



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INSPIRING POSSIBILITIES

Winona Family YMCA 2024 Annual Report

WINONA FAMILY YMCA

The Winona Family 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 2024

170

VOLUNTEERS



1,203

VOLUNTEER HOURS



\$40,288.47

VALUE OF
VOLUNTEER HOURS

FINANCIAL ASSISTANCE

In 2024, we received 497 applications for financial aid and provided over \$147,000 in membership and program fee subsidies. This enabled cancer survivors to regain strength and connections in our LiveSTRONG at the YMCA program, Dream Maker youth to access a year of free membership, and families and individuals to open memberships and to participate in swim lessons, youth sports, and camp at an equitable cost.

2024 AWARDS

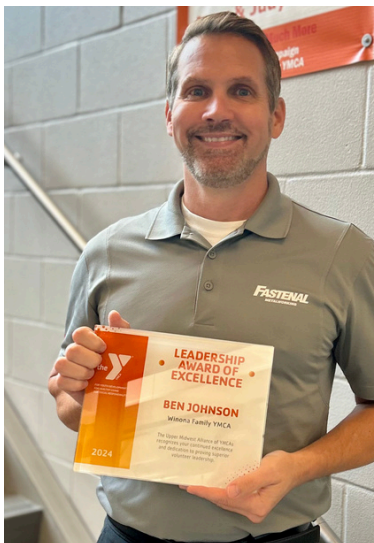
2024 Business of the Year

The Winona Family YMCA was awarded the Winona Area Chamber of Commerce Business of the Year for 2024. This honor reflects our commitment to strengthening the community through impactful programs, inclusive wellness opportunities, and meaningful connections. We are proud to serve as a hub for health, support, and belonging for all.



Volunteer Leadership Award of Excellence

Ben Johnson, our past Board President, received a 2024 YMCA Volunteer Leadership Award of Excellence. Ben has demonstrated an unwavering dedication to the organization, exemplifying leadership skills, vision, and integrity. His commitment to building community, empowering youth, and promoting health and wellbeing have had a deep impact. The Winona Family YMCA is grateful to have a supporter as invested as Ben.



7 Rivers Alliance Rising Star Award

Erin Johnson, our Aquatics & Safety Director, was named a 2024 7 Rivers Alliance Rising Star. This program recognizes young professionals and community leaders from around the region who make a difference in their community. Erin was nominated in recognition of her exceptional contributions to the Winona Family YMCA and her profound commitment to our community's safety and well-being.



Mark Hennessy Leadership Award

Andy Blomsness, former Executive Director of the Winona Family YMCA, received the Mark Hennessy Leadership Award at the YMCA Spring Leadership Conference in May of 2024. Leadership and service are at the heart of everything that Andy does. He has demonstrated commitment, vision, and passion for the YMCA movement for over 50 years. Even after retirement, Andy's ties to the YMCA have remained strong. He is a wonderful leader who truly embodies the core values of the YMCA.



YPN Distinguished Leadership Award

Becky Wisted, our Child Watch Coordinator, received the 2024 YPN Distinguished Leadership Award. This award recognizes YMCA employees that demonstrate the highest standards of leadership, employ the YMCA core values, and act as a positive role model for their peers. We are so grateful for the 23 years of services that Becky has contributed to our YMCA.

2024 HIGHLIGHTS



Membership

Membership hit an all time high in 2024 with just over 6,700 members! Members scanned into our facility 265,365 times in addition to day pass and guest pass traffic. This was our highest facility use to date. In addition, we welcomed 5,118 Nationwide members from other YMCAs. The growth we are seeing is exciting, and we can't wait to see what next year brings.

Master Gardeners

The Master Gardeners hosted their first plant sale and community education opportunity in May. They shared invaluable tips and techniques on how to plan, care for, and grow flowers, plants, and foods. In addition, Master Gardener, Melissa Webster, was our special guest in our summer child care program, and taught our kids all about growing their own vegetables and the importance of healthy foods.



