



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**BELONGING &
CONNECTING**

2024



CROSSROADS YMCA ANNUAL REPORT



DEAR FRIENDS,

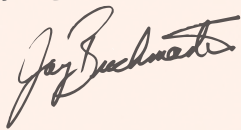
Every day at the Crossroads YMCA, incredible things are happening. From the laughter of children in our youth programs to the life-changing transformations in our wellness classes, our Y is a place where people come together to grow, learn, and connect.

It's not just about the programs we offer — it's about the lives we impact. We are building a stronger, healthier community by creating a welcoming space for everyone to belong. Whether it's a child discovering their potential, a family finding time to bond, or a senior finding friendship and support, the Y is here to make a difference.

This year has been filled with inspiring stories of resilience, community, and growth. We've seen our members achieve personal milestones, our volunteers give selflessly, and our staff work tirelessly to bring our mission to life. These moments are the heart of what makes the YMCA so special.

As we reflect on the past year, we remain committed to our mission of strengthening community through youth development, healthy living, and social responsibility. Thank you for being part of our Y family and for supporting the important work we do every day.

With gratitude,



Jay Buckmaster
President/CEO, Crossroads YMCA



Welcome to the Crossroads YMCA Annual Report. This report reflects our commitment to fostering a sense of belonging and connection for individuals and families in our community. Through our diverse programs, we bring people together to grow stronger in spirit, mind, and body.

In today's fast-paced world, many individuals and families face feelings of isolation and disconnection. Communities are stronger when people feel a sense of belonging and are actively engaged with one another. The YMCA is uniquely positioned to fill this need by providing inclusive programs and services that foster meaningful relationships, support well-being, and promote community engagement.

At the YMCA, we create spaces where people from all walks of life come together to connect, grow, and thrive. Through youth programs, fitness classes, family activities, and volunteer opportunities, we help build lasting bonds that enhance the quality of life for everyone involved. Our mission is to ensure that every individual feels welcomed, valued, and supported in their journey toward a healthier, more connected life.

KEY AREAS OF OUR WORK IN BELONGING AND CONNECTING

- 1. YOUTH DEVELOPMENT** - We provide a safe, nurturing environment for children and teens to learn, grow, and develop essential life skills. Our programs focus on building confidence, fostering friendships, and promoting leadership skills that prepare young people for future success.
- 2. HEALTHY LIVING** (Improving Health Outcomes) - We are committed to improving the health and well-being of individuals and families by offering programs that promote physical fitness, mental wellness, and healthy habits. Through classes, wellness programs, and health education, we empower individuals to take control of their health and live longer, healthier lives.
- 3. STRENGTHENING FAMILIES** - Our family-focused programs create opportunities for families to connect and strengthen their bonds. From family activities to parenting support, we help build stronger families by providing resources, guidance, and experiences that bring loved ones closer together.
- 4. STRENGTHENING COMMUNITIES** - The YMCA is a pillar of community support, fostering a sense of belonging and unity. We work to address community needs by partnering with local organizations, hosting events, and providing volunteer opportunities. Our goal is to create resilient communities where everyone feels valued and supported.

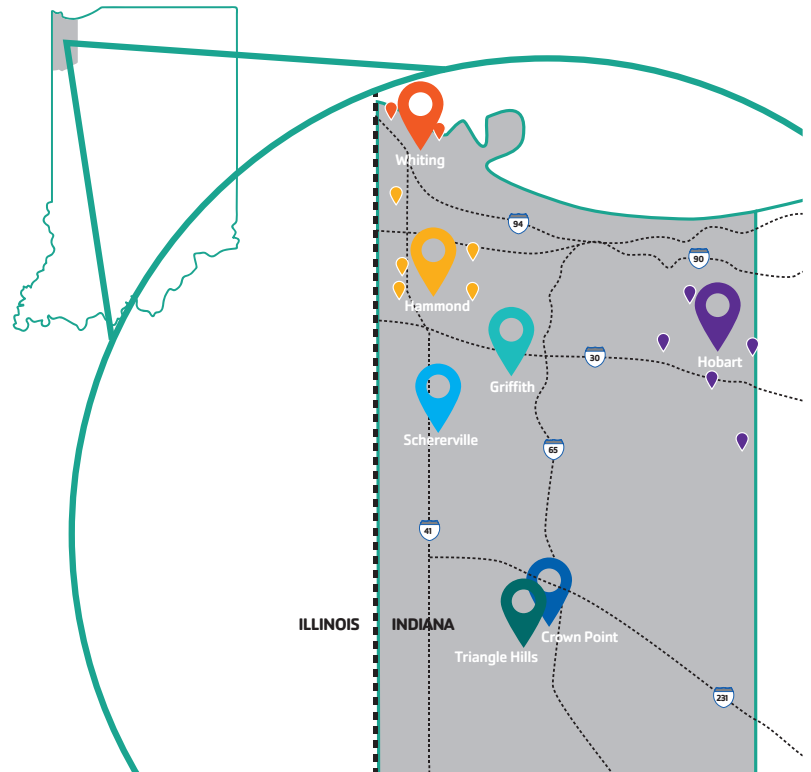
OUR REACH



At Crossroads YMCA, we are proud to serve a broad and diverse community across multiple locations and programs. Through these locations, we provide vital programs and services that empower individuals and strengthen communities. Our facilities and outreach programs ensure that everyone, regardless of their background or financial situation, has access to opportunities for personal growth, connection, and support.

