

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**Camp We-No-Nah Rules**

1. Please work in the Barn.
2. Please do not hang out the window.
3. Standing on tables is only permitted:
  - During the Sangha Dance
  - During the Hoopoe Coochee
  - During TAP
4. Only campers are allowed in the kitchen.
5. Hike with a counselor out alone.
6. Use the stairs to the Barn.
7. Sticks and branches are not for playing.
8. Stay out of the tractorhead and chicken coop.
9. Name calling is not permitted.
10. Ring the bell with only counselor permission.
11. Be respectful to nature.
12. Walk around the Ropes Course.
13. Only go on the Ropes Course with a counselor.
14. Help! Help!



# COMMUNITY VITALITY

WINONA FAMILY YMCA 2023 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 2023

279

VOLUNTEERS



1,972

VOLUNTEER HOURS



\$62,709.60

VALUE OF  
VOLUNTEER HOURS

## FINANCIAL AID:

*In 2023, we received 546 applications for financial aid and provided over \$130,500 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.

# 2023 HIGHLIGHTS

## Volunteer Leadership Award

The Winona Family YMCA proudly nominated Rick Christenson for the YMCA Volunteer Leadership Award. Award recipients were honored at the YMCA Fall Conference in La Crosse, WI on Oct 12, 2023. Rick truly embodies the values of the Y, and has a long history as a member, has served on the board several times, has been a member of various committees, and has invested extensive hours volunteering at Camp Wenonah and in youth sports.



## Mural in Family Fun Center

Local artist, Julia Crozier, completed a colorful and fun mural for our Family Fun Center in December. We are so thankful to Joyce Woodworth for commissioning this great work of art and to Julia for giving our Family Fun Center a beautiful makeover.

## Indoor Ironman

Last March, over 40 YMCA members and Staff participated in our second annual 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 biking, and 26.2 miles of running or walking could be completed creatively to meet everyone's fitness needs. The top 3 finishers in 2023 were Daniel Johnson, Brooke Weaver, and Leah Shepeck.



## LiveSTRONG

Thanks to grant funding from the Winona County PartnerSHIP, Winona Community Foundation, and member donations, we were able to launch LiveSTRONG at the YMCA. This is a free, 12-week fitness and wellness program for cancer patients and survivors. Participants work with trained staff to improve cardiovascular endurance and functional ability, build strength, and increase flexibility. We are proud to have hosted our first session in October and we are excited to train more instructors this year in order to increase the number of sessions we can offer.

## First Aid/AED/CPR Classes

Our YMCA staff taught 20 American Red Cross classes this year and certified 113 individuals in First Aid/CPR/AED. We partnered again this year with Saint Mary's University to provide 9 classes for their students, certifying 80 students, coaches, and Resident Assistants.





## Adaptive

The Winona Family YMCA has been working hard this year to introduce Adaptive and Inclusive programming to better serve the wider community. We introduced Adaptive Swimming lessons for youth with disabilities as well as an Inclusive Day Camp and Soccer camp for youth of all abilities. Thanks to this new programming, we had almost 60 registrations for youth who would not have been able to participate in these programs in the past.

## After School & Summer Care

Our After School Care programs had 80 youth enrolled. We welcomed many new kids this year, as well as friends of families who are already members. In youth programming, we had over 30 sign-ups each for our monthly preschool Book & Cook classes and Preschool Music Classes.

## Aquatics

Our Aquatics program taught 442 individuals how to swim in Group Lessons, 179 in Private Lessons, and 48 in our Swim Team. Our three pool events, the Floating Easter Egg Hunt, the Floating Pumpkin Patch, and Swimming with Santa were successful with over 141 participants combined. Thanks to grant funding from the Minnesota Youth Water Safety Grant, we hosted over 170 elementary-age children from Riverway and Ridgeway for swim lessons.

## Camp Wenonah

Camp is a meaningful experience, full of lasting memories and friendships. This 130 acre plot with prairie and woodlands has provided countless learning opportunities for thousands of youth since the 1970s. In 2023 we welcomed 131 kids to Camp Wenonah. The barn at camp also got a big structural makeover this year thanks to the Winona County American Rescue Plan Grant funds. We are excited to have a better space available for our campers in 2024.