American Red Cross Classes

We hosted 114 students in American Red Cross CPR/AED & First-Aid classes along with 9 students in Babysitting classes this past year. The Y is committed to social responsibility, and making our community safer is one way we live this mission.



Adaptive Programming

The Winona Family YMCA has been working hard these past two years to reestablish our Adaptive and Inclusive programming to better serve the wider community. We worked with 42 kids in group swimming lessons, soccer, and basketball.



Kids Trinona at the Y

In 2024, we hosted the Kids Tri in partnership with Trinona, our local triathlon. Youth between the ages of 6 and 15 competed in swimming, biking, and running. Many of our staff volunteered at this event as well as the adult Trinona the next day.

2024 PROGRAMS



Sports

Youth Sports were a hit again this year with over 590 kids enrolled across all our programs from soccer to volleyball. Morrie Miller Youth Tackle Football hosted 114 youth from Lewiston and Winona, and 90 youth participated in Flag Football. Pre-K programming introduced basketball, soccer, volleyball, and track & field to 198 of our youngest learners. 155 kids learned technique, skills, and good sportsmanship in grade school basketball alongside their peers.

Child Watch

Child Watch had over 8,400 check-ins in 2024, so kids could have fun being kids, while parents and guardians could exercise, study for classes, or just take some much needed time for self-care. Our volunteers continue to play an important part in Child Watch with 17 volunteers contributing over 156 volunteer hours in 2024! Thanks to a generous donation from a Y member, new sound panels in the shape of a dragon were installed in the Family Fun Center to reduce the echo.

Fitness & Wellness:

Our Fitness & Wellness department has been bulking up with new equipment and machines, and we are so excited to see so many utilizing the space as we meet our community needs. Group Fitness classes like yoga, Zumba, and TRX continue to be popular and the perfect place to meet a new workout buddy. Our youth dance program served 78 kids through choreography and dance instruction in Pre-K Movement, Intro to Dance, Junior Hip Hop, Leaps, Turns, & Techniques, and private lessons. Our 14 Personal Trainers are busy with equipment orientations and one-on-one sessions to help their clients meet their goals. The relationships they build create a better connection in our Y community and keep members coming back for more.

Aquatics

The pool was very busy in 2024, with over 350 private lessons, and 357 pre-K through grade-school youth in group swim lessons. Our swim team focused on strokes, drills, techniques, and swim meets with 31 youth, and between the Floating Easter Egg Hunt, Dunkin' for Pumpkins, and Swimming with Santa we hosted 90 kiddos from babies to grade school in these fun water-themed events.

Camp Wenonah

Camp Wenonah had 123 kids signed up to learn all about the outdoors, challenge themselves on our ropes course, hike our trails and prairie, make new friends, and flex their creativity. We finished up the structural updates to the barn at Camp, so that it is ready to host many more awesome summers!



After School Care & Summer Care

We had 42 school age children enrolled in After School Care and 62 in Summer Care. Educational Parent/Child classes for music and cooking brought fun creativity into the Y for 18 pre-K kids. Our awesome and consistent staff all year are what make our programs shine.

FOR YOUTH DEVELOPMENT

A Place to Belong

For many Riverway students, access to the YMCA is life-changing. Beyond the chance to exercise, the Y provides a positive environment with adult mentors and a sense of belonging.

Shelby Ritter, a school counselor at Riverway Schools, shared a story about a student who received a full Dream Maker membership scholarship. “When I asked this student, ‘If you had the opportunity to be involved in sports, how would this change your life?’ their response was, ‘I would be getting into less trouble because I would have someplace to go after school where I felt I belonged.’”

The student now spends significant time at the Y each week, and the transformation has been remarkable. Shelby said, “We’ve seen incredible growth—less aggressive behavior, improved academic achievement, and, most importantly, a positive outlook on their future.”

