



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING STRONGER COMMUNITIES

PAV YMCA

SERVING YOU FOR 50 YEARS



Pav YMCA
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STRENGTHENING COMMUNITIES

For 50 years 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.

2019 GENERAL HIGHLIGHTS

- 9,262 members
- 1,914 program participants
- Received \$79,300 in contributions
- Subsidized \$25,000 in general program fees
- Awarded \$20,000 in foundation grants
- Received \$75,000 grant for senior lunch program



2019 SOCIAL RESPONSIBILITY

- More than 12,661 senior lunches served
- Distributed over 6,000 bags of fresh produce/shelf stable items to seniors
- Provided over 200 hours in GED/Citizenship classes to the public for free
- Subsidized facility space/rentals for community groups totaling \$64,000
- Utilized 275 volunteers for 12,000 hours
- Subsidized 600 active military visits



2019 YOUTH DEVELOPMENT



- 4,550 members/participants were under 18
- Over 2500 registrants in youth swim lessons
- More than \$20,800 financial assistance was awarded for youth programming
- Over 300 children involved in school age child care programming

2019 HEALTHY LIVING

- Over \$45,400 in financial assistance was awarded for health and well-being programming
- Over 100 participants in our LiveSTRONG at the YMCA program
- 50 participants attended our Diabetes Prevention Program
- Over 1000 Families served through family programming



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
- Free weights and dumbbell area
- Sauna
- Whirlpool
- Cycle studio
- Massage available



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OUR RESPONSE AND RESOURCES

For nearly 170 years in our country, the YMCA has responded to the most pressing needs of our communities and the people who call them home. The COVID-19 pandemic presents unprecedented challenges to our organization and our service to communities.

We are doing what we can right now, and we are committed to being here for communities as our country begins the tough work of recovery.

YOUTH DEVELOPMENT

Throughout the pandemic, the Pav YMCA has continued to offer essential child care services to the community when it needs it most. These services ensure children have a safe and engaging place to attend while care takers works.

- Remote learning programming in partnership with South Berwyn School District 100
- Providing school's out days and camps for working parents
- Safe youth swim lessons



HEALTHY LIVING



Since COVID-19 began, we have offered ways for people to stay engaged in a healthy lifestyle which is important now more than ever.

- Free virtual fitness classes and workouts for all ages
- Virtual Diabetes Prevention Program
- Virtual family activities
- Group fitness classes that follow all CDC recommendations for any one who is 14 years of age and older.

SOCIAL RESPONSIBILITY

We are committed to supporting our community as the pandemic continues.

- 3,200 senior meals served through delivery or curbside pick up
- 12,000+ shelf stable food kits distributed to seniors
- 6,400 bags of fresh produce provided to seniors
- Hosted 6 blood drives
- Over 5,000 face masks distributed
- Fire department scuba training



COMMUNITY PARTNERS

As we navigate through these difficult times, we depend on our community partners more than ever before. Without their continued support we could not provide services our community depends on.

- 6th Ward Alderman
- Access to Care
- Adolf Funeral Home
- Age Options
- American Red Cross
- Berwyn Development Corporation
- Berwyn Public Health District
- Berwyn Township
- Berwyn's Violet Flower Shop
- Blue Cross/Blue Shield
- Cigars and Stripes
- Connies
- Greater Chicago Food Depository
- MacNeal Hospital
- Mayor Robert J. Lovero
- North Berwyn Park District
- North Berwyn School District 98
- Off the Traxx
- Riverside Bank
- South Berwyn School District 100
- State Farm
- Vitalant
- Youth Crossroads

LOOKING AHEAD

As we all begin to recover, we will continue to support and engaging community members by providing safe and responsible programming for all.

- Virtual family activities throughout the winter
- Safe, in person fitness classes (land & water)
- Personal training
- Massages
- School age child care programming
- Senior food services (delivery or curbside pickup)
- Waived joiners fee for memberships
- Youth swim lessons
- Facility reservations for individual workouts



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HELP THE Y BUILD A BETTER US

No matter who you are or where you live, the Y is a place for anyone who needs us. From citizenship prep to safe spaces, we provide opportunities everyone needs to reach their full potential. Every day, the Y supports kids, adults, seniors and families with programs that protect, teach, connect, heal, nourish and encourage. **Our mission is to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. But we can't do it alone.**

HOW CAN THE Y HELP YOU?

Together we can give young people the resources to reach their potential, provide individuals with access to support healthy living and connect neighbors to come together for the common good.

Ways we can work together:

- Business membership opportunities
- Space for business trainings or events
- Family programming for your community
- Child care options aligned with local school districts
- Public health initiatives
- And so many more!

Interested in partnering? Contact us today!



GIVE

By donating to the Y, you can help us reach more people in need with our programs and services. Give today For A Better Us.

Ways to give:

- Give \$50 for 50 years of service
- Support our annual fundraisers
- Encourage local businesses to give
- Donate to our Annual Support or Capital Campaigns

Visit pavymca.org to donate today!



JOIN

Help your family to learn, grow and thrive while strengthening a vital community committed to helping everyone reach their potential.

How to start:

- Schedule a tour to see our facility
- Join with no obligation
- Receive member benefits and discounts
- Follow us on social media for news and events
- Encourage friends and family to join

Become a part of our Y family today!



VOLUNTEER

Lend your time and experience to create meaningful and enduring change right now in your own neighborhood.

Volunteers of the Y

- Join our board of directors and committees
- Raise funds to ensure the Y is accessible to all
- Participate in opportunities to give back and support neighbors

**Interested in becoming a volunteer? Contact us!
708.749.0606 or visit pavymca.org**



@pavymca