## Child Watch

The Y's in-house care service, Child Watch, offers up to 2 free hours a day of childcare while the parent or guardian gets some much needed self-care time. We had 9,312 visits in 2023, which is up by more than 3,000 visits in 2022. Our expanded hours on weekdays and increased infant spaces have helped us to better meet the needs of our young families. Our volunteers continue to play an important part in our programs, and 20 volunteers contributed 232 hours to Child Watch!



## Fitness & Wellness

We have continued to add new equipment to our Wellness Center, including updating our treadmills, purchasing more and heavier dumbbells and kettlebells, bands, barbells, and cable attachments. Growing numbers in Active Older Adult and Barre have required more fitness balls, bands, and weights as well. TRX has gained popularity, and was added as a Group Fitness free offering this year. We also added Creative Movement and Junior Hip Hop for our young dancers. BODYPUMP continues to be a member favorite for over 10 years now!

## Memberships

The membership high in 2023 was 6,392 members! Members scanned into our facility over 246,400 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 nearly 5,300 check-ins this year.

## Sports

We served 590 kids through our youth sports programs in 2023. The most popular programs were the Morrie Miller Youth Tackle Football League with 106 youth from the Winona and Lewiston teams in addition to hundreds of participants from other communities. Our Late Fall Happy Hoops preschool basketball program had 51 participants, and 1st-2nd grade basketball camp had 59 participants in the fall. We also offered flag football, track and field, and volleyball programs. We introduced an Adult Pickleball clinic this year with over 100 participants, as well as youth Intro to Pickleball.

# FOR YOUTH DEVELOPMENT

## **Down, But Not Out** - Lisa Engfer

My son was born with a defect in his knee that caused him to have two knee surgeries by age 4. He is now 15 and enjoys sports, however, this past medical history makes him more susceptible to future injuries, and last year, he suffered a new knee injury. His initial prognosis was that he'd have the surgery and it would be a long recovery of 6-9 months minimum. This was pretty devastating to him as this meant he'd be out the rest of wrestling season, all of baseball season, and football season was very questionable, but likely a no as well. His surgery went well and thankfully the repair was slightly easier to fix than anticipated, but even after physical therapy, it was evident during one of his first games of the season that he wasn't where he needed to be to play, and his self-esteem and confidence diminished. I suggested he try personal training. He was hesitant and skeptical because he knew how to use the workout machines already, and he "knew" he wouldn't like it. Enter personal trainer Nathan Campbell. Nathan talked with me and my son about my son's limitations and goals, and created a plan to build back strength in the quad muscles and also overall strength training. After the very first session my son mentioned that Nathan was "really cool." After the third session my son requested more sessions with Nathan. The pain significantly lessened and his strength, endurance and confidence grew under Nathan's expertise. He was able to finish off spring and summer baseball seasons as well as football strong and confident.

# FOR HEALTHY LIVING

## **Resilience in Hardship** - Kathy and Stephen Love

"I'm going to go for six months, and then I'll see." It was a good idea, so I agreed to join the YMCA with my husband. But I wasn't sure if either one of us would be successful. Six months? It was a struggle for us to make it from one day to the next. My husband has Parkinson's Disease. He was diagnosed in the summer of 2017. One of the most important types of care we have received from Winona County is the payment of my husband's fees for the YMCA and for a personal trainer once a week! People with Parkinson's have a difficult time with repetitive movements, but Stephen's are getting more consistent and stronger. An unexpected bonus is that Stephen is now able to stand without losing his balance and have a conversation with the many friends he is getting to know at the gym. Our lives are easier and more relaxed, and we are both stronger and more capable than we were at this time last year. Our six months are long past, and we're looking forward to another year amongst friendly and helpful people and a room full of demanding machines!

## **LiveSTRONG: A Cancer Fitness Program** - Becky Wisted

I had the best experience with our LiveSTRONG program! As someone who had my first cancer in 2013, and now has a second cancer, this program is so important to those of us who are on this Cancer Journey. The leadership staff are amazing! They are very knowledgeable about this program. They are compassionate and understanding, and are awesome listeners. We spent the first meeting getting to know each other and where we are on our journey. The rest of the sessions focused on achieving our fitness goals. We also learned breathing techniques for relaxation and had a nutritionist that gave a very educational presentation about nutrition with a cancer diagnosis. I highly recommend this LiveSTRONG program! It supports people in so many ways, both physically and emotionally, and it builds relationships while we are on this journey.