More Than a Coach

Quote from Basketball Parent:

“My 4th grader’s YMCA basketball coach, Myles, is phenomenal. He does a great job engaging with all the boys, making sure everyone is included, and makes it fun for everyone, while teaching the fundamentals of the sport. My son has asthma, and Myles pays very close attention to that, especially during games. I see him keeping a close eye on my son, and Myles notices when he needs to sub out. Even when my son may not think he needs his inhaler, Myles notices it. It’s something that I, as a parent, cannot express just how much that means. All of the parents on the bleachers see how excited and proud he is of his players; how he provides feedback and offers encouragement during the games.”

FOR HEALTHY LIVING

93 and Active

At 93 years young, Duane Ringler credits the YMCA—and especially the pool—for keeping him active and healthy for nearly 60 years. His fitness journey began at age 34 after participating in a YMCA Indian Guides event with his sons, which left him sore and determined to improve his health. He joined the Winona Family YMCA, where swimming and a back exercise program helped him stay strong and even avoid surgery. Duane remains dedicated to his routine, swimming at the Y three times a week and staying active at home. Beyond fitness, the Y provides him with meaningful social connections. “There are lots of tremendous people and camaraderie here. It’s a good place to be.”

FOR SOCIAL RESPONSIBILITY

Strength, Friendship, and Community

Bill Reinarts’ journey with the YMCA is one of resilience, friendship, and community. From childhood memories of summer camps and family nights to rediscovering the Y through a running group in his 30s, Bill found lifelong connections with friends like Andy Blomsness, John O’Connor, Bill Baker, and Jerry Lawson. “It was the camaraderie, the friendships,” he says, emphasizing what truly makes the Y special. After recently undergoing surgery that led to the removal of one of his legs, Bill remains determined. “I just want to go in and see if I can meet it,” he says of his next goal—returning in the spring to play volleyball. With the unwavering support of his Y friends, Bill’s story is a testament to the power of community and the strength found in shared triumphs.

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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Joyce Woodworth
Mitch Wychgram
Aaron & Kristen Young
Ray & Becky Zurn

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IMPACT THAT LASTS A LIFETIME



We extend a huge thank you to our Silver Sponsor this year, Market & Johnson. Their generous support bolstered our youth programming all year long, and brought smiles to kids' faces as they learned about new sports techniques and made new friends.

VOLUNTEERS

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



Teen Night:

Teen Night is a free event for 5th-9th graders. Over the three events in 2024, 219 youth got to dance, sing, swim, play volleyball, basketball, kickball, dodgeball, and board games while enjoying social time and healthy snacks.

These awesome events are made possible through our partnership with Winona County Alliance for Substance Abuse Prevention (ASAP), and the amazing volunteers who help make it happen. We had invaluable support from volunteers from WSU's Circle K group, WSU Nursing students, National Honor Society students, and the WSU Men's Football team.



Camp Wenonah:

It takes the help of many hands to make sure camp is a safe, positive experience for campers. Thank you to our amazing volunteers who spend time mowing, cleaning the barn and sheds, maintaining trails, removing invasive species, and preserving the unique natural resource that is Camp Wenonah for future campers

Fanatics:

Volunteers from Fanatics spent the day cleaning up the Y, arranging fresh mulch, landscaping, and Spring cleaning.



LiveStrong:

LiveSTRONG at the YMCA has been a huge success! This is in large part thanks to our instructors, volunteers, grant funding from the Winona County PartnerSHIP, the Winona Community Foundation, and member donations. This free, 12-week fitness and wellness program supports cancer patients and survivors. Participants work with trained staff and volunteers to improve cardiovascular endurance and functional ability, build strength, and increase flexibility. We are proud to have LiveSTRONG at the YMCA at our YMCA, and we could not do it without the support of our community.

2024 GRANTS & FUNDRAISING CAMPAIGNS



INDOOR IRONMAN

The 2024 Indoor Ironman raised over \$1,000 through 39 racers competing to complete the distances of an Ironman over the month of March. They challenged themselves to swim 2.4 miles, run 26.2 miles, and bike 112 miles.



CAMP WENONAH CAMPAIGN

We started a new fundraiser this year to help support our 130 acre day camp. Camp kids develop self-reliance, leadership, and a love for nature in a safe, supportive space focused on environmental education and teamwork.



