



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**WE STRENGTHEN
OUR COMMUNITY**

**KOSCIUSKO COMMUNITY YMCA
2016 Annual Report**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Dear Members and Partners,

At the Kosciusko Community YMCA, we believe that “togetherness” is the foundation of every strong community. It is the sense of being connected to something that is vibrant and fulfilling. We have no doubt that when you feel connected, you lead a more fulfilling life.

Every day, we serve a membership of children, adults, families, and seniors of every socioeconomic background. Together with local businesses and the generous giving of donors like you, we offer valuable programs to just over 13,000 members – programs that are innovative, engaging, and forward thinking.

Key partners such as Parkview Health Network, Warsaw Community Schools, the K21 Health Foundation and area churches enabled us together to address issues that affect every home on every street- from after school child care to preventing chronic disease.

As you know, at the Y everyone is encouraged to participate, and in 2016, your gifts together enabled us to apply over \$190,000 towards financial assistance. Life-changing? You bet! You will read about some of those changed lives in the following pages.

Another 2016 highlight was our first Good Friday Breakfast. This event was hosted at Christ’s Covenant Church, and was a great success in bringing our faith community together with a unified focus.

We invite you to think to the future together as we continue to grow and extend our outreach even further. We count on the guidance, support and commitment from you- our donors, our members, our Board members and Staff to remain an impactful presence in our county.

Our thoughts and actions will continue to be framed by our commitment to Youth Development, Healthy Living and Social Responsibility. We will see you at the Y!

With sincere gratitude,

Jim Swanson
Chief Executive Officer

Tim Minear
Chief Volunteer Officer



On the front cover: **LETTING GO OF LIMITATIONS** In April 2016, the first **LIVESTRONG®** at the YMCA class offered at the Kosciusko Community YMCA celebrated graduating from the program with the release of yellow balloons. The balloons symbolize the limitations cancer placed on their lives and releasing them celebrates their new found strength through the **LIVESTRONG** at the YMCA program.

WHEN YOU GIVE, YOUR NEIGHBORHOOD GETS

Vital partners join the Kosciusko Community YMCA in solving challenges that are larger than any single organization.

Parkview Health Parkview Health and the YMCA work together to provide a continuum of health care services. As part of our partnership, the Parkview Center for Healthy Living is located inside the YMCA and offers holistic health and well-being programs and information to help you be proactive about your health. Members can access free educational materials, take classes, attend events and receive health screenings. Leaders from both the Parkview Warsaw YMCA and Parkview Health will continue to work in tandem to provide quality health and well-being programs to Warsaw community members.

Warsaw Community Schools Working with Warsaw Community Schools has enabled the Y to offer many programs off-site, increasing our ability to impact lives. School facilities are utilized to hold youth and adult sports leagues, a Before and After School Care program including a Bible Study component led by a local church, and Swim Team practices. The high school Gymnastics Team has been able to use our gymnastics space. Our Camp Little Eagle Summer Day Camp has also benefited by working with the school system to provide lunches over the summer. Implementing the Kosciusko County Promise has called for greater partnership in exposing kids K-2 to greater hope through a college education.

Area Churches In 2016, the YMCA has been able to partner with area churches to increase spiritual impact in our programs and give churches an opportunity to reach out into the community. These churches were part of developing a Vacation Bible School program for our Camp Little Eagle summer day camp and an on-site Bible lesson at two of our Kids' Club sites. In 2016, the Kosciusko Community YMCA also held its first Community Good Friday Breakfast at Christ's Covenant Church in Winona Lake.

With partners like these, along with 211 donors, 218 volunteers, and 243 staff, the Y has the power to strengthen Kosciusko County.

