



CROSSROADS YMCA2022 Annual Report



DEAR FRIENDS,

Crossroads YMCA makes an impact by inspiring communities to thrive. We strengthen the community by offering programs that respond to critical needs, make a positive impact in the lives of children, adults and families. The Y provides a place for people—regardless of age, income or background—to be healthier, more confident, connected and secure.



From quality before and after school programming and life–saving swim lessons to values–based youth sports and engaging healthy activities for the entire family, the Y's programs and initiatives stay true to our mission to put Christian principles into practice through programs that build healthy spirit, mind and body for all. This annual report captures how the Crossroads YMCA strengthened our community in 2022. We continue to focus on meaningful work that gets us closer to accomplishing our vision:

Our impact would not be possible without the generosity of supporters like you! Our sincere gratitude to the Crossroads YMCA Board, Branch Advisory Boards, volunteers, donors, community partners and staff for their dedication and continuous support to serve the changing needs of our community. Together, we are strengthening the community!

With appreciation,

VISION

Boldly move forward to serve 175,000 kids, families, and adults in Lake County in an exceptional way by providing programs and membership services to build a healthier community.

Jay Buckmaster CEO, Crossroads YMCA

INSPIRING A BETTER FUTURE

The Crossroads YMCA continues to look towards the future and transform Lake County. For the community, the goal is to offer more options for all ages to grow, learn and thrive.

Hammond Destination YMCA

The next destination YMCA in Crossroads YMCA with approximately 120,000 square feet with an Outdoor Waterpark in coming to North Lake County! This location will offer an array of programs for kids, teens, adults, seniors and families. Goal for opening the new facility is the end of 2024.

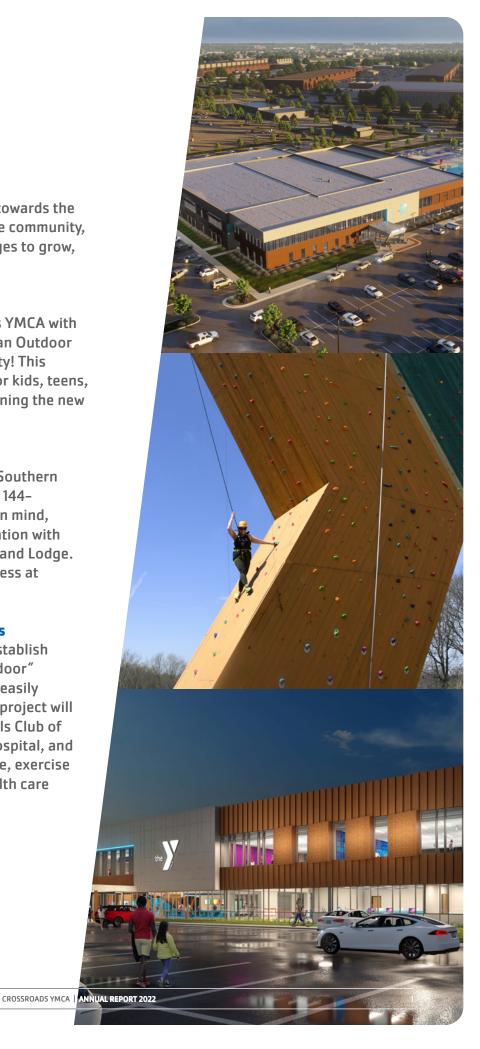
Triangle Hills Camp & Retreat Center

Nestled among the oak & maple trees of Southern Lake County, Camp Triangle Hills is a new 144–acre opportunity for individuals to grow in mind, body and spirit. This is an expanding location with recent completion of the Y Climbing Wall and Lodge. Additional projects are currently in progress at this location.

YMCA at Tolleston Opportunity Campus

The Tolleston Opportunity Campus will establish a convenient, visible, and inviting "front door" to a wide range of opportunities that are easily accessed through a central location. The project will encompass resources of the Boys and Girls Club of Greater Northwest Indiana, Methodist Hospital, and the Crossroads YMCA to provide childcare, exercise classes, community programing, and health care clinic.







INSPIRING THE NEXT **GENERATION**

The Y believes every child deserves the support, quidance and encouragement to be who they are and discover who they can become. That's why the Crossroads YMCA provides opportunities for youth to cultivate values, skills and relationships that lead to positive behaviors, better health and educational achievement. We are committed to programs that inspire the growth and development of our local youth.

2022 **IMPACT SNAPSHOT**



60,000 childcare registrations per year

Children in childcare at the Y receive kindergarten readiness, skill development and confidence building.