# FOR SOCIAL RESPONSIBILITY

## **Stronger, Healthier, and In Control** - Kristen Young

We were told by my brother's doctor that weight bearing exercises would be very beneficial in helping Jason keep his blood sugars low. Jason started working with a personal trainer in 2020 before the pandemic. That trainer worked with him through the pandemic and through the transition into the new building. We were worried that we would not be able to find a trainer to work with Jason, who is an adult on the spectrum with a cognitive disability, but Josh was willing to work with Jason. Over time, my brother's A1C has been trending downward, and in mid-summer of 2023, Jason's A1C dropped below 6 and he was taken off one of his diabetes medications!

## **Neighborly** - Anonymous

Some of our interactions and connections with members are really special. We notice when people don't show up. We notice when they seem to be "off". The health of one of our long-time swimmers was declining. It was also noticed by many staff when he stopped showing up. We cared. We followed up. We tracked him down (multiple times!). He sent his father to the Y with treats (oranges) out of appreciation for our genuine concern. He called from the hospital several times to give us updates and expressed his gratitude for us thinking about him and wishing him well. His most recent call was out of excitement that he wanted to come visit just to say hi. He isn't up to using the facility again yet, but he misses the Y, the staff and the friendly faces.

# 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.

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

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Ray & Becky Zurn

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# VOLUNTEERS

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



## TEEN NIGHT

In partnership with Winona County ASAP (Alliance for Substance Abuse Prevention), we started hosting Teen Night events for 5th-9th graders. Over the 3 events in 2023, 260 youth got to dance, sing, play volleyball, basketball, kickball, dodgeball, and board games while enjoying social time and healthy snacks. We had invaluable support from volunteers from the ASAP Youth Council, National Honor Society, Cotter student volunteers, and the WSU Women's Basketball team.



## CHILD WATCH READERS

Child Watch has had the privilege of being read to by 13 YMCA members and community members over the past two years. In 2023, these volunteers read to our youth for over 30 hours. Thank you for your dedication to literacy and for sharing your love of books!

## THANK YOU TO:

### WSU

Winona State University for sending so many wonderful sports and nursing student volunteers this past year. They have been integral to our mission and helping our programs and facility be the best it can be!

Winona State University Women's basketball team coached Happy Hoops Spring 2023 and WSU nursing students.

### TROOP 6

Troop 6 from Lewiston and 13 from Winona for their respective work on our closet storage systems for the fitness equipment in the Clara Barton room and Fitness Studio, and for the residing and reroofing of our emergency shelters out at camp!

### HOPE HARBOR

Hope Harbor and your residents for volunteering with us this past year! We appreciate our partnership with you!



## LIVESTRONG

We could not have run our first LiveStrong at the Y session without the expertise of our Instructors and the support of our amazing volunteers. Thank you to Vanessa Southworth and Deb Wittenberg for your time, dedication, and kindness!



# 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. We had 137 donors contribute over \$100,000 in 2023.



## “PIE IN THE KISSER”

Our “Pie in the Kissers” was a fun community engagement event that helped raise funds for the Annual Campaign. Rick Christenson, one of our beloved Board Members, received the most votes via donations and ended up with 9 pies to the face!



## 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 2023, 74 donors contributed over \$11,000, which is enough to provide 56 youth with full Y scholarships.

# GRANTS

### Winona County PartnerSHIP

Funding for kid's cooking classes

### MONAT Gratitude

Equipment for ASC, Aquatics, Camp Wenonah, and Youth Sports

### Winona Community Foundation

Funding to support our cancer survivorship program, LiveSTRONG

### Margaret H. and James E. Kelly Foundation

Operational Support

### MIENERGY Cooperative Operation Round Up Grant

Tot Dock for swimming lessons

### BK5K

Youth adaptive sports equipment

### USA Football AED Grant

AED for football and youth sports

### Gundersen Health Systems Community Contributions

CPR Lifeguard Scholarships



# 2023 BOARD MEMBERS

Thank you to our amazing Board Members and all they do for the Winona Family YMCA!

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**BECKY WISTED**  
Child Watch Coordinator



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](http://www.winonaymca.org/volunteer)**

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## 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](http://www.winonaymca.org/employment)**

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## 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](http://winonaymca.org/donate)



### MAIL

902 Parks Ave  
Winona, MN 55987

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

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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