ANNUAL CAMPAIGN

The Winona Family YMCA runs its Annual Campaign each year to raise funds for financial assistance for YMCA memberships and program subsidies. In 2024, 195 donors raised over \$292,000 for this financial assistance program.



SEND THE FLOCK!

To fluff up our fundraising feathers, we asked members and donors to send flocks of flamingos to staff over the month of June. The goal was to send a little love to our staff and to raise awareness about our financial assistance program. Together with the flamingos, we raised over \$2,000. Thank you to everyone who flocked together to make this happen!



LIVESTRONG at the YMCA CAMPAIGN

LiveSTRONG at the YMCA is a free fitness program to help cancer patients and survivors regain strength, flexibility, and confidence during and after cancer. There is no program revenue generated for this program, so it is entirely donor and grant funded. Thank you to our generous donors who support our cancer community.



DREAM MAKER CAMPAIGN

The Dream Maker Campaign raises funds for full-year scholarships for youth in need. The Y receives referrals from schools and community partners, identifying kids who could benefit from the scholarship. In 2024, 78 donors raised nearly \$12,000, which is enough to provide 45 youth with full Y scholarships!

2024 GRANTS & FUNDRAISING GRANTS



OTTO BREMER TRUST

General Operations funding to help with the daily needs of our Y community and facility upkeep.



BK5K

Youth sports equipment for After School Care, Aquatics, Adaptive programming, and Teen Night.



MARGARET H. AND JAMES E. KELLEY FOUNDATION

Funding for safety training through Blue Ethos for our YMCA staff, as well as General Operations funding for Camp Wenonah.



ELIZABETH CALLENDER KING FOUNDATION

Funding for Translate Live, a translation and interpretive technology to help us communicate across over 200 languages including American Sign Language.

Our banner sponsorship program recognizes donors who have contributed \$1,000 or more. The banners are proudly displayed throughout our facility, 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: www.winonaymca.org/annual-campaign.

2024 BOARD MEMBERS

Thank you to our Board, Leadership and Part-Time staff who bring passion, care, and dedication to work every single day. Thank you for living our mission and creating connections in our community.

Janel Miller
President

Nancy Denzer
Vice President

Rick Christenson
Secretary

Ben Johnson
Past President

Andrea Northam

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Christopher Rand

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Becky Wisted
Child Watch Coordinator

Brandy Walentiny
Youth Development Director

Erin Johnson
Aquatics & Safety Director

Kristen Young
Accounting Coordinator

Danelle Thoresen
Member Services 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

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 donors like YOU. 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

www.winonaymca.org/donate



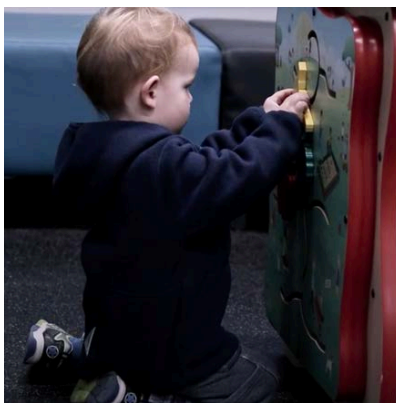
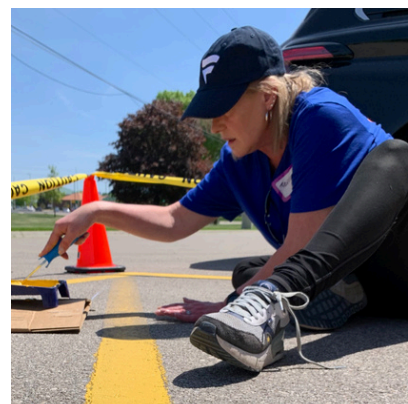
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**DONATE TODAY – BECAUSE EVERY
CONTRIBUTION MAKES A DIFFERENCE!**

As always, we welcome your engagement, support, and feedback to help our organization live its mission.

Contact us at
www.winonaymca.org/contact



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