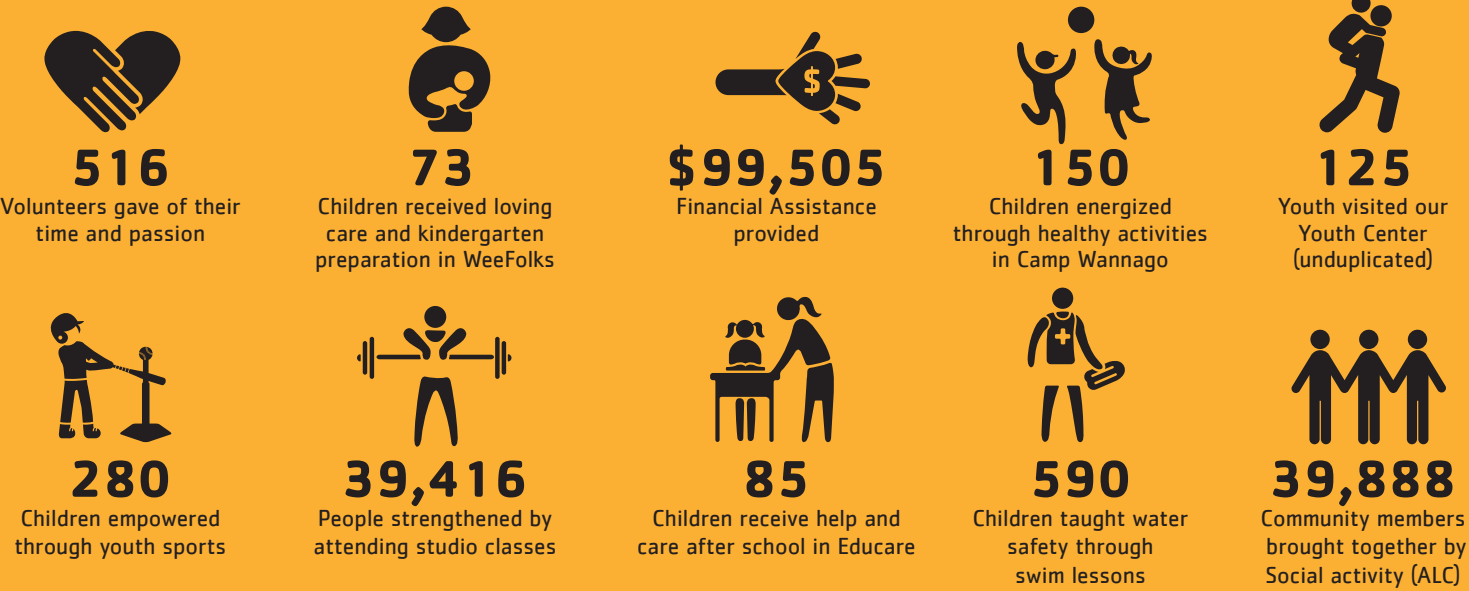


our promise to help everyone reach
Their Full Potential



2018
FINANCIALS

2018 Revenue

Contributions	\$ 34,234
United Way	\$ 21,952
Grants	\$ 185,735
Fundraising Events	\$ 99,160
Total Public Support	\$ 341,081
Membership Dues & Guest Passes	\$1,249,708
Childcare	\$ 657,399
Classes & Programs	\$ 138,057
Rentals & Sales	\$ 103,850
USDA Reimbursement (food program)	\$ 49,774
Other	\$ 2,692
Total Earned Revenues	\$2,201,480
Total Income	\$2,542,561

2018 Expenses:

Wages & Payroll Related Expense	\$1,499,242
Building Expense & Utilities	\$ 329,700
Fair Shares (Franchise Fee)	\$ 49,401
All Bldg and Program Equipment & Repair	\$ 110,853
Program Supplies for all programs	\$ 128,002
Promotion/Staff Dev/Other	\$ 49,929
Insurance	\$ 36,640
Office, Telephone, Banking	\$ 45,601
Membership Sponsorships	\$ 74,918
Childcare & Program Scholarships	\$ 24,587
Specific Grant Related Expense	\$ 42,021
Total Expenses:	\$2,390,894

2018 Net surplus \$ 151,667

Our mission:

To strengthen ourselves, families and communities by promoting growth in spirit, mind and body.



Itasca County Family YMCA
400 River Road, Grand Rapids, MN 55744

www.ymcaitasca.org
218-327-1161

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

the YMCA

ITASCA COUNTY FAMILY YMCA
2018 ANNUAL REPORT



committed to our promise...

