



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BUILDING STRONGER COMMUNITIES

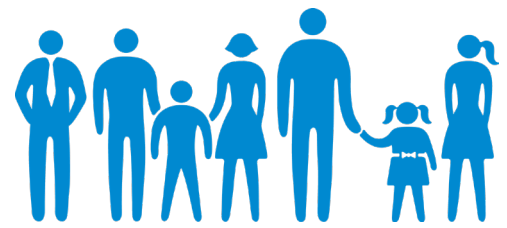
Pav YMCA

COMMUNITY IMPACT REPORT FY23/24



Pav YMCA
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Berwyn, IL 60402
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pavymca.org

STRENGTHENING COMMUNITIES



Since 1970, the Pav YMCA has played a part in strengthening the Berwyn, Cicero, Forest View, Lyons, North Riverside, Riverside and Stickney communities. The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, we focus on empowering young people, improving health and well-being and inspiring action in and across communities.

FY23/24 GENERAL HIGHLIGHTS

- **6,963** members
- **1,578** program participants
- Subsidized over **\$159,781** in programs and services
- Received **\$123,639** in total contributions
- Received **\$92,508** grant for senior lunch program



FACILITY HIGHLIGHTS

- 6 lane, 25 yard indoor pool
- Full size gymnasium
- Locker rooms
- Multi purpose rooms available for rentals
- Dance Studio
- 2 racquetball courts
- Indoor track
- Cardio, strength training, circuit, and free weight equipment, including dumbbell area
- Sauna
- Whirlpool
- Babysitting room



FY23/24 YOUTH DEVELOPMENT

- Over **3,283** members/participants were under 18
- Over **1,562** registrants in youth swim lessons
- More than **\$29,851** in financial assistance was awarded for school aged child care and camp programming
- Over **703** children involved in school age child care and camp programming
- Partnered with Cicero School District 99 to provide programming to students through an ISBE After School Programs Grant awarded to the school district totaling **\$71,753**
- Subsidized **\$29,306** in babysitting services



FY23/24 HEALTHY LIVING

- Subsidized over **\$63,789** in membership fees
- Subsidized over **\$9,305** for Restorative Health programming
- Over **325** families served through family programming
- **35** individuals participated in the LiveStrong at the YMCA restorative health program
- **5,237** total participant attendance in group exercise classes

FY23/24 SOCIAL RESPONSIBILITY

- More than **8,618** Senior Cafe lunches served
- Distributed over **11,516** bags of fresh produce/shelf stable items to seniors
- Subsidized facility space/rentals for community groups totaling **\$12,450**
- Utilized **484** volunteers for approximately **13,475** hours
- Subsidized **1,508** active military visits, totaling **\$15,080**
- Hosted **7** blood drives
- Signature events raised **\$32,451** for the Annual Support Campaign
- March for Meals raised **\$3,503** for senior programming

OUR PROGRAMS & SERVICES

Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. **The programs and services we provide to the 7 communities we serve, and our partnerships with community organizations help us make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.**

FY23/24 COMMUNITY PARTNERS

With the continued support of our community partners, we are able to provide services our community depends on.

- Abundance Universal Temple
- Access to Care
- Age Options
- American Red Cross
- AshLink
- Berwyn Development Corporation
- Berwyn Park District
- Berwyn Public Library
- Berwyn School of Music
- Berwyn South School District 100
- Big Brothers Big Sisters of Metropolitan Chicago
- Blue Cross/Blue Shield
- Boy Scouts of America
- Capelli Academy of Cosmetology
- Care Advisors
- Cicero School District 99
- City of Berwyn, Mayor Robert J. Lovero
- DJ's Scuba
- Greater Chicago Food Depository
- Healthy Contributions
- Humana
- J. Sterling Morton School District 201
- Jankuns Play House
- JenCare
- Karate Unlimited
- LADSE (Lagrange Area Dept. of Special Education)
- Loyola Medicine
- Lyons School District 103
- MacNeal Hospital
- Oak Street Health
- Primary Care Associates
- Shirley Ryan Ability Lab
- Solutions for Care
- Tivity Health
- Twin Supplies LTD
- Vitalant
- Wellness House
- West Cook Coalition
- WSSRA
- Youth Crossroads, Inc

YOUTH DEVELOPMENT

The Pav YMCA continues to offer essential youth services to the community. These services ensure children have a safe and engaging place to belong.

- Healthy Kids Day
- School's Out Days and break camps
- Summer Camp
- Before and After School Care
- Youth swim lessons
- Babysitting services
- Family activities & events throughout the year
- Instructional sports
- Arts & Humanities programming
- Field trips to the Y

SOCIAL RESPONSIBILITY

We are committed to supporting the communities we serve through programs and services for all ages.

