



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

For a Better You For a Better Community For a Better us



79th WORTHINGTON AREA YMCA
ANNUAL MEETING REPORT & PROGRAM

AUGUST 28, 2023



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WELCOME TO:

The 79th Worthington Area YMCA Annual Meeting

Agenda:

- ◆ Welcome/Call to Order: Kylie Turner
YMCA Board of Directors President
- ◆ Invocation: Mark Wibbens
Interim CEO/Executive Director/
Director of Operations
- ◆ Additions/Changes to the Agenda — All
- ◆ Board Develop- Election of Directors Class of 2023/24 (see page 5)
Chair of Y Board
Development Com-
mittee
- ◆ Report on past years work: (see page 6-20)
Kylie Turner
Mark Wibbens
YMCA Board of Directors President
Interim CEO/Executive Director/
Director of Operations
- ◆ 2022 Audited Financial Report: Randy Thompson
(see page 15)
Finance Committee Member &
Treasurer—Y Board of Directors
- ◆ Board Member Recognition: Mark Wibbens
Interim CEO/Executive Director/
Director of Operations
- ◆ Annual Meeting Closing Comments: Kylie Turner
YMCA Board of
Directors President
- ◆ Adjournment/Closing of Annual Meeting: Kylie Turner
YMCA Board of
Directors President



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WORTHINGTON AREA YMCA LEADERSHIP

YMCA Board of Directors

President: Kylie Turner

Vice President: America Voss

Treasurer: Randy Thompson

Secretary: Jason Gerdes

Directors

City Council Representative - Alaina Kolpin

Bill Gordon

Pastor Ryan Enderson

Lori Dudley

Josh Dale

Daniel Bernstrom

Beve Vajgrt

Dulce Willardson

Adam Dahlquist

Roxanne Hayenga

Pastor Jeremy Halquist



YMCA Staff

Mark Wibbens, Interim Executive Director/CEO/
Business Operations Director

Khrystyna Lupkes, Member Engagement Director

Payton Marquardt, Sports & Recreation Director

JoElle Kielkopf, Aquatics Manager

Jill Cuperus, Center for Active Living Director





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OUR MISSION

The Worthington Area YMCA's mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

DIVERSITY & INCLUSION PLEDGE

The Worthington Area YMCA is an organization of people joined together by a shared commitment to ensure that everyone has the opportunity to learn, grow and thrive. By prioritizing diversity and inclusion, we seek to ensure that all segments of society have access to the YMCA and feel welcome and fully engaged as participants, members, staff and volunteers.

STRATEGY SCREEN-WORTHINGTON AREA YMCA

The set of criteria that our YMCA will use to choose whether particular strategy is consistent with its identity.

Our strategies must...

- Be financially viable
- Include measurable impact
- Meet documented, data-driven, current and future needs, and have a method of evaluation.
- Take advantage of collaborative and partnering opportunities
- Be consistent with our mission
- Be encompassing, inclusive, and welcoming
- Must be able to help tell the story.



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2023 WORTHINGTON AREA YMCA

BOARD OF DIRECTORS OFFICIAL NOMINATIONS

Those nominated for the following terms to the YMCA Board of Directors to fill vacancies left by retiring Board Members:

(A) Three Seats Available for Nomination

Jeremy Hallquist (3 year term)
Andrea Johnson (3 year term)
Katheria Edens (3 year term)

Those nominated for a second Three (3) year term on the YMCA Board of Directors:

(B) Two Seat Available for Nomination

Kylie Turner
Roxanne Hayenga



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The Y is all about change—changing lives for our youth as they become our future, changing our own routines and eating habits to lead to a healthier lifestyle, changing ideas and perceptions to strengthen community. Change is good.

As Benjamin Franklin once said, “When you’re finished changing, you’re finished.”
We’re not finished. We’re not even close.

We know the impact that the Y has on communities worldwide, and we know that we can affect change beginning in our own community as we all work together for a better us.

Y Annual Meetings. We will continue to report on our organizations business each year to the membership and we will without a doubt continue to recognize the youth in their programs as well as the dedicated volunteers each year. Our Annual Meetings will be held each year in the summer months shortly after the previous years financial audit is completed. Our board will elect the new directors and report on the previous year. The Board year is from September 1 - August 31. The Youth and Volunteer recognition celebration will be held later in the year, typically in November.

The Y and its strengths; our Contributing Partners: As stated on the beginning of the report, “For a Better Us”, this only happens with the community coming together. Our Y has been blessed in many ways by our partners in the community as shown within this report. There is information that lists the supporters that helped us in so many ways, by reducing barriers and making programs and services available to ALL. We thank the Nobles County United Way for their continued support, and the hundreds of contributors that helped reach our Strong Community Campaign Goals. Those that contributed \$75 or more are recognized within the report, and the Worthington Regional Health Care Foundation that has supported our programming efforts.

