BUILD STRONG

OUR CAUSE DEFINES US
We know that lasting personal and social change comes about when we all work together. That’s why, at the Springfield Y, strengthening community is our cause. Every day we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

KIDS
FAMILIES
COMMUNITY

YMCA of Springfield, IL 2016 Community Benefit Report
The YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our **Strong Kids Scholarship Fund** provides financial assistance to individuals and families who need a safe place to assist them in becoming healthy, connected, secure and confident. At the Springfield YMCA, one in six people who walk through the doors receive some amount of financial assistance to help pay for membership or programs.

Last year, charitable gifts from our **Superhero Donors** made it possible to provide over 2,800 scholarship memberships totaling $348,191. In addition, 55 individuals participated in our Special Needs Aquatic Program (SNAP), and 162 mentally or physically challenged individuals participated in our Saturday Strikers Bowling program.
The YMCA has been a part of the Springfield community for 143 years. Every day we take on challenges that shape our community’s future – challenges such as establishing healthier lifestyles, supporting families by bringing them together in a safe environment, combatting obesity and teaching positive social interaction.

Our members and friends call us THEIR Y. Since 1874, we’ve been proud to help our neighbors learn, grow and thrive. We call our neighbors, members, guests and friends OUR greatest resource of people who work alongside us and support our work.

Throughout Springfield, countless people know the Y for adult fitness or youth sports. It seems every child learns to swim at the Y. But there’s so much more to our Y than you may think. We are exercise and education, volleyball and volunteerism, preschool gymnastics and preventative health. The Y doesn’t just strengthen our bodies, it strengthens our community.

The Y is so much more than a gym. It’s a cause dedicated to youth development, healthy living and social responsibility. Fortunately, where some see obstacles, we see opportunities for our members, volunteers and staff to make a difference. However, we need your support to make it happen. No other organization can impact as many people as powerfully as we do every day.

Last year we served 18,592 youths at the Y. We provided 2,864 youth and family scholarship memberships and 145 summer camp weeks to underprivileged youth ages 5–14. We also provided programming to an additional 217 participants who are physically or mentally disadvantaged.

We do this amazing work with your generosity and support.

Thank you for being part of our YMCA. We are grateful for your involvement. Together, we can build a stronger community.
Superhero Donor Knows the Importance of the Y to Our Community

If you ask any of the morning regulars at Kerasotes if they know Erik Welch or Kevin McDermott, they may not know their names but they are very familiar with what they do at the Kerasotes Y. You see, Erik and Kevin have been friends for over eighteen years and share a love for swimming that inspires anyone who knows their dedication to friendship and the pool.

About six years ago, Erik suffered a traumatic brain injury which damaged his balance and left him unable to walk on his own. After the injury, he spent a year and a half in a rehabilitation facility in Omaha, Nebraska. His treatment involved active therapeutic recreation including aqua therapy. In Omaha, Eric, Kevin and his mother, Catherine O’Connor, discovered that Erik could regain mobility in the pool. About that time, the Kerasotes facility opened and Kevin was one of the first customers to the new branch. He proposed that Erik could continue his rehabilitation in Springfield as the therapy pool at Kerasotes would be perfect for him. Soon after, Erik was back home.

Because of the brain injury, Erik has limited use of his legs and one arm. Each day he enters the Kerasotes branch in a wheelchair and goes straight to the therapy pool where Kevin gently lifts him from his chair. He then walks supporting Erik’s arms on his shoulders while backing into the pool. Once they are submerged into the water, Kevin places a snorkel on Erik and Erik gets right to work. He swims laps while Kevin “spots” him making sure he is safe. When they first started this routine, they would meet a few days a week and Erik could only make it about 50 feet. Kevin Jarvis, a Kerasotes lifeguard, suggested they use a snorkel to make breathing easier and now they are up to a half mile every day. The new workout takes about an hour to complete.
Kevin says the pool has made a tremendous difference in Erik’s health both physically and emotionally. He has stopped taking blood thinners, reduced his seizure medication, and has become more mobile because of his daily exercising. In addition, Erik is super positive and loves coming to the Kerasotes branch where it “feels like family.”

It is no secret what this friendship means to them both. When you ask Kevin about Erik and his progress, tears start to well in his eyes. Kevin said, “I have a real problem keeping my emotions in check while talking about Erik. The YMCA has meant a great deal to us.” In return, Erik expresses his appreciation of Kevin. He says, “Kevin is a pretty cool guy. I just want to thank him for swimming with me every morning.” Kevin is truly grateful for his friendship with Erik and that the YMCA provides the warm and inviting environment where Erik can participate in the therapy that has been such an integral part of his rehabilitation.