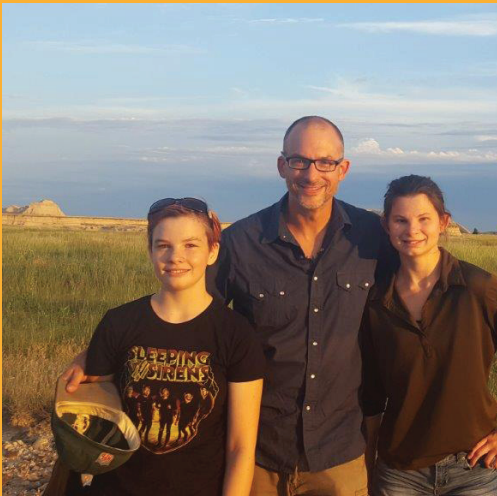
Dear YMCA Friends,

The Itasca County Family YMCA is a leader of positive change in our community. People come to the Y to learn, have fun and get fit. But they soon discover new skills, confidence, a sense of well-being and a connection to the world around them.

You can find a gym, swimming pool or a treadmill in lots of places but it is our cause that makes the Y different. After serving our community for 38 years, just think of all those lives we have shaped and the futures we have changed. We really do strengthen the foundation of our community.

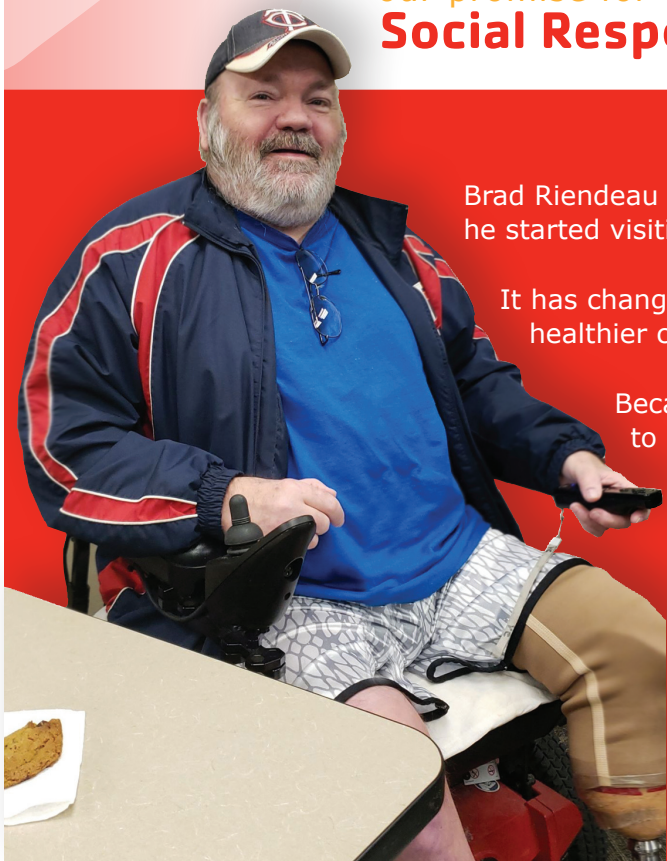
Your support and generosity have allowed us to advance our mission even more this past year in extraordinary ways. Together, we are improving the community's health and well-being, nurturing the potential of our youth and changing the lives of our neighbors. We are honored to have you partner with us to ensure that we continue to be here for all who need us the most.

In the following pages, we'll highlight a few of the countless transformations that take place each day at our Y. Although the needs of our community never stop evolving, neither do we. By embracing change, we ensure our ability to innovate and remain vital well into the future.



Warm Regards,
Nick Hansen, Executive Director/CEO

our promise for Social Responsibility



Brad Riendeau originally joined the Y in 2008, but it was in 2018 that he started visiting the Y almost daily.

It has changed his life socially and has also aided him in making healthier choices by working out.

Because of Brad's health issues it is so important for him to be active and work out. "The YMCA has helped me stay physically active, especially with the struggles I've had with my health. If I did not have the Y, I would be sitting at home, by myself."

After being isolated in his home for 9 years the Y has made a huge difference in his life socially. He has made many great friends.

Brad thoroughly enjoys Wii bowling in the Active Living Center on Thursdays. Stop by on a Thursday morning to challenge him!

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our promise for Youth Development

My name is Eric Stark and I have been an active member at the YMCA since 2002. The YMCA has always been a refuge for me in terms of exploring my passions and staying healthy. I don't think I can adequately express how much impact this organization has had on my life from a physical, emotional, mental, and spiritual standpoint. I simply would not be the same person if I did not have this amazing outlet in our community.