Leading the Way : At the Y, we strive to make sure that every child’s day brings about bigger and brighter achievements – Each year contributions to the YMCA Strong Community Campaign ensures that children who are unable to pay for programs can be included. These programs teach them values that will positively impact their lives and the community we all live in.

At the Y, one of our most important goals has always been to enrich the lives of kids in our community.

When some of these children are left out, it leaves us all a bit poorer. As someone with vested interest in the future of your community, you can help these kids grow into responsible, successful adults. The Y activities help children develop valuable skills, gain confidence and build self-esteem.

At the Y, we strive to make sure that every child’s day brings about bigger and brighter achievements – but we can’t do it alone! SO, again this year we have asked the community to help out by contributing to the Strong Community Campaign assuring that no child or family will be turned away from the Y due to the inability to pay the established fees.

You will see on page 22, all the donors who gave \$75 or more to the **2022** campaign.

Who Helped us get there?: We are continuing our partnership with the Worthington Regional Health Care Foundation. Because of this partnership the Y has been able to reach so many more.

The WRHCF made a matching grant to work in cooperation with the Y Strong Kids Campaign. The funds were to be set aside to help offset youth program costs at the YMCA. These programs so far have been made possible by the donations earmarked for the program including the matching grant of \$60,000 from the WRHCF.



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Board and Committee Work: We have also worked this past year to work on specific goals and objectives in our forever evolving YMCA. We set some plans and assigned work in the following area with one over all Goal:

“To Strengthen our Mission and Position within the community”

Board of Directors:

- . 16 Member Board
- . Including one City of Worthington Council Representative

How can the Y attract and retain more youth

- . Explore transportation options
- . Committee Action Steps
- . Target marketing—Teachers, parents, specific youth organizations, etc.
- . Organization improvements

Strategies to meet the diverse needs

- . Find mentors within the community to represent the diversity we are trying to address
- . Focus on inclusivity with memberships and programs to reflect the needs and interests of the community
- . Transportation - Y Bus

Board/CEO Strategic Planning

- . Create a welcoming environment with Board and Staff to set them up for success along with personal relationships that include families, etc.
- . Define who the Stakeholders are and facilitate introductions
- . Create and onboarding plan to include forward thinking, top goals for position, a group of people for current staff, a structured evaluation and succession plan with expectations and priorities that include measurable results.

Worthington F.C. (Futbol Club)

- . Primary goal to work along with established Board/Committee to provide Summer Traveling/Competitive Soccer Program.
- . 2016: U17 Girls, U17 Boys, U15 Boys and U12 Boys
- . 2017: U17 Girls, U18 Boys, U17 Boys and U13 Boys
- . 2017: U18 Boys, U17 Boys both won State Championships in the MYSA.
- . 2018: U18 Boys won league, participated in Schwans International Cup, U15 Boys won league and finished 2nd in State with MYSA, U18 Girls, U13 Boys.
- . 2019: U18 Boys and U18 Girls, U16 Boys won their league and won the MYSA state Championship, the U14 Boys ended up 2nd in their league and also participated in the MYSA State Tournament.
- . 2020: U16 and U18 Boys teams were created. Season cancelled due to Covid-19 but were able to transfer 17 registrations to the 2021 season
- . 2021: Did not run
- . 2022: Did not run

King Turkey Day 5K/10K Committee

- . Primary goal to work with Committee and Y Staff to provide quality walk and run events on King Turkey Day Weekend
- . 2016 2nd year of taking over the 10k, 230 runners, 400 5k Walkers
- . 2017 3rd year of taking over the 10k, 190 runners, 400 5k Walkers and 150 NEW 5k race participants!
- . 2018 4th year of taking over the 10k, Biggest Change will be all events starting time will be at 9:00am.
- . 2019 5th year of taking over the 10k 40th Anniversary 20th Anniversary of the 5k Walk and 3rd year in additional 5k race.
- . 2020 6th year of taking over the 10k; run/walk was done virtually to engage community members in lieu of an in-person race.
- . 2021: 7th year taking over the 10k; 5k run/walk. 139 10k runners, 89 5k walkers, & 127 5k walkers.
- . 2022: 8th year taking over the 10k; 5k run/walk. 140 10k runners, 120 5k runners, & 163 5k walkers.

We hope that with the reports and information we have provided a snapshot of all that happens at the Y. We are looking forward to continuing to move forward in a post-Covid world and also look forward to the exciting stories we will tell a year from now. Thanks for being a part of the Y...Because of YOU...we are so much more than just a gym and pool, and because of that, there will be a BETTER US...FOR ALL! - Thank you!