“I have a real problem keeping my emotions in check while talking about Erik. The YMCA has meant a great deal to us.”

In addition to swimming, Erik participates in the Y’s chair yoga and is a patient at Memorial SportsCare. In the warmer months, he swims at the Nelson Center pool. He also spends his free time drawing and volunteering for many different organizations. He is a volunteer for the Old State Capitol Historic Site and is a Shrine Clown; ironically his clown name is “Speedo.”

Not only is Kevin a great friend to Erik, but Kevin has been a great friend to the YMCA. Kevin and his high school friend, John Drew, have a charity tennis tournament called The McDrew which donates proceeds to various charities each year. In 2016, The McDrew selected the Springfield YMCA as the recipient because of the diverse range of opportunities it provides to the Springfield community, including Erik. The YMCA was overwhelmed by their generosity. Kevin said, “The YMCA is one of the greatest resources that Springfield has and this pool has given so much to Erik and me.”

It is an honor and a privilege to have Kevin and Erik in our facility every day. Their friendship has carried them through life’s challenges. They are a perfect example of resilience, loyalty, commitment, compassion, dedication and hard work.
OUR AREAS OF FOCUS:
Youth Development, Healthy Living, Social Responsibility

YOUTH DEVELOPMENT

At the Y, we develop programming to respond to the emerging opportunities to better serve our children and youth. Y programs offer support, empowerment, boundaries, expectations, and constructive use of time. We do this to foster within each child a commitment to learning, positive values, social competencies and positive identity.

Child Care & Day Camps
The Springfield Y has been hosting summer camps for over 100 years, so we understand summer camp is about making memories that will last a lifetime and meeting forever friends. YMCA summer camp is where kids go to discover fun, friends, and find new talents. We have camps for the outdoor adventurers who love exploring, crafts, canoeing, trail hiking, archery and the many active camp games from kickball to Red Rover. Our day campers gain independence, build self-confidence and learn new skills. In 2016, the Central Illinois Foodbank provided breakfast and lunch to our Camp Wa-Kon-Tah campers. Over 10,500 meals were provided.

Healthy Kids Day Festival & Triathlon
Healthy Kids Day is all about building the “WOW” factor inside every kid... whoever they are and wherever they are from. During Healthy Kids Day, the YMCA holds a free community event to inspire more kids to keep their minds and bodies active. In 2016, we hosted our first ever Kids Triathlon in conjunction with Healthy Kids Day. We had over 80 kids participate in this event. The weather did not cooperate, but the kids had a ball!

Youth Fitness Center
The Downtown branch of the YMCA opened a new state-of-the-art Youth Fitness Center on June 1, 2016. An under-utilized racquetball court was refurbished with new floor and lighting to provide this center with four pieces of new equipment that use light, sound and technology to keep people moving. Each piece can be used by individuals or groups which allows family members or friends to compete against each other. The fitness center is funded partially through a grant from Blue Cross and Blue Shield of Illinois. The equipment provides physical benefits ranging from strength to agility to heart health. This new center is used primarily by teens ages 8–13. In 2016, we had about 4,100 kids utilize the Youth Fitness Center.

Youth Sports Leagues & Teams
The Y’s Youth Sports department promotes fun activities that build athletic, social and interpersonal skills. Indoor and outdoor soccer, basketball, martial arts, fencing and volleyball are just a few of the sports the Springfield YMCA offers to our youth. We also boast gymnastics and swim teams! We had 7,218 kids participate in youth sports leagues in 2016.
“Anybody can make it. Everyone is just a kid from somewhere at one point in their life.”

- Ryan Held, former SPY swimmer

_World’s Largest Swim Lesson_

Tragically, drowning remains the leading cause of unintended, injury related death for children ages 1-4, and the second leading cause of accidental death for children under 14. Research shows participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged 1 to 4, yet many kids do not receive formal swimming or water safety training.

The Springfield Y served as an official host location facility for the World’s Largest Swim Lesson. The Y offered free half-hour lessons to both members and non-members. Over 100,000 people participated in this event nationwide.

_Youth Aquatics_

The Springfield YMCA (SPY) Swim Team is a YMCA/USA year-round competitive swimming program offering quality professional coaching and technical instruction for all ages and abilities. The vision of the SPY Swim Team is to foster an environment allowing individuals to become superior swimmers and better people, to contribute to team camaraderie and sportsmanship, and build lifelong skills consistent with the Y’s mission and cause.