Our reach extends to six branch locations, a camp and 10 sites across Lake County, serving 15 schools within the Griffith, Hammond, Hobart, and Whiting school districts.

- Dean and Barbara White Southlake YMCA
- Griffith Family YMCA
- Hammond Family YMCA
- Hobart Family YMCA
- Schererville Family YMCA
- Whiting Family YMCA
- Triangle Hills Camp and Retreat Center





6,918
Kids Served in
Aquatics/Swim
Lessons

10,598
Kids Served in
Youth Enrichment
Programs

1,997
Kids Served in
Preschool & After-
care Programs

4,778
Kids Served in
Sports Programs

1,852
Kids Served in
Camp Programs

Youth Development is about more than just programs — it’s about creating a foundation for lifelong success. At the YMCA, we recognize the unique potential of every young person and strive to provide opportunities for growth and learning that will set them on a path toward achieving their dreams.

Our Youth Development programs provide children and teens with a sense of belonging, purpose, and leadership. By offering a variety of experiences, from academic support to recreational activities, we meet the diverse needs of our community’s youth and ensure that every child has the tools they need to thrive.

We foster environments that inspire curiosity, resilience, and empathy, equipping young people to navigate challenges and seize opportunities. Through the support of caring mentors, youth are empowered to build character, develop values, and contribute to their communities. Youth Development is not just important for the individuals involved — it strengthens the community as a whole. By investing in our youth, we are building a better future for everyone.





IMPROVING HEALTH OUTCOMES

Staying healthy and active is essential to living a long, fulfilling life. At the Crossroads YMCA, we recognize that physical and mental well-being are crucial to improving overall quality of life. Our Healthy Living programs focus on promoting wellness through fitness, nutrition, and social support. From group exercise classes and personal training to wellness challenges and health education, we offer opportunities for people of all ages and fitness levels to stay active and maintain a healthy lifestyle.



Beyond fitness, we understand the importance of mental and emotional well-being. Our programs provide a community of support, where individuals can find friendship, motivation, and encouragement. The YMCA plays a key role in creating healthier communities by fostering environments where people feel supported in their wellness journeys.

Whether it's helping someone achieve a fitness goal, manage a chronic condition, or simply find a welcoming space to connect, the YMCA is committed to improving health outcomes for individuals and families in our community. Through Healthy Living programs, we are building stronger, healthier communities for generations to come.



Strengthening Families Through the YMCA

At the Crossroads YMCA, we understand the importance of family and the role it plays in creating strong, connected communities. Spending time together at the YMCA provides opportunities for growth, connection, and shared experiences that strengthen family bonds.

Our programs are designed to engage every member of the family, from parent-child activities to open family times and special events. These programs provide a safe, welcoming environment where families can learn, play, and grow together. Whether it's participating in a family fitness class, enjoying a community event, or simply spending quality time at the Y, our goal is to create lasting memories that families can cherish for a lifetime.



262,000
Participants in Group Exercise

56,000
Participants in Water Exercise

11,000
Personal Training Sessions

7,800
EGYM Appointments

7,856
Group Training Sessions



STRENGTHENING COMMUNITY TOGETHER

At Crossroads YMCA, our volunteers are the heart of our mission, driving change and creating opportunities for individuals and families to thrive. Whether serving on policy boards or working directly in programs, their dedication fuels our ability to expand services, enhance programs, and positively impact our communities.

Our Volunteers Make a Difference:

POLICY VOLUNTEERS: GUIDING OUR MISSION

Our board and committee members provide strategic leadership, ensuring that the YMCA remains mission-focused, financially sustainable, and responsive to community needs. Their guidance helps shape programs, partnerships, and policies that strengthen families and foster belonging.

71 policy volunteers in 2024, contributing over 2,800 hours of service – estimated financial impact: \$91,000 (based on independent sector’s estimated value of volunteer time at \$32.15 per hour in 2024)

PROGRAM VOLUNTEERS: BRINGING OUR MISSION TO LIFE

From coaching youth sports to mentoring teens and assisting with wellness initiatives, our program volunteers directly impact lives. Their time, energy, and passion create welcoming spaces where people of all ages can grow, connect, and succeed.

