETY GRANT through the MN Dept. of Education

Funds to grant local school children with free swim scholarships focused on Safety Around Water. The grant covered the costs of the classes, transportation to get the students to class, and the training expenses for Lifeguards and Water Safety Instructors.



WINONA COUNTY SPECIAL PROJECTS

Support for financial assistance for YMCA memberships as well as structural updates to Camp Wenonah's barn.



MARGARET H. AND JAMES E. KELLEY FOUNDATION

Operational Support

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>.

2022 BOARD MEMBERS

We are 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!

BEN JOHNSON
President

JANEL MILLER
Vice President

NANCY DENZER
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Sports Coordinator

REY SKYWALKER GOYETTE
Companionship Director 

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
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**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

