

2024-2025

ANNUAL REPORT

The NSYMCA is a 501(c)3 non-profit organization, open and accessible to all. Visit nsymca.org for more information.



As I complete my first year as Board Chair of the North Suburban YMCA, I'm filled with gratitude for the incredible work happening across every department. This past year truly reflected the Y's ability to grow, adapt, and serve our community in meaningful ways.

- We expanded our Balance Strong – Live Long program, reaching more seniors across the North Shore.
- We launched our first Youth Explorer Expo, showcasing the many ways we support youth development.
- We proudly celebrated as seven Flying Turtles Special Olympics athletes qualified for State!
- We applauded our Youth and Government teens, who successfully passed all six of their bills this year.

We also invested in important upgrades to enhance the member experience by improving our registration system, replacing treadmills, utilizing workshops to meet the changing needs of busy families, and completing the much-needed roof renovation. In addition, we established a new Associate Board Member Committee, which will bring fresh perspectives and voices to help guide our future.

I am grateful for our loyal members, participants, and volunteers who make the Y community so strong. I am especially appreciative of my fellow Board members, whose passion and commitment never waver. And I am deeply thankful for the dedicated staff of the Y, led by our CEO, Kathy Fielding—their hard work and heart bring our mission to life every day and are essential to the Y's success.

It is inspiring to see how our Y continues to evolve, and I look forward to the year ahead as we remain focused on meeting the changing needs of our community.

-Board Chair

BOARD OF DIRECTORS 2024-2025

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Vice Chair

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Nathan Margol

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Bill Schloss

Pat Tatarek

Alison Whitlock

Chinmaya Yerramilli



This past year has been one of progress, partnership, and purpose at the North Suburban YMCA. Together, we've continued to strengthen our community, building on a foundation that is both physically sound and programmatically strong.

One of our most significant milestones was the completion of our long-awaited Roof Rehabilitation Project. This critical investment ensures our facility remains safe, welcoming, and sustainable for years to come. With this work behind us, we can now look ahead to further improvements that will allow us to better serve our community.

This year, we:

- Provided financial assistance for more than 2500 scholarships, ensuring access to life-changing programs regardless of financial circumstance.
- Expanded our reach through partnerships with the Village of Northbrook, Hunger Resource Network, senior living communities, and local libraries—working together to meet more community needs, more effectively.
- Launched a Mental Health Committee to explore new ways our programs and resources can promote well-being across all ages.

None of this would be possible without our dedicated staff, whose tireless commitment drives our mission forward, and our incredible Board of Directors, led by Anne O'Connor, who generously share their time, expertise, and passion for the Y.

As we look to the future, our focus remains clear: to provide a safe, welcoming, and inclusive space where everyone has the opportunity to thrive. In the year ahead, we will embark on a new campaign to ensure the Y continues to fulfill its mission and strengthen its role as a true community hub.

Thank you for being part of this journey. I am excited for what lies ahead and honored to continue serving alongside you.

-Chief Executive Officer

NSYMCA MISSION

The North Suburban YMCA strengthens community by promoting the health of spirit, mind, and body in an inclusive, welcoming environment. We believe everyone deserves access to our programs, regardless of age, income, or background — and our scholarship program ensures no one is turned away.

Together with our neighbors across 15 communities, we provide opportunities to grow stronger, healthier, and more connected every day. The Y is a charitable, community-based organization for all.

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NEW Y CLASS SHOWS PROMISING RESULTS FOR MEMBERS WITH PARKINSON'S

The Y's focus on chronic disease brought about the creation of a new class for those with Parkinson's and other degenerative diseases. Your Workout, Your Body (formerly called Punch, Dance, Move), is a class designed to manage symptoms and after a full year, has proven to increase mobility and slow the progression of symptoms.



“

I have personally benefited from the physical and mental exercises, and believe my posture and balance have improved. It also addresses fall prevention. I find it fun, challenging and very beneficial!

Sheila Mahoney, class participant

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ROOF REHABILITATION COMPLETE

The roof is FINALLY fully rehabilitated! We remain thankful to the office of Congressman Brad Schneider for assisting us with our grant application to H.U.D.