Kylie Turner — President Y Board of Directors
Mark Wibbens — Interim Executive Director/CEO/Director of Operations

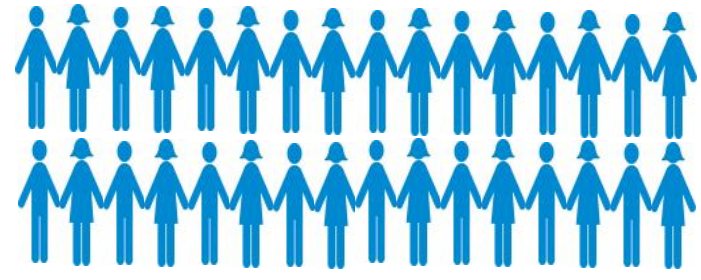


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BRINGING COMMUNITIES TOGETHER

In 2022 the Worthington Area YMCA strengthened our community through youth development, healthy living and social responsibility.

9



members that took advantage of personal training sessions and were provided by 2 personal trainers to help clients meet their individual health and fitness goals.

Over 809



individuals who participated in youth pro-

Over 47



Youth attended Y Camp each week during summer, learning new skills and creating new friendships in a safe, nurturing environment.

Over 660



individuals developed skills in and around water through our group swim lessons, private lessons, swim camp, and our safety around water program.

Over 1,329



lives saved during our 2021 Red Cross Blood Drive Events

Over 330

participants took part in group exercise classes each week.





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LIFE CHANGING IMPACT

Nearly **998** lives changed with a scholarship for YMCA memberships in 2022!

Over **809** lives of kids changed—by participating in YMCA Youth Programs.

Countless lives changed through our partnerships with over **20** other area agency partners to provide programming for area youth and families.

In 2022, the Y gave over **\$41,000** in DIRECT membership and program scholarships and program subsidy to change the lives of those in need. This is only the beginning of the many other subsidies the Y provides all year long.

The Worthington Area YMCA's goal this year is to raise over **\$90,000** from the Y Cruise Dinner event and the 2022 Strong Community Campaign to be able to continue changing lives through these programs. We landed at **\$91,240!**

Thank you for helping the Worthington Area YMCA makes such a big impact on so many lives each year!

www.ymcaworthington.org

507-376-6197



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Message from the Interim President:

This past year has been another very good year for the Worthington Area YMCA. I am proud of how the Y staff and Board of Directors continue to be so committed to the YMCA and its mission. It was exciting to see all the programs running with good participation.

Membership at the Y has continued to climb since the shut down during the pandemic in 2020. Current membership units have finally surpassed pre-pandemic numbers; we ended 2022 with 2,469 members. Thanks to all of you that have returned post-pandemic, and all our new members. The Y is always striving to find ways to meet the expectations of our current members as well as prospective members.

The Worthington Area YMCA continues to be involved in the community and to give back; we are ever grateful to our donors who continue to support our cause and mission. The Y has been hosting its annual Halloween festival at Pioneer Village and through this event were able to donate 490 pounds of food and \$409 to the Manna Food Pantry. The Y also received a Hunger Relief grant in conjunction with District 518 to provide free meals for eligible children during the summer of 2022. The YMCA was also fortunate to receive a grant in the amount of \$45,000 from YUSA to promote our Summer Day Camps, provide crafts, field trips, etc. for the children in attendance.

The last year's fundraisers, the Cruise Dinner Gala and Strong Community Campaign were successful for the Y. The Strong Community Campaign assists the Y in removing barriers by providing discounted memberships and programs to all, no matter their financial abilities. Thank you to all of you that attended the Cruise Dinner or contributed to the Strong Community Campaign.; we are very grateful for your continued support and generosity.

The Jami Cummings Safety Around Water had another good year providing second graders in the Nobles County area the opportunity to learn how to swim and to become comfortable around water. This has been a very successful program for the youth in our area. There were 350 students who participated from the Worthington School district and surrounding districts which brings the total to 2,750 second graders who have participated over the last 10 years.

We continue to focus on Youth Development, Healthy Living, and Social Responsibility; along with building a healthy mind, body, and spirit for all members.

Respectfully,
Kylie Turner – YMCA Board President



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Date: August, 2023

To: The Worthington Area YMCA Board

Submitted by: Mark Wibbens, Interim Executive Director/CEO

Subject: Annual Report

Dear YMCA Members & Friends,

We are grateful to say that coming out of 2022, we have had the opportunity to return to normal operations and are offering all of the programs that we had offered pre-pandemic. We are coming out of this stronger now than ever and looking to the future with hope and optimism!