Today, I work as the Health and Wellness Coordinator for North Homes Children/Family Services and as a part time personal trainer at the YMCA. Through these avenues I have witnessed something special over the past 18 months. The YMCA has selflessly collaborated with North Homes by offering a safe haven for at risk youth to engage in healthy lifestyle interventions. I have used this life-changing partnership to funnel hundreds of youth through a wellness therapy program called Spark. During Spark, we introduce our at risk youth to functional resistance training, postural corrective exercises, and cardiovascular stressors with the help of the YMCA. We have also recently expanded this program to touch on nutrition, stress management, and social emotional health in hopes of providing a more holistic approach to wellness.

Through the help of the YMCA, I have seen hundreds of lives changed. I have seen countless youth enjoy engaging in exercise and nutrition methods. Some of the impactful moments that come to mind include phrases like "I didn't know vegetables could taste good" and "I love the way I feel after we get done working out". With its resources, the YMCA has been able to help provide these youth with desperately needed hope. Hope for positive outlets, hope for personal skills/tools, and ultimately hope for a better life.

Thank you for changing my life and providing hope for the kids that need it the most!

The Y is blessed to have Eric and his passion for health and youth as part of our programming.



our promise for **Healthy Living**

When Blake Dehnke joined the YMCA, he was brand new to the area. He joined the YMCA to become more fit, challenge himself, overcome his worries of working out around others, and make new connections.

Blake likes that the YMCA isn't like other fitness chains. Instead, it is a community where everyone greets and encourages one another. Blake remembers one instance that shows how great the sense of community is at the YMCA, "One time while at the YMCA, I was lifting on my own with a workout plan from one of the YMCA's personal trainers. I was struggling a lot, so I re-racked the weight and grabbed for a lighter set. Another member came over, told me that he would be my spotter, then told me to grab the heavier weight. He kept pushing me and telling me that I could do it. I ended up doing a set more than what I had planned, which was a proud moment for me."

Blake has made a lot of friends at the gym and has become more confident because of his experience at the YMCA. When Blake started at the Y, he avoided running and anything cardio, "I hated it. I was never good at running so I always shied away from it, never running more than a few miles." Blake worked with the YMCA staff to set goals and put together a plan to achieve them. One of those goals was to run his first 5k. Blake began training for the 5K. But Blake won't be running a 5K, instead he will be running his first half-marathon!

Blake is enjoying the results he has seen since joining the YMCA. "It's great to run into someone you haven't seen in a while and have them comment on how much more fit you are since they last saw you. It's an amazing feeling, and I owe it all to the YMCA. They are a great group that can help you accomplish and push you to do anything you set your mind to."



our promise for **Future Possibilities**

Outdoor Courts at the Y... *how did this happen?*

On July 18, 2018 a ribbon cutting ceremony was held celebrating the grand opening of the Outdoor Courts at the Y. A short summary of how this project came to fruition is offered below. In August of 2015, the Itasca County Pickleball Association was formed. One of the first orders of business was to try to identify additional locations in the Grand Rapids area where pickleball could be played.

A feasibility committee was formed to explore potential options, both for indoor and outdoor venues. Membership on this committee initially started with pickleball enthusiasts but soon grew to include representatives from the City of Grand Rapids, the YMCA and the Grand Rapids Area Basketball Association. A common and shared interest in developing additional recreational opportunities for our community was quickly discovered.

After carefully considering various options and receiving support from their respective boards, the committee recommended that an outdoor court venue be built at the YMCA site with accommodations for pickleball, basketball and four square. Next, an outdoor courts (ODC) at the Y Implementation Committee was given the responsibility for design, specific layout, fundraising and a plan for maintaining and managing the courts once they were completed.

With the project outline in hand, fundraising efforts were launched in September, 2016. The goal was to raise \$350K. In less than two weeks, over \$50K was raised via donations and pledges. It was quickly realized that this was going to be a very successful and enthusiastic process.

In the fall of 2017, ground was broken for the footprint of the ODC at the Y. Final completion the following spring was contingent upon raising the additional necessary funds. Working with a very dedicated and committed committee, the goal was achieved. Significant gifts were received from the IRRRB, US Bank / Places to Play, Breck Liestman Memorial

Fund, Hawkinson Construction and many others who envisioned the value and benefits to our community in having such a venue.

Today, the ODC at the Y is thriving and open to all who have an interest in playing pickleball, basketball and/or four square. The collaborative effort and cooperation between the YMCA, the City of Grand Rapids, the Grand Rapids Area Basketball Association and the Itasca County Pickleball Association made this project a resounding success.

