

2023: YEAR IN REVIEW



As I reflect on my first year as CEO of the Northfield Area Family YMCA, above any other feelings, I am proud of our staff's accomplishments and grateful for the community that makes our work possible. This year has been a testament to the power of collective effort and unwavering commitment to our mission of fostering healthy living, youth development, and social responsibility.

Facility Enhancements for 24/7

Recognizing that people's schedules continue to get busier, the Northfield Y launched the option for members to access the facility 24/7. To ensure that all members are safe in the facility, even outside of operating hours, we made significant upgrades to our security systems, including cameras and door locks. We also installed energy-efficient lighting systems, reinforcing our commitment to sustainability. I am pleased to share that over 500 members have signed up for 24/7 access.

Program Expansion

Our programs have continued to grow and adapt to meet the evolving needs of our community. This past year, we restructured the timing of our program sessions to be more consistent and convenient for members and families. Additionally, we relaunched many of the youth programs that had been on pause since COVID restrictions, such as after school programs and youth sports. We also began using our Bus for Us to pick up students directly from schools. It is wonderful to see the Y once again full and active during the after-school hours.

Fundraising Success

Thanks to the generosity of our donors, the Northfield Y's Annual Campaign achieved its highest amount ever in 2023 raising over \$135,000. These funds were crucial in supporting our scholarship program, which provides financial assistance to over 700 members, ensuring that everyone, regardless of their financial situation, has access to our programs and services.

Looking Ahead

As I look forward, I am excited about the opportunities to further our mission. We plan to expand our outreach programs, develop more partnerships, and continue improving our facilities. Thank you to our members, staff, volunteers, donors, and community partners for your unwavering support. Together, we are making Northfield a healthier, happier place to live.

With gratitude,

Tyler Powell – CEO, Northfield Area Family YMCA

Statement of Activities

	2023	2022
PUBLIC SUPPORT		
Contributions & Grants	395,606	123,306
Payroll Protection Program Forgiveness	0	174,112
Total Public Support	395,606	\$297,418
REVENUE, GAINS AND LOSSES		
Membership	1,002,915	879,431
Program Service Fees	164,192	178,128
Other Income	63,168	31,740
Total Revenue, Gains and Losses	\$1,230,275	\$1,089,299
Total Public Support, Revenues, Gains and Losses	\$1,625,881	\$1,386,717
EXPENSES		
Program Services	1,312,364	1,138,896
Management and General	573,471	477,434
Total Expenses	1,885,835	\$1,616,330
Changes in Net Assets	-259,954	-229,613
Net Assets – Beginning of Year	6,983,260	7,212,873
Net Assets – End of Year	\$6,723,306	\$6,983,260

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THE Y'S IMPACT

To bring about meaningful change in individuals and in our community, we are focused on programs dedicated to these three areas:

Youth Development: Nurturing the potential of every child and teen

Healthy Living: Improving the community's health and well-being

Social Responsibility: Giving back and providing support to our neighbors

SEE HOW WE'RE FULFILLING OUR MISSION

2023 BOARD OF DIRECTORS

As of December 31, 2023

- Sally Bauer
- Bryn Bridley
- Diane Ibrahim
- David Jacobsen
- Randy Jennings
- Christina Jerome
- Kevin Johnson
- Hope Langston
- Evan Loe, Youth Board Member
- Edy McLaughlin, Youth Board Member
- Dan Neuger, Board Vice Chair
- Patrick O'Neill, Board Chair
- Nan Rodgers
- Adrian Thomas



2023 ANNUAL REPORT

NORTHFIELD AREA FAMILY YMCA

for YOUTH DEVELOPMENT

YOUTH SPORTS



The Northfield Area Family YMCA's youth sports programs provide children with opportunities to develop physical fitness, teamwork, and social skills in a supportive and structured environment. Engaging in sports helps young participants improve their physical health, coordination, and discipline while fostering a sense of camaraderie and community. Additionally, our values-based coaching emphasizes core principles such as caring, honesty, respect, and responsibility, ensuring that children not only enhance their athletic abilities but also grow into well-rounded individuals. Through these programs, youth gain confidence, build lifelong friendships, and learn the importance of perseverance and fair play, setting a strong foundation for future success both on and off the field.