The annual report highlights our achievements from this remarkable year. We are committed to serving our community and fulfilling the Y Movement and mission through building strong kids, strong families and strong communities.

Thank you to our members, donors, partners, volunteers and staff who continue to support us and the critical work we do in Worthington and the surrounding communities. We look forward to the future and know there will be great opportunities as we continue to expand our work. We look forward to continued connections with all of you in the future.

Respectfully submitted,
Mark Wibbens



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YMCA FINANCIALS

2022 AUDITED AND REPORTED ACCEPTED AND APPROVED BY THE BOARD OF DIRECTORS, AUGUST 28, 2023

Worthington Area YMCA

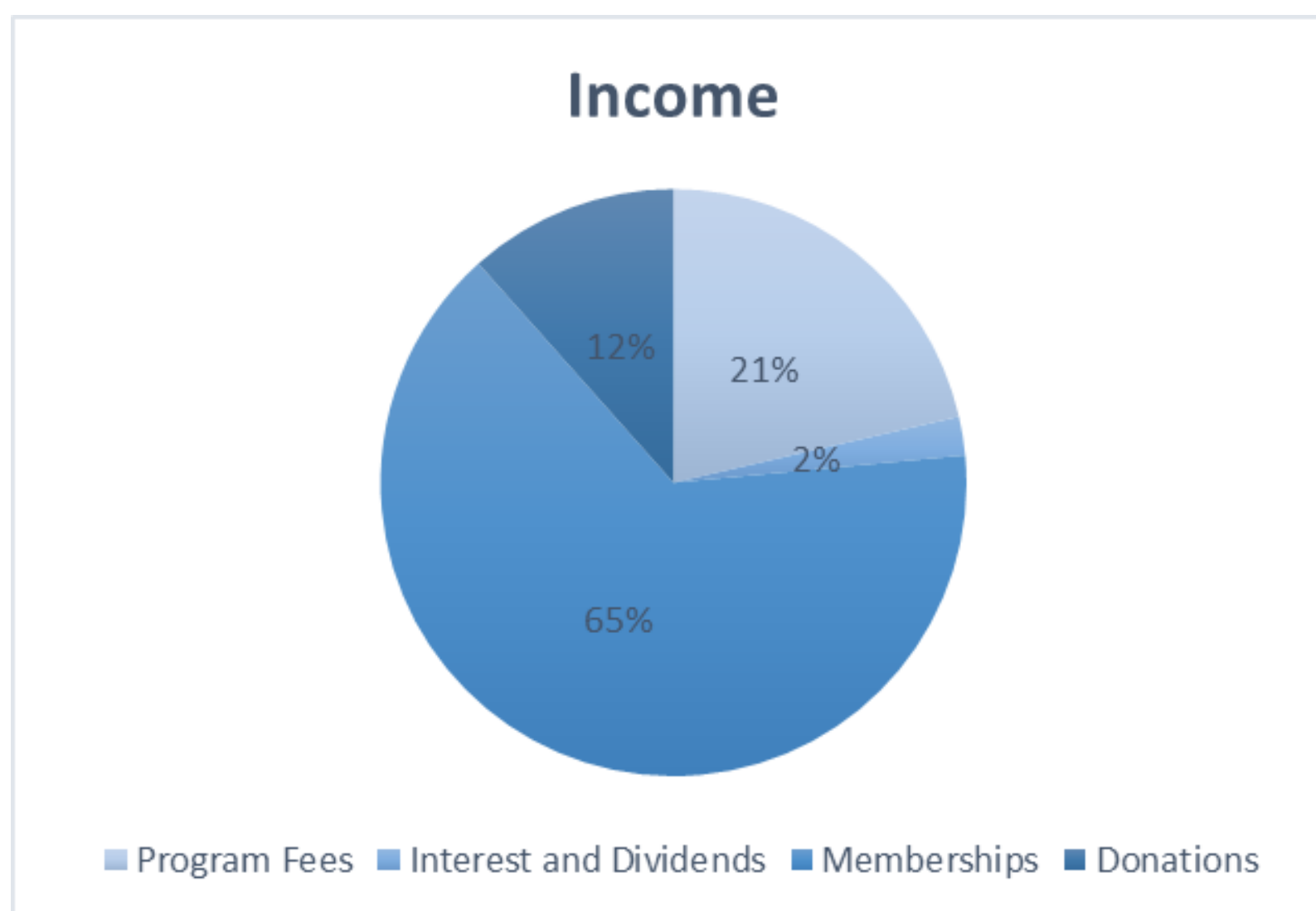
Audited Statement of Financial Position

Balance Sheet as of December 31, 2022

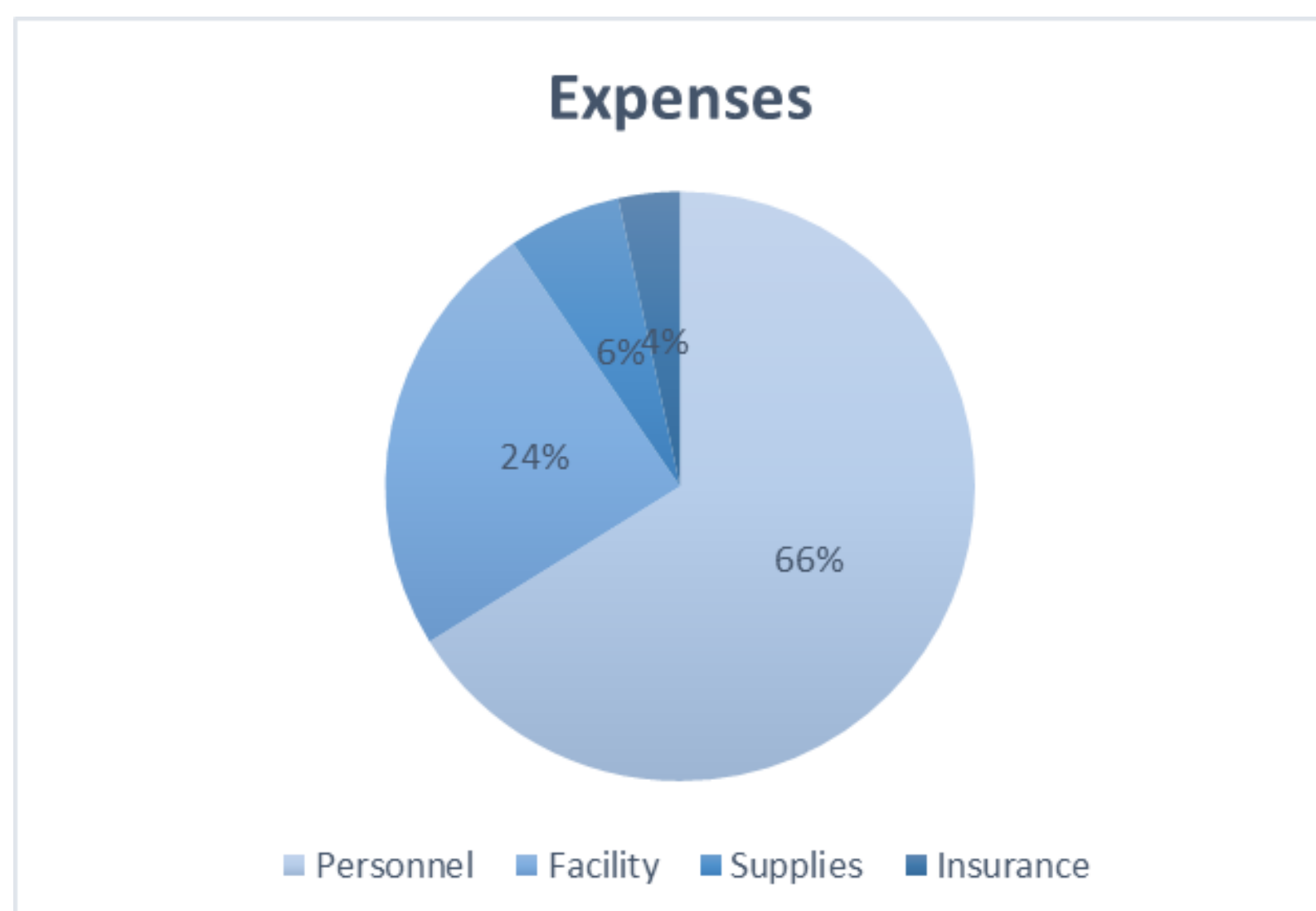
Assets	
Current Assets	\$458,753.01
Non-Current Assets	\$8,265.00
Net Property & Equipment	\$3,986,341
Total Assets	\$4,453,359

Liabilities and Net Assets	
Current Liabilities	\$50,741
Unrestricted Assets	\$3,969,170
Assets with Donor Restrictions	\$433,448
Total Liabilities and Net Assets	\$4,453,359

2022 Income and Expenses



Income	
Donations	\$76,118
Memberships	\$425,974
Program Fees	\$140,382
Other	\$506,642
Total Revenues	\$1,149,117
Interest and Dividends	\$14,000
Total Income	\$1,163,117