- Financial assistance provided through the Pav YMCA Annual Support Campaign
- American Red Cross CPR & AED training courses
- American Red Cross Lifeguard training courses
- Blood drives (American Red Cross and Vitalant)
- Fire department scuba training
- Youth mentoring program provided at no cost by Big Brothers Big Sisters of Metropolitan Chicago
- Meals on Wheels America March for Meals
- Facility rentals for community organizations
- Senior Lunch Cafe in partnership with AgeOptions
- Senior Choice Markets twice a month in partnership with the Greater Chicago Food Depository
- U.S. Coast Guard approved life jacket rentals at no cost through The Sea Tow Foundation

HEALTHY LIVING

We have offered ways for people to stay engaged in a healthy lifestyle year round.

- Massage therapy services
- Personal training
- Restorative health programs (LiveStrong at the YMCA & Diabetes Prevention Program)
- Teen fitness orientations
- Group exercise classes for ages 16+ (land & water)
- Aquatic programming & swim lessons for all ages
- Adult & youth sports leagues
- Insurance based membership
- Monthly health-related lectures and social events for seniors
- Group Exercise classes included with membership
- Nationwide Membership



WAYS TO GIVE

VOLUNTEER

Giving a little bit of your time makes a tremendous impact. We welcome volunteers of all ages and backgrounds. We can even help you add some skills to your resume or find meaningful service in retirement!

DONATE

We count on the generosity of our members and community to help people of all ages and from all walks of life be more healthy, confident, connected, and secure. In this complex and ever-changing world we now live in, our vision and our goals need support more than ever.



PARTICIPATE

Participating in our events and fundraisers helps support your neighbors. By attending our fundraisers, family events, and more, you are showing support for the communities we serve. Showing up means showing you care.

SPONSOR

Sponsorships help us raise essential funds to benefit all who receive scholarships from our Annual Support Campaign. Sponsoring an event not only benefits our community members, it is a great opportunity to showcase your business or organization.

PARTNER

We are always looking for ways to make a bigger impact in the communities we serve through partnerships with fellow nonprofits and community organizations. Through current and past partnerships, we were able to make vital goods and services available at no cost to those in need.

HELP US MAKE A DIFFERENCE.

If you would like to discuss ways to give to the Pav YMCA, contact Jamie Kucera at 708.749.0606 ext 311 or jkucera@pavymca.org.



HELP US MAKE AN IMPACT


PAV YMCA
Serving Our Community Since 1970
The Y. For a better us.™

WHO WE ARE
The Pav YMCA is a charitable, membership-based 501(c)3 non-profit organization.

WHAT WE DO
The Y provides support that empowers people and communities. We nurture the potential of every youth and teen, help others improve health and well-being, and create opportunities to give back to the community.

WHO WE SERVE
We serve the near west suburban communities of Chicago which include Berwyn, Cicero, Stickney, Lyons, Forest View, Riverside, and North Riverside. The Y is for people of all faiths, races, ages, incomes and abilities. We have a diverse membership of approximately 7,000 individuals and we see nearly a half-million visitors each year. Everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

\$100-\$249 Equivalent to a **MONTHLY ONLINE MOVIE SUBSCRIPTION** and allows a family to visit the Y with their children for two months, strengthening their relationship. 

\$250-\$499 Equivalent to **ONE COFFEE SHOP VISIT PER WEEK** and would allow two children to attend a week of summer camp making lasting friendships and memories. 

\$500-\$999 Equivalent to **EATING OUT FOR LUNCH ONCE A WEEK**, a cancer survivor can have a fresh start during our 12 week wellness program, **LIVESTRONG** at the YMCA. 

\$1,000+ Less than **ORDERING TAKE OUT DINNER ONCE A WEEK** and allows two seniors to become Y members for a year leading their fullest lives possible at any age. 

OUR MISSION
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR CAUSE
At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR BELIEF
We never turn anyone away due to their inability to pay membership fees. Close to \$150,000 in fee assistance is awarded every year to children, teens, adults, seniors, and families through our Scholarship Program funded by our Annual Support Campaign.

When you make a donation to the PAV YMCA, you are making a difference in the lives of people in YOUR COMMUNITY. Make a difference and help the Y further its mission to provide a place where all can learn, grow, and thrive!

I WANT TO MAKE A DIFFERENCE

First and Last Name Of Donor

Mailing Address

City/State/Zip

Email

Name, Company, or Dedication for recognition purposes.

Gift is anonymous, do not acknowledge publicly

Phone

Sign me up to receive weekly e-blasts!

DONATION OPTIONS (PLEASE CHOOSE ONE)

Payment of \$ _____ is enclosed (check payable to the Pav YMCA)

Charge \$ _____ to my credit card

Card Type: _____ Name on Card: _____

Card Number: _____ Exp: ____/____ CVV: _____ Billing Zip: _____

I would like to have a payroll deduction of \$ _____ per paycheck (Pav YMCA employees only)

as an ongoing deduction. **OR** until the amount reaches \$ _____, then stop deductions.

Donor Signature

Date

SCAN THE QR CODE TO DONATE VIA CHEDDARUP:

