FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY





BUILDING STRONGER COMMUNITIES

Community Impact Report FY25/26

PAV YMCA





Pav YMCA
2947 S Oak Park Ave
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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.

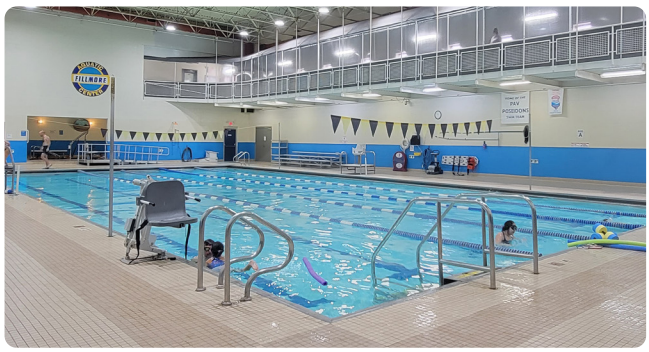
FY24/25 GENERAL HIGHLIGHTS

- **6,330** members
- **2,513** program participants
- Subsidized over **$166,592** in programs and services
- Received **$133,669** in total contributions
- Received **$145,754** in total grants
- Received **$88,554** 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





FY24/25 YOUTH DEVELOPMENT

- Over **5,534** members/participants were under 18
- Over **907** registrants in youth swim lessons
- **249** Pav Poseidons Swim Team participants
- More than **$40,431** in financial assistance was awarded for school aged child care and camp programming
- Over **601** 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 **$45,117**
- Subsidized **$24,285** in babysitting services
- Received a Y-USA Youth Swim Lessons Grant totaling **$5,000**

FY24/25 HEALTHY LIVING

- Subsidized over **$60,512** in membership fees
- Subsidized over **$19,421** for Restorative Health programming
- Over **376** participants served through family programming
- **18** individuals participated in the LIVESTRONG at the YMCA restorative health program
- **30** individuals participated in the Diabetes Prevention Program (DPP)
- **6,607** total participant attendance in group exercise classes

FY24/25 SOCIAL RESPONSIBILITY

- More than **11,019** Senior Cafe lunches served
- Distributed over **13,058** bags of fresh produce/shelf stable items to seniors
- Subsidized facility space/rentals for community groups totaling **$21,190**
- Utilized **526** volunteers for approximately **9,608** hours
- Subsidized **1,373** active military visits, totaling **$21,945**
- Hosted **9** blood drives
- Signature events raised **$39,049** for the Annual Support Campaign
- March for Meals raised **$4,100** 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.**

FY24/25 COMMUNITY PARTNERS

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

- Age Options
- American Red Cross
- AshLink
- Berwyn Development Corporation
- Berwyn Fire Department
- Berwyn Firefighters Local 506
- Berwyn Health Department
- Berwyn Police Department
- Berwyn Public Art Initiative
- Berwyn Public Library
- Berwyn Senior Services
- Berwyn South School District 100
- Big Brothers Big Sisters
- BUNGALO+
- Capelli Academy of Cosmetology
- Cicero School District 99
- City of Berwyn, Mayor Robert J. Lovero
- DJ's Scuba
- Floor Hockey Guys
- Forest View Park District
- Greater Chicago Food Depository
- Hoffman House Catering
- Humana
- J. Sterling Morton School District 201
- Karate Unlimited
- LADSE
- Lake Advisors
- Loyola Medicine
- MacNeal Hospital
- North Berwyn Park District
- Oak Street Health
- Representative Abdelnasser Rashid
- Representative Lisa Hernandez
- Riverside-Brookfield High School
- Senator Mike Porfirio
- Shirley Ryan Ability Lab
- Solutions For Care
- St. Leonard School
- Stickney Forest View Lions Club
- The HAP Foundation
- UCP Seguin of Greater Chicago
- Village of North Riverside
- Wellness House
- West Cook Coalition
- WSSRA
- YMCA of Metro Chicago
- 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
- Safety Around Water classes for youth
- Participated in the YMCA of Metro Chicago's Public Awareness Campaigns on Substance Use and Supports (PACSS) and received a grant totaling **$10,500**

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


the YMCA
175 YEAR ANNIVERSARY
PAV YMCA IN BERWYN
YOUR LEGACY STARTS HERE
Facility Naming Opportunities
As we celebrate the Y's 175th anniversary, we celebrate nearly two centuries of building a healthy mind, body and spirit for all through innovation, connection, community service, and so much more. The Y's legacy started over 175 years ago and continues on—start yours today with us!
the PAV YMCA
We hope you consider starting your legacy with the Pav YMCA.
For more information on facility naming opportunities and how you can start your legacy, scan the QR code or contact:
Jamie Kucera
Pav YMCA Executive Director/CEO
708.749.0606 ext 311
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 — Name, Company, or Dedication for recognition purposes.

☐ Gift is anonymous, do not acknowledge publicly

_____
Mailing Address

_____ _____
City/State/Zip — Phone

_____
Email

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 ZELLE:

Zelle