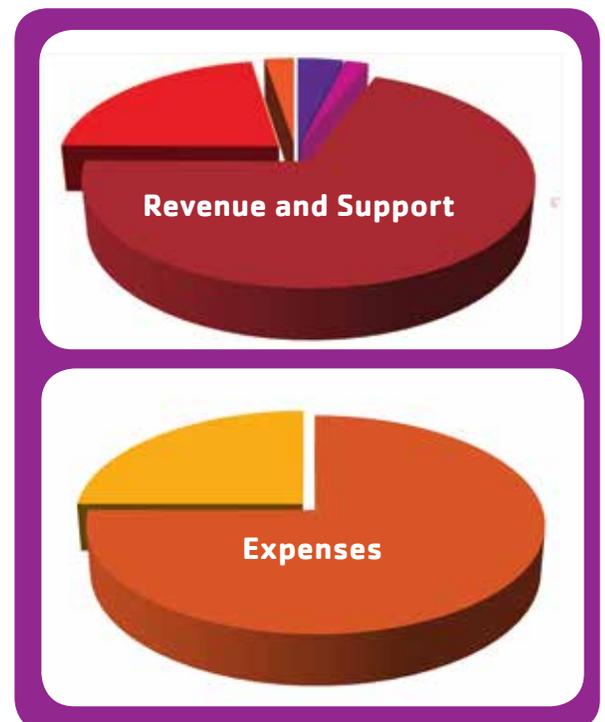
2016 OPERATIONAL FINANCES

Operational Revenue and Support

Contributions from Donors	\$115,985	
Grants	55,500	
Membership Dues	2,043,630	
Program Revenue	658,097	
Sales and Rental	75,016	
Total Revenue and Support	\$2,948,228	

Operational Expenses

Program Services	\$2,208,112	
Supporting Services/Admin.	736,037	
Total Expenses	\$2,944,149	



YOUTH DEVELOPMENT

THE CHALLENGE

- During the school year, 1 in 5 U.S. children is left unsupervised at the end of the school day, according to the Afterschool Alliance. When the school day ends, continued learning can have a positive influence on how well youth perform in school.
- Leesburg Elementary School qualifies as a Title 1 School. Title 1 schools are schools with high numbers or high percentages of children from low-income families. Leesburg serves around four hundred and twelve students. Of those students 63% of the children are on free and/or reduced lunch. (Warsaw School Corporation)
- Childhood obesity is a serious problem in the United States, putting kids at risk for poor health. Despite recent declines in the prevalence among preschool-aged children, obesity amongst all children is still too high. (Centers for Disease Control and Prevention)
- Childhood obesity is a complex health issue. Behaviors that influence excess weight gain include eating high-calorie, low-nutrient foods and beverages, not getting enough physical activity, sedentary activities such as watching television or other screen devices, medication use, and sleep routines. (Centers for Disease Control and Prevention)
- Every day, about ten people die from unintentional drowning. Of these, two are children age 14 or younger. Drowning ranks fifth among the leading causes of unintentional injury death in the United States. (Centers for Disease Control and Prevention)



All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of adults who care about them and believe in their potential. We see every interaction with children and teens as an opportunity for learning and development—grounded in the Y’s core values of caring, honesty, respect, and responsibility.

OUR RESPONSE

Kids’ Club Before and After School Care In 2016, 453 kids participated in our Kids’ Club Before and After School Care program at 10 elementary schools so that they were not left home alone.



Eighty-nine of them qualified for and benefited from financial assistance. Kids’ Club has a curriculum involving arts, health, nutrition, science and conflict resolution so kids are learning while being cared for. Kids also receive help on homework. There is plenty of time for fun with group games and activities. Kids are encouraged to be active for at least 30 minutes of play each morning and each afternoon. One mom who benefits from Financial Assistance, Jennifer says, “I am a single mom of two children, and when I started working full-time about a year ago, I found out about the Kids’ Club program from their school.

The hours are perfect, because I can drop my kids off early before work each day. I know they are safe, being cared for and also engaged by the staff in learning and organized fun.

The financial assistance was a tremendous driving factor in initially choosing the YMCA’s Kids’ Club program. Now we all love the staff. They go above and beyond every day and take a real interest in both children. They always communicate with me so we can work as a team. Vincent (7) has become more open to making friends. Vivien (10) has grown artistically- it’s one of her true passions and it’s embraced and encouraged at Kids’ Club and Camp. I’m forever grateful for the Kids’ Club program and also Camp Little Eagle Summer Day Camp. My children are able to experience so much more (field trips, organized games and being social) than they would be able to without this program. I’m always amazed at the level of fun and learning that is provided.”

Enrichment Program at Leesburg Elementary

The YMCA, in partnership with schools and families, is working to improve educational engagement and outcomes for our county’s children. As a Title 1 School, 63% of Leesburg Elementary School’s students are receiving a free and/or reduced lunch. One in five children from low income families are left home alone

unsupervised and don't have the opportunity for homework help at home. The Enrichment Program at Leesburg is meant to intervene in supplying the help kids might need to bridge the "Achievement Gap" found between those of different socioeconomic levels.

The students who need help in school are identified by their teachers, and 12 students started off the program in 2016. The program is led by certified teachers. Progress for each student is being tracked through test scores, reading ability, homework scores and homework completion.

One of the teachers says, "When talking with a parent at pickup one day it was thrilling to hear her excitement for the program. Mom was excited that her child was completing homework with someone who could help as well as the fact that her child's grades have improved."

To meet this need, the YMCA received three grants from component funds of the Kosciusko County Community Foundation: the Kosciusko REMC Operation Round Up Fund, the Lilly Unrestricted Endowment Fund and the Dekko Enhancement Fund. The Old National Bank Foundation also awarded the YMCA funds in support of the program.



Youth Fitness Programs and Summer Day Camp T-ball, soccer, volleyball, basketball, gymnastics—kids can improve skills, make new friends, be active with other kids, reduce risk for childhood obesity and learn to love a sport at the Y. Jodi, a mom of three girls who love gymnastics says, "The girls have been involved in gymnastics for about 5 years now. The Y has been a serious part in how the girls view what being a team is really about. It has also been an important part in teaching them what hard work can get them. They have gained life long friendships through Y gymnastics. With that they have also gained life long lessons- it's always better to work together, and without hard work you will not accomplish the goals you set out to achieve. The girls have become stronger, not just as gymnasts, but also as young girls. The Y has been a great building block for some important lessons. Not to mention they love the Y Gymnastics team and the coaches they have and the friends they have made." In all, our gymnastics program served 755 kids through lessons and 36 kids on the gymnastics team in 2016 with 52 of them receiving some amount of financial assistance. Additionally, 615 kids participated in a youth sport in 2016 including basketball, indoor and outdoor soccer, t-ball and youth volleyball. The Y also offers

Summer Day Camp where we make sure that kids get at least 60 minutes of activity every day they're in our care. In camp, kids are active all day from group games in the gym, playing on the playground, walking and running laps inside and outside and they swim three times a week. In 2016, we served 169 kids in summer camp and 32 of them were able to attend because of financial assistance.

Swim Lessons are offered for kids age 6 months all the way to adults. 961 kids were able to overcome fear, be active and build confidence through our swim lessons in 2016. Fifty-eight of them received financial assistance

to be able to attend. One swim lesson participant's parent says, "I have been impressed by the instructor's care, attention and by my children's excitement and growing skills. My boys now ask to go swimming. I have been very thankful for the quality of character in the teaching staff." In addition to regular swim lessons, the kids in our summer camp program have a swim lesson once a week and then swim two other days during the week in an open swim time. To make sure that every child in the county has the opportunity to learn to swim, the Haldewang Family Endowment Fund was created to fund the future of swim lessons at the Y and ensure all children in our community have an opportunity to learn this life-saving skill. These are a few ways we help young people develop life-long skills, build strong relationships, and develop hope for the future.