Expenses	
Personnel (Salaries and Benefits)	\$548,905
Supplies	\$51,565
Building Facility	\$201,131
Membership & Nat'l YMCA Dues	\$17,906
Insurance	\$28,001
Printing, advertising, & promotion	\$8,230
Bad Debt Expense	\$1,545
Conferences, meetings, & travel	\$4,020
Professional Fees	\$5,607
Telephone	\$7,254
Postage & Shipping	\$1,995
Miscellaneous	\$545
Depreciation Expense	\$163,254
Total Operating Expense	\$1,072,748
Internet Expense	\$0
Unrealized gain on investments	\$56,023
Loss on disposal of assets	\$0
Total Expenses	\$1,128,771



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Date: August 2023

To: Worthington Area YMCA Board

Submitted by: Payton Marquardt, Sports & Rec Director

Subject: Annual Sports & Rec Report 2023

In 2022 we were able to see an increase in numbers throughout all adult and youth programs. The programs that we were able to get more registrations for were Mini Sports, Homeschool Gym, Nerf football, and all adult leagues. During the winter, programs started to gain more and more registrants from the years past. We had a large increase in all our basketball programs this winter. We went from 30 kids in youth basketball in 2021 to 44 in 2022. The YMCA also brought back boys and girls traveling basketball which had 61 boys and girls competing in a 4-month long season. We still have not made our way back to the pre-covid numbers, but it is moving in the right direction. Spring is always a busy time for programs. In 2022 we did not run the JO Volleyball program as the college hosted their own league which led to the drop in numbers. Spring soccer numbers also dropped going from 136 participants in 2021 to 106 in 2022. Summer programs were a big hit for 2022 as we saw an increase in almost every program. Tennis went from 16 kids in 2021 to 25 kids in 2022. Basketball camp was our largest increase as we went from 20 kids in 2021 to 57 in 2022 which is over a 50% increase! Track and Field was another program where we saw a large increase as we had 28 participants versus 17 in 2021. Overall, most of the program numbers are rising which is a great sign for the youth and adult sports world. We hope to see an even larger increase in program numbers over the next few years and eventually work our way back to pre-covid numbers and even higher.

Respectfully Submitted,
Payton Marquardt



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Program	Fall 17 - Summer 18 Participants	Fall 18 - Summer 19 Participants	Fall 19 - Summer 20 Participants	Fall 20 - Summer 21 Participants	Fall 21 - Summer 22 Participants	Fall 22 - Summer 23 Participants
Fall programs						
Cheer Camp	9	Did not run	Did not run	Did not run	Did not run	Did not run
Dance Camp	21	23	26	Covid	19	Did not run
Fall Basketball League	23	20	Did not run	Covid	Another town ran league	Worked with WABA: 61
Flag Football	Did not run	21	19	Covid	7	Did not run
Session 1	4	7	Did not run	Did not run	Did not run	Did not run
Session 2	1	8	Did not run	Did not run	Did not run	Did not run
Mini-Knickers Fall	10	7	Did not run	Did not run	Did not run	Did not run
Nerf Football	16	15	20	6	8	14
Lego League	8	9	10	4	5	Did not run
Fall Soccer	52	67	96	48	65	45
3 on 3 Sports	Did not exist	Did not exist	Did not exist	Did not exist	Did not exist	12
Fall Volleyball	52	41	43	Covid	41	36
Homeschool Gym						
Session 1	Did not exist	Did not exist	10	7	12	15
Session 2	Did not exist	Did not Exist	8	7	13	16
Mini-Sports						
Session Soccer	Did not Exist	Did not exist	12	6	14	23
Session Volleyball	Did not exist	Did not exist	4	8	9	9
Session Basketball	Did not exist	Did not exist	15	7	18	20
Adult Basketball	11	7	7	Covid	8	8 Teams
Women's Volleyball	9	9	7	Covid	5	8 Teams
Coed Volleyball	6	8	8	Covid	5	5 Teams
Coed Kickball	4	4	Did not run	Did not run	Did not run	Did not run



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Date: August 2023

To: Worthington Area YCMA Board of Directors

Submitted by: Khrystyna Lupkes, Member Engagement Director

Subject: Annual Report for 2022

Throughout the year we were able to maintain our partnership with the Red Cross Blood Mobile and helped save 1,329 lives by collecting 443 units of blood. We are thankful for this partnership and thankful the work was able to affect so many lives and continue into 2023.

Halloween was held outdoors at The Pioneer Village in 2022 and was a total success and will be held at Pioneer Village again in 2023. The Halloween event admission is free will cash donations or 1 non-perishable food item per attendee. We partner with Manna Food pantry for this event and in 2022 we were able to collect; 490 pounds of food and \$409 in cash donations. We partnered with local businesses to provide candy, crafts, and games for the families that walked through!