In 2016, the YMCA SPY Swim team had many successes. SPY was the Illini District champion with 141 swimmers participating. They made 12 meet records! They were also the Illinois State Team Champions with 68 qualified swimmers and 10 meet records. At nationals, they finished in an impressive 15th place out of nearly 250 teams with only 14 swimmers. In addition, SPY Swim Team’s very own Ryan Held helped team USA win gold in the 400-meter relay at the 2016 Summer Olympics. It was another special year for our swim team!
HEALTHY LIVING

Health and well-being are all about balance. That’s why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

Diabetes Prevention Program

The YMCA’s Diabetes Prevention Program is the most evidence-based diabetes prevention program in the world with high success rates in preventing or delaying the onset of Type 2 diabetes. In 2016, we had 9 individuals begin the year-long program which focused on long term changes and lasting results.

The program provides a supportive environment where participants work together to achieve the program goals of reducing their individual weight and increasing physical activity to help reduce the risk of developing diabetes. The program is led by certified lifestyle coaches and includes topics focused on healthy eating and physical activity.

Group Exercise & Personal Training

The Y’s certified personal trainers and group exercise instructors provide members with over 130 class options per week across our association. They empower people to maintain or improve physical activity, health and wellness. They also offer an opportunity to create new connections and friendships!

In 2016, Y members and others visited the Y’s group exercise classes 80,768 times! The Y’s guided fitness programs are making it easier and more enjoyable for our community to exercise.

Offsite Wellness

Working out during the day offers some great benefits. Numerous studies have found that exercising improves our mood and positively impacts performance, but sometimes getting to the Y can be difficult. Because a healthy body, mind and spirit are paramount, we offer fitness classes at an offsite location so people have yet another option to getting their workout in for the day. We offer this convenience to both members and non-members. Classes offered are Power Pump, Kickboxing and Zumba.

Programs that Instill Confidence, Accountability and Determination

The Y offers many programs throughout the year to get people motivated to get and stay in shape. Some of our most popular programs are Total Body Transformation and Lose Big. The goal of the Total Body Transformation program is to transform and sculpt participant’s bodies and mentally challenge each individual to their limits. The YMCAs Lose Big program is an 11-week intensive activity program for individuals who are ready to push themselves to the limit to lose weight and begin on the path to healthy lifestyle changes.
Silver Sneakers
The Springfield YMCA offers a variety of programs designed for active older adults. These programs help older adults maintain healthier lifestyle, strengthen social ties, and have a positive outlook on life. SilverSneakers is an award winning blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health, and have fun while doing so! The Springfield YMCA has over 1,580 seniors who are part of our SilverSneakers program.

Sports Leagues
Adult sports leagues like racquetball, volleyball, and badminton give adults a time to play while building relationships. Organized and competitive leagues that utilize the Y’s unique amenities make exercise and well-being the natural byproducts of sport and fun!

Heart of the Woman
This two-hour free event is offered to women of all ages. It’s an opportunity to be entertained, educated and motivated to be proactive about taking care of oneself. This event is hosted by Memorial Medical Center and conducted at the Kerasotes YMCA. Just one more way to ensure that everyone knows the importance of healthy body, mind and spirit.
SOCIAL RESPONSIBILITY

The YMCA has been listening and responding to our communities’ most critical needs for nearly 150 years. Whether developing skills or emotional well-being, welcoming and connecting diverse populations or advocating for healthier communities, the Y fosters the care and respect all people need and deserve.

Saturday Strikers Bowling Program

The Saturday Strikers Bowling Program is a bowling program for persons with disabilities. It is offered to both members and non-members completely free. This program offers bowling, shoe rental and, in some circumstances, transportation to and from the bowling alley. It provides physical exercise, team building, self-confidence and a path out of isolation. In 2016, the Y had 162 participants in the Saturday Strikers Bowling program with an average of 75 bowlers a week. This program is offered about 40 weeks of the year. In August 2016, we sent a team of 60 athletes to compete in Special Olympics. This was the largest team in Central Illinois. We are proud to report that 14 individuals went on to the state level where we won two gold, four silver, and three bronze medals. We also had four athletes place 4th and one place 8th.

Special Needs Aquatic Program (SNAP)

The YMCA SNAP (Special Needs Aquatic Program) program has been in existence for over 15 years. The primary focus of this program is to provide swim lessons to individuals with mental or physical disabilities. In 2016, we offered swim lessons to about 230 children. We offered 113 of these lessons completely subsidized.

Mini Mobile Food Pantry

In November, the YMCA hosted a Mini Mobile Food Pantry in our downtown parking lot. YMCA employees and volunteers from the Illinois Foodbank helped pass out food to local families. A total of 169 households, which included 397 children, 284 adults and 24 seniors, were provided fresh fruit and vegetables, milk and eggs. Over 11,000 pounds of food was distributed to 705 individuals!

Community Garden

In June of 2016, the Springfield YMCA broke ground on our community garden, “Roots.” The garden was paid for by a grant from Fiskars Corporation. This community garden engages all people in our community regardless of age, gender, race, income or ability. Upkeep has been managed by staff with youth from camps or Gen H Kids. The YMCA Community Roots Garden has four 4x10’ standard raised beds and two 4x4x4’ handicap accessible beds. (Just under 200 square feet of growing space.) In the summer of 2016 these beds produced two rotations of produce that were supplied free of charge to Y members and visitors to the Kerasotes YMCA. Members and visitors alike have enjoyed free access to kale, peppers, radishes, green, onions, cucumbers, zucchini, tomatoes, and more!
Collaboration with Matthew Kids

The summer of 2016 the Y collaborated with the Matthew Project. The Matthew Project provides clothing, food, tutoring, mentoring and life-skills classes to Springfield School District 186 homeless children. We provided summer camp and tutoring for fourteen Matthew Project kids. In addition, we received a grant from our local food bank that provided a healthy breakfast and dinner for all our summer camp kids.

The goals of this collaboration were to provide a safe, healthy, educational, and fun summer for the Matthew children through participation in the YMCA summer camp. All of the children progressed academically with many achieving skills at the level of mastery as measured by Common Core Guidelines. All of the children received two meals per day with some care packages for the family evening meals. Lastly, all of the children received swimming lessons, and reached a safe level of competency in their swimming ability.

Hispanic Heritage Family Festival

Each year Americans observe National Hispanic Heritage Month by celebrating the histories and cultures of Spain, Mexico, the Caribbean, and Central and South America, as well as the contributions Latino Americans have made to the culture and society of our community. On a Sunday in October, the Kerasotes YMCA turns into a fiesta! The free Hispanic Heritage celebration offers arts and crafts displays, piñatas and kids crafts, samples of delicious ethnic Latin American dishes, and folkloric dance performances.

ANNUAL GIVING CAMPAIGN
STRONG KIDS

Funds raised through this campaign support The Strong Kids Scholarship Fund. This fund provides financial assistance to individuals and families who need a safe place to assist them in becoming healthy, connected, secure and confident. At the Springfield YMCA, one in six people who walk through the doors receive some amount of financial assistance to help pay for membership or programs.

Last year, charitable gifts made it possible to provide over 2,800 scholarship memberships totaling $348,191. In addition, 55 individuals participated in our Special Needs Aquatic Program (SNAP), and 162 mentally or physically challenged individuals participated in our Saturday Strikers Bowling program.

In 2016, the Y put over $520,000 back into our community.

Pie for the Y

There is no better way to raise money during our Strong Kids Campaign and have fun while doing it! The premise is easy: employees design money buckets and tell their friends and family that they are accepting donations! If an employee collects $100 or more, they get pied. The employee that collects the most money gets to pie the CEO of the YMCA. Local businesses expanded the concept and had challenges at work. The winning employee would get to pie their boss or director of their organization! This fun and messy series of events collected over $6,500 by employees and local businesses.

Golf for Kids

Our annual Golf for Kids outing is a fun way to spend an afternoon swinging the sticks to benefit many children who participate in Y membership and programs. All proceeds raised from the Golf for Kids outing benefit our Strong Kids Scholarship Fund to support children. In 2016, over 100 golfers and over 50 volunteers made this day a great one!

Trivia Night

This annual fundraising event is a great way to show off what you know while enjoying fun and fellowship. Over 370 supporters packed the Kerasotes gymnasium for an enjoyable evening for our Strong Kids! The event was made possible with the help of over 40 volunteers.
25,874

BRIDGING THE GAP

2,864 Individuals, Kids, & Families Received Scholarships.

LEARN, GROW, & THRIVE

$521,361 Total Contributed Dollars

1,733 VOLUNTEERS provide 18,359 hours of service to the Y.

100% Of every dollar of funds raised stay in this community. Because no one is turned away.

3,273 CHILDREN played, laughed, and stayed engaged in Y Summer Camp.

11

229 SNAP (Special Needs Aquatic Program) lessons were taught.

800 CHILDREN AND FAMILIES JOINED FOR A DAY OF PLAY AT HEALTHY KIDS DAY HELD AT KERASOTES.

225 kids participated in Y Swim Teams.

80,768 check-ins at group exercise classes.

We serve 4,500 individuals 65+

1,587 participate in Silver Sneakers

162 participation in Saturday Striker Bowling League which serves mentally and physically handicapped adults.