2016

ANNUAL SUPPORT CAMPAIGN

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THE CHALLENGE

- Children need adult time and attention like they need healthy food and playful activity. When it is missing, kids will find other ways to ask for adult time and attention often resulting in negative behavior and stress on the relationship.
- More than 29 million people in the United States have diabetes, up from 26 million in 2010.
- It is estimated that 1 in 3 Americans could develop diabetes by 2050, if current trends continue.
- Diabetes is the 7th leading cause of death in the United States.
- The Centers for Disease Control and Prevention suggests that adults 50 and older have a 70 percent chance of developing at least one chronic disease.
- The American Cancer Society reports that the lifetime risk of developing cancer is 1 in 3.
- Over the past several decades, the number of cancer survivors has dramatically increased. The number of cancer survivors in the United States rose from 3 million in 1971 to 9.8 million in 2001 and 13.7 million in 2012. This increase represents a shift to 4.3 percent of the population. (American Cancer Society)
- About 43.5% (23.7 million) of the 54.4 million adults with doctor-diagnosed arthritis have limitations in their usual activities due to their arthritis. (The Centers for Disease Control)



HEALTHY LIVING

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. We engage in wellness promotion, preventing chronic disease and reclaiming health.

OUR RESPONSE: Spirit, Mind & Body Wellness Promotion, Chronic Disease Prevention and Reclaiming Health

Christian Emphasis The YMCA is uniquely positioned to deliver ministry and outreach to our community, impacting people in spirit, mind and body. As a non-profit rooted in Christian values, the Y can bring the Christian community together through various programs and activities and offer outreach opportunities to local churches. Ten churches partnered with the Y in 2016 to provide a Bible-based lesson, including songs and games, for the Camp Little Eagle Summer Day Camp which is offered for kids K-8th grade. One hundred sixty-nine kids had the opportunity to hear a Bible Lesson through summer camp. Our thanks to the Wildman Family Foundation for making the Christian Emphasis program possible.



Family Time through Financial Assistance Because of the financial assistance the Y is able to provide, 241 families have been able to come to the Y and spend time together. Delores says that being a part of the Y has impacted her life since joining by providing a way "to stay strong in family and be close to one another having a great time together." Chris McPeak says being part of the Y has impacted his life because he "spends more quality time with family. I have the joy of watching my kids learn how to swim. I have better communication with my kids and spend time with them."

Chronic Disease Prevention and the Diabetes Prevention Program While 60% of Prediabetes may be reversible, diabetes has no cure. The Y wants to help people at risk for developing diabetes stop it before it starts. Georgia says "A high A1C screening revealed that I needed to do something. My doctor referred me to the YMCA's Diabetes Prevention program. I learned a lot about reducing fat in my diet and increasing physical activity. My husband and I made changes together to be healthier. I've lost 36 lbs!" This program is made possible by the Medtronic Foundation of Kosciusko County.

Reclaiming Health through LIVESTRONG® at the YMCA In 2016, the LIVESTRONG® at the YMCA program at the Kosciusko Community YMCA offered six classes, improving the

endurance, strength, stamina, courage and spirits of 43 individuals who are moving beyond cancer. Participants in the **LIVESTRONG** at the YMCA program have a lot to say about the benefits of the program:

Mark says, "It showed me that I was not alone in the struggle."

Linda says, "I can now finish things I start at home without taking breaks."

Michelle says, "**LIVESTRONG** at the YMCA has given me a happier spirit. The staff has been phenomenal. You get support from the coaches and also the other people in the program. I would recommend this program to anyone that is going through cancer, or has had cancer. It is a life-changer!"

Kathy says, "I came to the **LIVESTRONG** at the YMCA program because I needed help gaining my strength, stamina, and vitality. I can say through this program I have achieved all of those things along with a sense of well-being. It is not just the physical exercise but the mental exercise that has been surprisingly supportive." Jennifer says, "I am so grateful to these women who give me courage every time we meet. I recommend this place. I feel challenged and encouraged. I was ready to give up and now I want to keep going!"