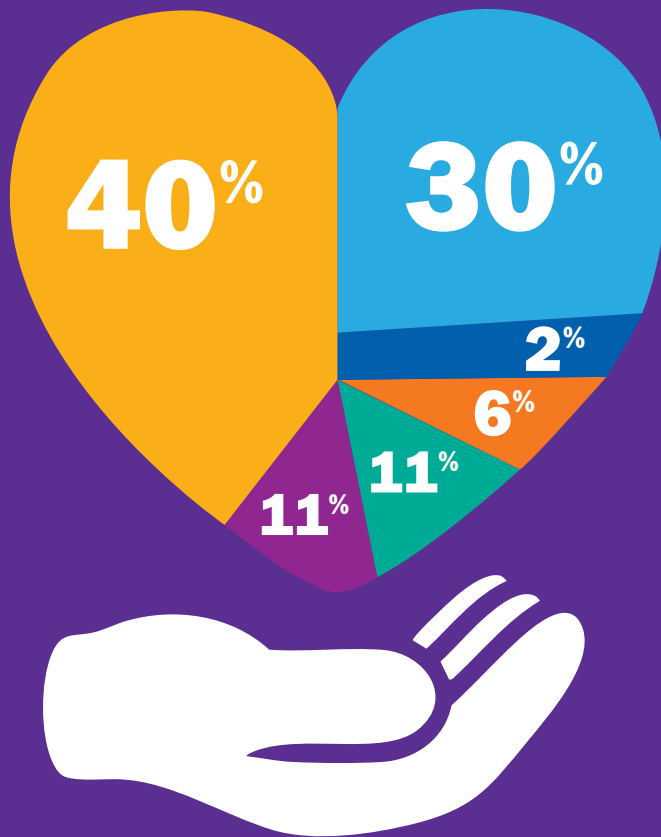


2024–2025 Highlights

- Completed **Roof Rehabilitation**
- Upgraded our member facing **registration system**
- Replaced **treadmills**
- Ran a **“Play to Thrive”** campaign to encourage healthy living for kids and families
- The Aquatics Department certified **143 Lifeguards** and Lifeguard Instructors for our community at large as well as the Y
- The Illinois Alliance of YMCA's recognized **Illinois Bone and Joint Institute** and our Y for our partnership and bestowed our Y with the **Alliance Impact Partner of the Year Award!**
- We added **2 more days to the Brain Games program** thanks to a sponsorship from Homewatch Caregivers. The program is now offered 2 times a week online and 2 times a week in-person
- The Punch, Dance, Move class for Parkinson's expanded into **Your Workout, Your Body** to more accurately reflect the curriculum which also supports other degenerative diseases along with Parkinson's. **The class has proven impacts on disease management**
- Experienced a **41% increase in adult dancers**
- Camp expanded programming options and saw a **10% growth** in participants
- In all, **1,723 children** were served through childcare programs
- DEI displays continue to reflect our Y's commitment to being **welcoming to ALL** people, celebrating those with disabilities, autism, all ethnicities, & genders
- **Mental Health Committee** curated interactive mental health displays
- Special Olympics team brought home **18 medals – 9 Gold!**



YOUR SUPPORT IN MOTION



-  Financial Assistance
-  Community Service
-  Access for Community Non-profits
-  Special Needs
-  YMCA Education Series
-  Military and Layoff Financial Assistance

FLYING TURTLES BRING THE GOLD!

The Flying Turtles swim team had 7 team members qualify for the Special Olympics State Meet in Bloomington-Normal this past June. Our Relay team took home the GOLD! The group as a whole brought home 18 medals in all – 9 of them being gold!



DANCE COMPANY AWARDS & PARTICIPANTS GROWING

The NSYMCA Competitive Dance Company grew by 33% and had many top 10 placements this year. They took first place overall at BOTH the Applause and at the Star Systems Competitions for their all-company jazz piece, "Fire Under My Feet." The piece was choreographed by NSYMCA Performing Arts Director, Val Lober.



Financial Assistance Scholarship Impacts

- **269** children learned to **swim**
- The Y subsidized an average of **60% of the camp fees** for low-income families
- **2,500** people tuned in to a **FREE Y Education Series** presentation
- **76** children explored their creativity through **visual & performing arts**
- **83** children got to be a part of a **sports team**
- **250 seniors** have a place to belong and foster their long-term independence

GYMNASTICS TEAM MEMBERS QUALIFY FOR IL CHAMPIONSHIP



The NSYMCA Gymnastics Team closed out the 2025 season with an impressive showing at the Illinois XCEL State Championship meet in Bloomington. All 6 of the qualifying gymnasts competed in the Silver Division, marking a significant achievement for this growing program. Three of the NSYMCA Gymnasts earned medals at the event.



A Y FOR ALL FAMILY STYLES



HAWKS camp has given both Kirill and our family the opportunity to continue growing and developing in meaningful ways. It has also provided us with renewed hope, creating a positive and uplifting atmosphere in our home. We truly wish there were more organizations like yours, with leaders who genuinely help families like ours navigate their unique lifestyle, adapt, and find joy in life.

Iryna Zabirowa, Kirill's Mother



BALANCE STRONG LIVE LONG EXPANDS OUTREACH

In addition to presenting at Northbrook senior locations, we expanded our outreach to Glenview and Northfield. Feedback from the program is overwhelmingly positive and the Y, the local Fire Departments and Illinois Bone & Joint have all been active partners in expanding the reach of this high-impact program.