King Turkey Day was held in person again this year! We had 442 runners and walkers participate in either the 10K, 5K. We are still trying to get pre-covid participation and are hopeful with marketing and word of mouth we can increase this number for the 2023 race/walk!

The Cruise Dinner Gala was March 11, 2022, at the Worthington Event Center and was an in-person event for 2022. We had 233 people in attendance along with the staff and middle school volunteers. A lot of work was done in advance of this event to prepare, secure donations, and auction items that allowed us a strong kick off to Strong Community Campaign.

We closed out the year with roughly 2500 members, we were able to reach pre-covid numbers in membership during the tail end of 2022! We also had a successful partnership with MN West to provide discounted memberships to the students for 4-month college memberships and had a total of 380 students sign up!

It was a busy and challenging year for me as I was new in my position; but I was able finish out the last 6 months of 2022 strong!

Respectfully submitted,
Khrystyna Lupkes



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Date: August 2023
To: The Worthington Area YMCA Board
Submitted by: Jill Cuperus, Center for Active Living Director
Subject: Annual Report

2023 has been a great year down at the CAL! About a year ago at this time, I was busy writing my application to MNRAAA for a renewal of our Title III-B grant for Education/ Training and Health Promotion. This would allow us to continue the programming we started the year prior. I was so happy to receive the notification that we again were fully funded for our renewal of \$51,039! Things that were included in my budget were part of my salary, plants for the raised garden beds, guest presenter fees, money for a partnership with MN West technology instruction, radio and newspaper advertising, group exercise instruction from Anita 2 times a week, music performances by Cindy Anderson and numerous other fees covered.

This grant has been such an incredible blessing to us. We have done lots of fun things and been able to host lots of interesting learning sessions. Members have stepped out of their comfort zone and done things they didn't think they were able to do.

I am working on another renewal for this grant, asking for a portion of my salary, instructor fees, and possibly some new equipment to expand our programming and offerings.

I am still offering SAIL (Stay Active and Independent for Life) class 2 times per week, and we have a great group core group that faithfully attend.

We hosted a Dementia Day this Spring with Dr. Joe Gaugler from the University of Minnesota doing 2 sessions, along with a panel of local experts and resources. We had a full house and an absolutely wonderful day. My cup was so full at the end of it. We followed that up with a Virtual Dementia Tour in August, with our spots (and hearts) full.

We have had numerous lunch and learns down here over the past year, and continue to look for more interesting topics to bring to my members.

I have a bus scheduled for our 2nd annual trip to the Clay County Fair in September! We had the best day last year, and hope to have a repeat this year. We are offering the trip to YMCA active older adults and CAL members at a slightly discounted rate than the general public. I love working with Trista on trips and classes!

We have hosted ACE classes numerous times this year, which is a really good partnership. This allows people who haven't been through our doors to come see what we have to offer.

We are still in the middle of a large demolition and rebuilding project down here. The roof over the 2 racquetball courts failed in 2022 and we had significant water damage to the court walls and floor. Water was leaking from the roof drain and was running behind the panels and under the wood floors. Due to the nature of the leak and that we could do nothing to catch the water as it was completely internal, our insurance company moved forward to demo the courts to prevent further loss and issues due to mold and ServiceMaster Recovery came in last summer and removed a large portion of the floors and wall panels. We received our roof last fall, and are now waiting for bids for the rest of the demo and the rebuild.

I celebrated my 2 year anniversary of my position as the CAL Director on July 1. This is more than my job, it is a JOY to spend my days here with our truly wonderful members!

Respectfully submitted by,
Jill Cuperus



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Date: August 2023
To: The Worthington Area YMCA Board
Submitted by: Trista Jacobs, Fitness & Wellness Director
Subject: Annual Report

In August of 2023, I will have currently been in the Fitness & Wellness Director position for 21 months! While I am still learning new things every day, I feel confident about the fitness department and all that it entails.

In 2022, the fitness department hosted a few new programs and workshops. The first program that we hosted was the Ho Ho Hold Your Weight Challenge that started November 24th, 2021, and finished January 5th, 2022. This 6-week program brought in 22 participants and of those participants, 86% donated their \$15 credit to the Strong Community Campaign (if they maintained or lost weight, they would get a \$15 credit on their account, or they could choose to donate it). We had several success stories with participants losing anywhere from 1 pound to 6!

The second program that was offered was our indoor Y-TRI and it began January 10th, 2022, and finished February 28th, 2022. We had a total of 12 participants that signed up and a handful of them completed their 3.5 miles swim, 100 miles of biking, and 40 miles of running! Some chose to focus on an individual event, and some chose to do all 3. Those that completed all 3 received a bag, hand towel, and water bottle plus a t-shirt!