This life-giving program can only be offered with the generosity of donors and funding from the K21 Health Foundation and the Kosciusko County Cancer Care Fund.

Reclaiming Health through Enhance[®]Fitness In 2016, the Kosciusko Community YMCA started offering Enhance[®]Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Judy says "I feel so much better and have more energy and have a better outlook mentally after classes." Marg says Enhance Fitness has impacted her life since joining, "Socially, I have made friends and am able to connect with others who have similar abilities and limitations as myself. Physically, I am so much more flexible and sturdy. My balance, strength and general well-being have improved." LaNita says she has been impacted by "lots of new friends including two from my own church that I had never met before. There's a sense of belonging and acceptance and encouragement to keep at it." Fifty-four people benefited from Enhance Fitness in 2016.

THE CHALLENGE

- Adults and children with disabilities represent slightly more than 19% of Indiana's population. (Governor's Council for People with Disabilities Indiana Disability Awareness website).
- 47% of kids in the Warsaw Community Schools school corporation qualify for free and reduced lunch. This means that they likely come from households that would also qualify for the YMCA's financial assistance. (Warsaw Community Schools)
- There is isolation and a lack of community connectedness that is fraying the social fabric of our communities.



By helping kids, adults, families, and seniors improve their health and well-being, we build a stronger community every day.

SOCIAL RESPONSIBILITY

With our doors open to all, the Y brings together people from all backgrounds and supports those who need us most. We address needs in our community and inspire our members to get involved through service.

OUR RESPONSE: Access

Inclusive Programming The YMCA makes every effort to be available to all and is providing new programs and a safe and welcoming environment for those with special needs, both young and old. New options are added every session specifically for those with special needs. In 2016, the Y offered an Adaptive Social Hour, Social Skills Cafe, Private Swim Lessons, Youth Intro to Movement/Yoga, Sports of all Kinds, Water Motion, Adaptive Fitness Center Orientations, and Sensory Swim. Anne Petre, the Y's Inclusive Programming Coordinator, says of one participant, "I have a student who is on the autism spectrum who has taken every session of yoga offered. When he first began, he could barely focus, was off his mat a lot, and generally was not participating in the class. Throughout the four sessions and repetitive teaching of the breathing and poses, he now is engaged, participating

fully in the class, remembers all the poses, and is really working on his focus and calm." Two partnerships were formed to serve those with special needs within our community. The Take-a-Break Program partners the Y with Joe's Kids, Right to Life of North Central Indiana and local churches to hold 2 hours of programming for those with special needs while their caregiver takes a break. The Y also partnered with Warsaw Community Schools to allow students with special needs access to the facility and programs during the school day. A Support Champion position was added to provide those with special needs the opportunity to develop job skills by working at the YMCA with assistance. Anne says, "It has been a joy to have the students from the Warsaw Community Schools Special Education Department involved in the YMCA. Seeing them get connected with their community, building relationships with members, establishing healthy lifestyle habits, and being excited to come to the YMCA is what INCLUSION is all about! This partnership is not just a benefit for the students both presently and for their futures, but it is helping shape a culture and community of inclusion in our Y and the greater Warsaw community. I am excited to see the continued growth and development of this partnership and expansion to reach other groups in our community as well."