NSYMCA YOUTH & GOVERNMENT WINS BEST BILL!

The NSYMCA Youth & Government delegation had all 6 of their presented bills passed at the March Assembly at the State Capital. They also won the Best Bill of Assembly Award, and got to meet Illinois Supreme Court Justice, David K. Overstreet!



Community Outreach and Support

- Youth & Government Host Site
- Monthly Community Art Gallery
- Village Cultural Fair Host
- Partner with Hunger Free Northbrook to drive Crestwood Seniors to the food pantry
- Student's Helping Student's Drive in partnership with Hunger Resource Network
- Winter Art Show in partnership with the Northbrook Library
- Shermerfest Classic Car Parade partner
- Flu Shot Clinic
- Senior Bingo Event, hosted by USA Vein Clinic



Community Drives

- Nurses Closet Drive for Title I Schools
- Coat off your Back with Rotary
- Recycling
- Hosted 9 blood drives
- Candy drive for charities like Youth Services, C24/7, & the Food Pantry
- Sleeping bags and yoga mats for homeless veterans
- Ongoing food collection for the Food Pantry

Community & Volunteer Events

- Youth Explorer Expo
- Seniorpalooza
Over 350 visitors and a sold out pre-talk
- Trunk or Treat
- Holiday Giveback
- Community Giveback – Fleece for Fur Babies
- Y.E.S – YMCA Education Series
online and in-Person



A YMCA FOR ALL GENERATIONS

The Y has been a pillar in our family for as long as I can remember. It's where my siblings and I first learned to swim. It's where my mom discovered the calming power of Yoga. And it's where my dad developed a passion for racquetball that doctors would later diagnose as "hyper-competitiveness". Through all of life's changes, the Y has been a place my family can go for leisure, for exercise and for learning. As our family evolved, the Y remained a constant -- offering a familiar comfort through its people and its programs.

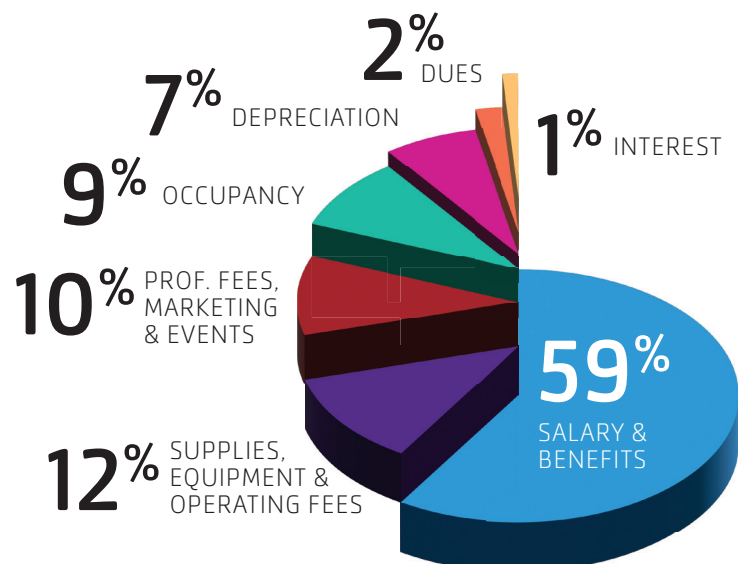
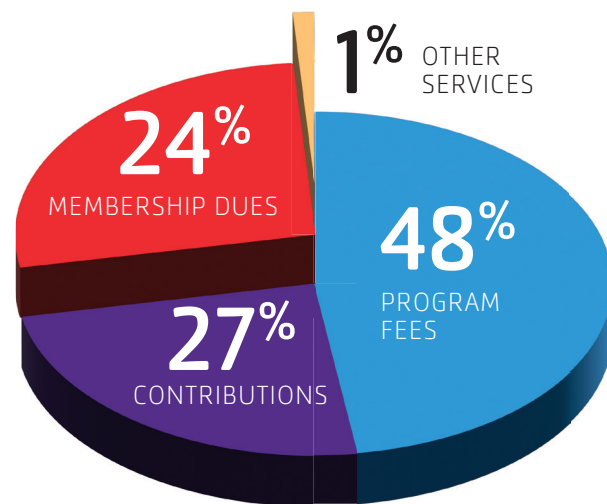
Joey Manso
Son of Sal Manso,
2025 Community Strong Award Recipient

Looking Ahead

- Active Associate Board
- Updated Website
- New Carpet & Aesthetic updates
- Membership Insurance Reimbursements
- Expanding Mental Health Initiatives
- New Events – Senior, Family and Fundraising “Pop –ups”
- Community Strong – 20th year and format change
- Comprehensive Campaign

FINANCIALS 2024–2025

CONSOLIDATED
REVENUE
\$5,459,428



CONSOLIDATED
EXPENSES
\$4,851,433