In August, we hosted a free Pickleball Workshop. The workshop was hosted by a couple of our members, and we had 7 participants. With this class, we also gained 2 new members (but as of today it could be more because senior members prefer to play inside where it is safe, and the climate is comfortable).

In September of 2022, our seniors took a trip to the Clay County Fair using our ForeverWell Grant. We rented a charter bus and spent the day at the fair and fun was had by all! We had 30 people sign up to go and charged them a few dollars to reserve their spot on the bus. Reading Bus Lines picked us up in the YMCA parking lot, and then they took us right into the fairgrounds to be dropped off. It was an easy-going trip and very convenient with the charter bus.

Last year was my first year hosting the SWIFT strength and conditioning program. I had 3 high school athletes, and 11 middle school athletes join in for this 8-week program. It was hosted 2 days a week for an hour. Everything was very successful, and this program was a lot of fun! We managed to grow this program for the 2023 year.

Throughout 6 months in 2022, we hosted the Active Teens class in the fitness center. We had a total of 18 participants with the average being 3 participants per month and the max being 5. During this time, we hosted youth aged 11-13 years old in how to properly use the equipment and follow the rules in the fitness center and gym itself. If the youth was aged under 14 years, they were required to take this month-long class to be able to utilize the fitness center alone.

For the entire year, we also hosted Aquanastics in the indoor pool. During 2022, I was certified as a lifeguard, so I could lead class and not need an extra staff on hand to help. This did change in '23 and we do currently have a guard and instructor in class. But in 2022, we had a total of 192 paid Aquanastics participants with the average being 16 participants per month. This class generated \$6,080.21 for the year.

Rounding out the programs that we hosted in the fitness center would be our Personal Training Sessions. Anita and I hosted a total of 9 clients with 210 total personal training sessions, bringing in \$4,225 for 2022. The prices were also adjusted in 2022 with an increase, and looking at other YMCA's around the area, we are priced very competitive. As you can see, our clientele was mainly returning clients and that is awesome!

I also provide Personalized Training Plans for those individuals who do not need to work with a trainer but need some guidance in choosing what exercises to perform. I ended up writing plans for 9 members and that brought \$327.50 to the fitness department.

Our fitness center is always being utilized and I have been working hard on the upkeep and making sure everything is working/running smoothly.

2022 was a great year and I look forward to many more!!

Respectfully Submitted,
Trista Jacobs CPT, PES



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Date: August 2023

To: The Worthington Area YMCA Board

Submitted by: JoElle Kielfkopf, Aquatics Director

Subject: Annual Report

Starting off with swim lessons, we had a total of 494 registrations in our group swim lessons for the year 2022. We offered a total of 141 group swim lesson classes ranging from our Parent/ Child class all the way up to Stage 6. For private and semi-private lessons, we had 12 participants in private lessons and 18 participants in semi-private lessons.

The Jami Cummings Safety Around Water program had a total of 350 students in 2022. We taught 2 sessions, one with Prairie Elementary which happened in May and had 229 students enrolled. We also taught the smaller schools (Adrian, Brewster, Worthington Christian School, and St. Mary's) in late October. The fall session of 2022 had 121 participants. JCSAW is not possible without the cooperation of the school district, grant funding, and our staff here at the Y. Thanks to the generosity of the Worthington Health Care Fund and the Minnesota Youth Water Safety Grant we are able to provide this program free of charge to the 2nd-grade class in the Worthington Area. From our front desk helping with organizing the materials and students when they walk through the door, to the swim instructors who teach life-saving aquatic skills, this program truly showcases some of the best that our YMCA has to offer.

The Worthington Stingrays Swim Team had a very active and exciting season in 2022. We were here able to host 3 home swim meets. We also held our fun meet in September where participants are able to come and see if competitive swimming would be a good fit for them. The fun meet had 38 participants. The Stingrays had a total of 53 athletes registered for the team in 2022.

Respectfully Submitted,
JoElle Kielkopf
Aquatics Director



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2022 Strong Community Campaign Donors

It is with great appreciation that we recognize these individuals, businesses, and other funding partners for their contributions to the 2019 Strong Kids Campaign. We do believe this list is accurate at the time of this publication, however if we have inadvertently omitted your name please accept our apology and contact us as soon as possible. Together, we are making a difference in the

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Save the Date! Friday March 8th, 2024!
Featuring...**

The White Keys

At the Worthington Event Center
5-11 PM Social, Silent and Live Auction and Dinner
Entertainment immediately following
Tables & Tickets for the event & raffle will be available soon.
All proceeds go toward youth & family programming at the YMCA.
www.ymcaworthington.org

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support each and every year.**

Thank You!

Our Y's mission:

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