Access through Financial Assistance The YMCA's financial assistance is invaluable to those with limited income who want to engage in a healthy lifestyle for themselves and their families. One such recipient shares, "I really want to gain self-acceptance and use the equipment to lose weight, and the atmosphere is always positive. Just being there and working out has boosted my emotional well-being. I am bipolar and sometimes it's really a struggle. It really is a benefit to your life. You want that extra fitness and health in your life, but sometimes it's expensive. Thankfully the Y helps!" Another participant, in answer to the question, "what are some things in your day-to-day life that you have been able to accomplish since joining the Y?," says, "It has encouraged us to lose weight. My husband and I combined have lost a total of 40 lbs in the past year. Our kids are certified to be able



to use the equipment which allows us to become healthy together and for our kids to know we care about their health." Carlos uses his wheelchair on the Y track. He says, "I have gotten stronger and it helps me perform daily activities easier. It gives me an opportunity to be around people. The staff members help me transfer from my powerchair to my manual wheelchair. I wheel around the track. It is very beneficial for me and I'm getting much stronger because of it." Jody says, "My son, Tony, is deaf and mentally handicapped. He has only lived in the Warsaw area for 2 years. He loves to go to the YMCA. He gets to see his friends from Special Olympics and meet new people. He lost weight and has more energy. He loves the pool and classes in the pool. I go with him to assist with communicating in sign language. Thank you from both of us for helping him become a part of his new community."

Togetherhood™ Togetherhood is the Y's member-led volunteer service program. It gives Y members an opportunity to plan and lead service projects that address community need and make a direct impact locally. In 2016, Togetherhood groups served at the Beaman Home, Heartline Pregnancy Center, and at other Y members homes. Dan Pacheco, Togetherhood committee member says, "I volunteer on the Togetherhood Committee because it gives me an avenue to show God's love to those Y members in need of help. I have been blessed with good health and I want to be able to encourage and help those less fortunate or elderly in our community. Also, it is a great way to help out organizations that are serving the needs of our community. I also enjoy the great friendships that I have developed by serving on the committee and helping others." Betsy Ray, also a Togetherhood committee member says, "I believe that the Togetherhood Program is important because it allows YMCA members to reach beyond ourselves and serve others in our community. Through this program, I have had the opportunity to learn about the various organizations in our community and help them achieve their goal of helping those in need. Personally, I have enjoyed meeting other Y members who have a desire to put their love for people in action. This program makes me proud to be a part of the YMCA." Around 70 volunteers contributed 272 hours to these projects, led by a committee of eight Y member volunteers.



2016 STATISTICS

Program Participation

Youth Swim Lessons	834 youth
Youth Sports	615 youth
Gymnastics Lessons	533 youth
Kids' Club Before and After School Care	453 youth
Specialty Camps	194 youth
Summer Day Camp	169 youth
Swim Team	99 youth
Gymnastics Team	36 youth
Adult Sports	300 adults
Group Exercise	21,939 visits
Enhance® Fitness	54 adults
LIVESTRONG® at the YMCA	43 adults

Financial Assistance

Financial Assistance Provided	\$191,009
Number served in each program because of assistance:	
Youth Swim Lessons	58
Youth Sports	38
Gymnastics Lessons and Team	52
Kids' Club Before and After School Care	89
Summer Day Camp	32
Family Memberships	241
Adult Memberships	72

Those Served

Members Served	15,139
Program Members	3,325
Total Unduplicated Served	<hr/> 18,464





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KOSCIUSKO COMMUNITY YMCA

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LIFT THE WORLD AROUND YOU

Every dollar donated to the Kosciusko Community YMCA has a lasting impact on the people of Kosciusko County.

When you donate to your local Y, you're donating for a better us, by:

- Providing for youth to bridge potential gaps in learning, social skills and hope.
- Providing for family time, wellness promotion, preventing chronic disease and reclaiming health.
- Providing for access to all through financial assistance, adaptive programming and Togetherhood volunteer service opportunities.

By making a difference here, you become part of a collective effort to impact communities nationwide. Kosciusko Community YMCA is one of nearly 2,700 Ys across America joined together to make a greater impact in 10,000 communities.

When you donate to your Y, you're donating for a better us.

PARKVIEW WARSAW YMCA
1305 Mariners Drive
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(574) 269-9622

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(574) 834-5600

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