HIGH QUALITY CHILD CARE & EDUCATION



assist in youth development through educational experiences, skill development and building lasting friendships (number of individuals enrolled)

903
142
194
615

Summer Camp 1686

Swim Lessons	6,174
Gymnastics, Dance & Cheer	5,069
Music	116
Ninja	2088
STEAM	819

YOUTH ENRICHMENT TO COMBAT ISOLATION



Break Camps

combat youth inactivity, socialization, isolation and learn new skills (number of individuals enrolled)

249



INSPIRING IMPACT

Justin and his son, who is 7 years old and on the Autism spectrum, have been a part of the Diverse Abilities Swim Program for about a year and a half now. For Justin, this program has given his family the opportunity to learn proper water safety. A lot of children who are on the Autism spectrum have an affinity for water, and Justin never wanted his son to be in a position where he was in water and could not swim. In addition to learning to swim, the program has also allowed his son to get the sensory input that he needs. "He does not do large crowds or big noisy areas. Being able to come to the Y and have a program that allows him to do things just like other kids do is great".

Drowning is the leading cause of death for children ages 1-4, and the YMCA's Safety Around Water and swim lessons programs teach water safety skills and help prevent tragic accidents.

INSPIRING HEALTHIER LIFESTYLES

The Crossroads YMCA improves the community's health and well-being by helping families understand the importance of physical activity and a balanced diet through a variety of educational programs.

205,780 group exercise participants per year

567
per day decrease inactivity
and obesity rates







INSPIRING IMPACT

Charmaine loves to work out and be a part of group exercise classes, but she was also searching for a community. In joining the YMCA, she found a place that gave her both, and has now made it her second home. "I love that the Y has not only a lot of different classes for me to choose from, but the diversity. There are many women in the classes that I attend from different nationalities and races". Charmaine is also a wife and a mother, and sometimes brings her family to the YMCA with her. They mostly go swimming, but she gets time to bond with her children and use the YMCA to impact their lives in a positive way.





2022 IMPACT SNAPSHOT

IMPROVING QUALITY OF **HEALTH**

Study after study shows working out your brain and body will lead to longer and fuller lives. Such research drives many seniors to better their mind, body and spirit through the Y's Senior programs. From group exercise to yoga, water aerobics and potlucks – active older adults aren't just receiving physical benefits – they're building relationships while increasing their self-confidence and sense of achievement.

3

Wellness

support fitness goals and opportunities to connect (Number of participants registered)

Group Exercise

Water Group Exercise

Smart Start

Personal Training

EGYM Orientation

167,498

38,282

4,651

11,257

3,316



COMMITMENT AT WORK

At the Crossroads YMCA, we believe lasting personal and social change is best accomplished when we all work together to invest in our kids, our health and our neighbors.

As the leading charity committed to strengthening community, we are focused on giving everyone the opportunity to learn, grow and thrive. We change, and often save lives thanks to generous contributions from donors, members and community partners. Philanthropy is at the root of all we do to fulfill our mission.

2022 IMPACT SNAPSHOT

107,285 members within Crossroads YMCA

branches to serve members and participants throughout Lake County, IN

3,000,000/year (or 8-10,000/day) scans for Crossroads YMCA usage

10 before and after school sites

1,100 full and part-time employees working to Transform Lake County



Supporting the community is the backbone of our organization. The hard work and dedication of our volunteers and community members are the reason we are able to make a far-reaching impact in our community. The Crossroads YMCA worked with local organizations to support and donate to the community in 2022. With the Food Bank of NWI, volunteers participated in a Packing Day with packing 215 boxes assembled. During the holiday season, 190 coats were collected and distributed to local shelters.



INSPIRING IMPACT

Emma is a Camp Counselor at Camp Triangle Hills that has a wonderful plethora of programs and opportunities rain or shine.

Her favorite part is the high ropes and archery – she loves it when the campers realize they are capable of more than they believe and step out of their comfort zone! She has staffed many camps throughout her lifetime, but Triangle Hills has truly impacted her.

"The campers transform throughout the week. Seeing them learning and enabling themselves is a fantastic and treasuring experience to be a part of."

volunteers donated their time and talents to assist in the Y's cause-driven programs & initiatives.

12,386 total hours logged by dedicated Y volunteers.

SERVING ALL...

Community donations are used to support our incomebased assistance program to ensure:

NO ONE IS TURNED AWAY DUE TO AN INABILITY TO PAY

Over \$1,585,123 was given in Financial Assistance for 16,190 people













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The Y wishes to recognize our donors who contributed to make a meaningful, enduring impact right in your own neighborhood.

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OUR MISSION:

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