800 CHILDREN AND FAMILIES JOINED FOR A DAY OF

800

IN OUR POOL

4,021 Individuals took swim lessons & 76 took Lifeguard classes.

683 INDIVIDUAL DONORS & CORPORATIONS made this page a reality. THANK YOU.

683

10,000 meals were served to low-income youth.

INDIVIDUAL DONORS & CORPORATIONS made this page a reality. THANK YOU.

4,934 kids played soccer.

IN OUR POOL

4,021

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How much does the Y receive because we are a charity?

**Contributed Support**
- General Contributions: $67,023
- Annual Campaign Revenue: $232,331
- United Way/Community Chest: $8,419
- Foundation Grants: $1,000

**Total Contributed Support Received**: $308,773

**Volunteer Support**
- Program/Board Volunteer Hours in Monetary Value: $412,252
- Policy Volunteer Hours in Monetary Value: $20,285

How much do we give away because we are a charity?

**Direct Community Assistance**
- Healthy Living Assistance (Low-Income Youth, Family, & Individual Memberships): $328,604
- Youth Development Assistance (Child Care, Before & After School Care, Summer Camp): $24,208
- Other Financial Assistance (Swim Lessons, Youth Sports Leagues, Saturday Strikers, etc.): $111,455

**Indirect Community Assistance**
- Facilities Used by Community Groups: $8,391
- Outreach and Community Development Support: $48,703

**Total Community Support Provided**: $521,361

Our Community Outreach
- Total no. of Y members: 25,874
- Total no. of Y program participants: 14,128
- Total no. of Y members and program participants under 18: 17,545
- Total no. enrolled in before and afterschool programs: 496
- Total no. enrolled in youth swim lessons: 4,201
- Total no. enrolled in summer camp: 3,273
- Total no. enrolled in youth sports programs: 7,218
- Total no. of community members at special events: 7,755
- Total no. of full- and part-time Y staff: 518

Our Community Support
- Total no. of program volunteers: 1,516
- Total no. of policy volunteers: 217
- Total no. of volunteer hours: 18,359

Your dues operate the facility. Your gift changes lives!

MEMBERSHIP FEES @ WORK
- Facility Repairs, Cleaning, & Maintainence
- Equipment
- Pool Costs
- Administration

COMMUNITY SUPPORT DONATIONS @ WORK
- Membership Scholarship
- Before & After School Program Scholarships
- Saturday Strikers
- Aquatics Scholarships
- Child Care Scholarships
- Youth Sports Scholarships
- Community Outreach

Vs.
THANK YOU 2016 STRONG KIDS ANNUAL CAMPAIGN DONORS

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Andrews Engineering, Inc.
Becky, Joel & Tess Antonacci
Bank of Springfield
Marilyn Bidwell
Bowmark Consulting Group
Marilyn & Steven E. Brown
Robert Bunn
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Rosalee Preckwinkle*
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*Charter Members

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Community Foundation
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Mid-West Family
Broadcasting Group
OutBreak Designs
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Mary Jo & Bud Potter*
Mr. & Mrs. John Pruitt
Asima & Adil Rahman
Springfield Pepsi-Cola Bottling Co.

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Michael Brewer, M.D.
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Tari & Patrick Butler
Carrollton Bank
Linda & Grady Chronister
Tanya & Gregory Collins
Lynn & John R. Eck, Jr.
Anna Evans
Nicki Florence
Mary & Bill Forsyth
Christine & Tony Guzzardo
Harold O’Shea Builders
Neha Amin & Peter Hofmann
Integrity Soccer Club
Berta & Bob Kay
Debbie & George Rudis
Scheels
Linda & Leonard Shanklin
Angie & Todd Sowle
Jill & Bruce Steiner
Warren Stiska
Guerry Suggs
Dr. & Mrs. D. Lance Taylor
Tracy & Greg Turk & Family
Mr. & Mrs. John D. Vaughn
William Waters
Larry Wedding
Donald J. Wright

$500 Youth Sponsor
Mike Aiello
Allied Fence Company
Andre Iguodala Youth Foundation

Foundation
Andre Iguodala Youth
Allied Fence Company
Mike Aiello
$500 Youth Sponsor
Donald J. Wright
Larry Wedding
William Waters
Mr. & Mrs. John D. Vaughn
Tracy & Greg Turk & Family
Dr. & Mrs. D. Lance Taylor
Guerry Suggs
Warren Stiska
Jill & Bruce Steiner
Angie & Todd Sowle
Linda & Leonard Shanklin
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Berta & Bob Kay
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Larry Wedding
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Susan & Ben Berry
Body Symmetry
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