YOUTH IN GOVERNMENT

The Northfield Area Family YMCA sent 82 8-12 graders to the 2023-24 model legislative assembly. Under delegation Director Brent Howart and Youth Dev. Coord Izzy Hessian's guidance our Northfield youth took major leadership roles in the January session. Our delegation steering committee did a great job of recruiting, training, and leading their peers.

We had twenty-eight young people represent us at the model UN in the spring. Northfield youth represented France, New Zealand, Bahamas, and Gambia.

Thank you to our adult volunteers who all donated a week's time to keep our kids safe.

RETURN OF AFTER SCHOOL ACTIVITIES



The reintroduction of our after school programs in 2023 has been a milestone in our ongoing mission to support the youth of Northfield. By offering a diverse array of activities in a safe and inclusive environment, we are helping to shape a brighter future for our community's children. These programs, which encompass youth sports, STEM classes, and a variety of other enrichment activities, are designed to support the holistic development of young learners in our community.

At the heart of our after school programs is a commitment to providing a safe and inclusive setting for all students. Our dedicated staff and volunteers are trained to create an environment where every child feels welcome and valued. We prioritize the safety and well-being of our participants, ensuring that our facilities are secure and our programs are accessible to children of all backgrounds and abilities. Participants have thrived in the structured, supportive setting, building friendships and developing skills that will serve them well into the future.

for HEALTHY LIVING

GROUP EXERCISE

The Northfield Y continues to add to a diverse catalog of group exercise programs. Our classes cater to community fitness needs through classes focused on cardio, strength training, yoga, flexibility and functional fitness. These programs provide participants with structured, high-energy workouts that improve cardiovascular health, increase muscle strength, and enhance flexibility and balance. The social aspect of group exercises fosters a sense of community and motivation, encouraging individuals to stay committed to their fitness goals while enjoying the camaraderie of like-minded peers. Our experienced instructors ensure that exercises are performed safely and effectively, maximizing the benefits of each workout.




600+ 
Healthy Kids Day participants here on site at the YMCA taking part in a fun positive day with youth focused programs

204
Youth attended Y Camp last summer, learning new skills and creating new friendships in a safe, nurturing environment - rather than a summer in front of a screen.



400+
adults signed up for 24/7 allowing participants to work out when it is convenient for them.



205
participants took part in over 35 group exercise classes each week



750+
personal training sessions were provided to help clients meet their individual health and fitness goals



for SOCIAL RESPONSIBILITY

COMMUNITY ENGAGEMENT

The Northfield Area Family YMCA embraces the philosophy that our impact extends far beyond the walls of our facility. Recognizing that true community engagement means being present and active in various settings, we have made concerted efforts to "show up" and serve where our community needs us most.

Our collaboration with Northfield Public Schools, HIC, and the Bus for US has allowed the Y to offer free after-school transportation to the Y for students at Spring Creek and Bridgewater Schools. These initiatives ensure that students have safe, enriching activities to engage in after school hours, promoting both physical and mental well-being. We continue to participate in local events and festivals, such as Pride in the Park and Hispanic Heritage Celebration. We believe that by being present and proactive in our community, we can do more, reach more, and achieve more together.



LOCAL PARTNERSHIPS

In 2023, the Northfield Area Family YMCA reaffirmed its commitment to community engagement and collaboration with all local organizations. Creating these partnerships are central to our mission of a healthy, vibrant community and ensuring that our services reach individuals and families who need them most.

Our ongoing commitment to engage with over 75 community organizations reflects our belief that we are stronger together. By leveraging the strengths and resources of our partners, we can make a greater impact and continue to build a healthier, more connected Northfield.

Through these collaborations, the Northfield Area Family YMCA remains dedicated to serving as a cornerstone of the community, fostering partnerships that enhance the quality of life for all.



In 2023 over 700 people received scholarships to subsidize their membership and program costs. These scholarships help adults exercise and connect with other people for their physical and mental health, help keep kids safe in the water, and brings our community together in a positive setting.

Every year our volunteers ask our members to consider contributing to our annual fundraiser that funds scholarships and subsidizes programs that don't pay for themselves. Our annual campaign is a great example of Northfield citizens taking care of ourselves. 145 donors stepped up and contributed more than \$135,000 to guarantee that their low-income neighbors could be part of our YMCA memberships and programs.