248 program volunteers in 2024, contributing over 3,100 hours of service – estimated financial impact: \$99,665 (using the same volunteer time value estimate of \$32.15 per hour)

THE BENEFITS OF VOLUNTEERING

- **Building Stronger Communities** – Volunteers help expand YMCA programs, ensuring that more children, families, and individuals have access to life-changing opportunities.
- **Developing Leadership & Professional Skills** – Serving on YMCA boards and committees provides experience in governance, strategic planning, and community leadership.
- **Creating Meaningful Connections** – Volunteers form lasting relationships with fellow community members while working together to drive positive change.
- **Enhancing Personal Well-Being** – Giving back promotes a sense of fulfillment, purpose, and belonging while supporting a healthier lifestyle.

VOLUNTEER IMPACT BY THE NUMBERS

- 71 policy volunteers contributed 2,800+ hours, equating to an estimated \$91,000 in community impact
- 248 program volunteers contributed 3,100+ hours, equating to an estimated \$99,665 in community impact
- Total volunteer contribution: 319 volunteers, 5,900+ hours, and a combined impact of over \$190,000

JOIN US IN MAKING A DIFFERENCE

The impact of Crossroads YMCA is made possible by people who believe in the power of community. Whether you’re looking to serve on a board, coach a team, or mentor a child, your time and dedication will help change lives.





BENEFITS OF BUILDING QUALITY YMCA FACILITIES TO STRENGTHEN COMMUNITIES

Investing in high-quality YMCA facilities provides a wide range of benefits that strengthen communities in meaningful and lasting ways:

1. ENHANCING COMMUNITY HEALTH & WELLNESS

- **Encourages Physical Activity** – Modern YMCA facilities with well-equipped fitness centers, swimming pools, and sports courts promote active lifestyles for people of all ages.
- **Reduces Health Disparities** – Access to fitness programs, group exercise classes, and wellness initiatives helps prevent chronic diseases and improves overall community health.
- **Supports Mental Health** – Spaces for group activities, mindfulness programs, and stress relief activities contribute to emotional well-being.

2. PROVIDING SAFE SPACES FOR YOUTH DEVELOPMENT

- **Quality After-school & Day Camp Programs** – Upgraded facilities allow for enriching after-school care, summer camps, and teen mentorship programs.
- **Academic & Life Skills Support** – Study spaces, STEM labs, and career readiness programs help prepare young people for future success.
- **Youth Sports & Leadership Opportunities** – Gymnasiums, sports fields, and leadership training rooms create avenues for skill-building and positive social connections.

3. Strengthening Social Connections & Inclusion

- **Brings People Together** – A welcoming YMCA serves as a hub where people of all backgrounds can connect, fostering friendships and community belonging.
- **Multi-generational Engagement** – Facilities designed for all ages—from child care to senior wellness programs—help bridge generational gaps.
- **Diversity & Inclusion** – A well-designed YMCA embraces and supports individuals from all walks of life through culturally responsive programming.

4. DRIVING ECONOMIC & WORKFORCE DEVELOPMENT

- **Creates Jobs** – The construction and operation of

YMCA facilities generate employment opportunities in the community.

- **Prepares the Workforce** – Youth employment programs provide invaluable job training that equips young people with essential workforce skills and confidence. By engaging in meaningful work, youth develop critical competencies such as teamwork, communication, problem-solving, and leadership. These programs serve as a bridge to future career success by fostering a strong work ethic, financial literacy, and professional development. Investing in youth employment is an investment in the next generation of leaders, ensuring they are prepared to contribute positively to their communities and the economy.

- **Boosts Local Economy** – High-quality YMCA facilities attract families and businesses, increasing neighborhood vibrancy and economic activity.

5. INCREASING COMMUNITY RESILIENCE & CIVIC ENGAGEMENT

- **Emergency & Disaster Response Hub** – YMCA centers can serve as shelters or relief centers during natural disasters and crises.
- **Promotes Volunteerism** – With modern, functional spaces, more people are inspired to engage in community service and mentorship programs.
- **Encourages Civic Pride** – A high-quality YMCA reflects a community's investment in its future, increasing civic engagement and participation.

6. PROVIDING ACCESSIBLE & INCLUSIVE FAMILY SERVICES

- **Affordable Childcare & Early Learning** – Facilities with dedicated early learning centers make it easier for working families to access reliable care.
- **Family-Oriented Spaces** – Family-friendly pools, play areas, and programming encourage meaningful parent-child interactions.
- **Senior & Adaptive Programs** – Thoughtfully designed spaces ensure accessibility for older adults and individuals with disabilities.

7. ENHANCING NEIGHBORHOOD SAFETY & REDUCING CRIME

- **Engaging At-Risk Youth** – Safe recreational spaces and mentorship programs keep youth engaged in positive activities, reducing crime and violence.
- **Safe Gathering Spaces** – A high-quality YMCA offers a secure environment where individuals can engage in healthy social interactions.

The continued investment in high-quality YMCA facilities strengthens communities by providing better health and wellness opportunities, safe spaces for youth, stronger social connections, economic growth, and increased civic engagement. The Crossroads YMCA renovations and expansions in 2024, along with the exciting new projects coming in 2025, further solidify the YMCA's commitment to transforming lives and strengthening communities for generations to come.

Crossroads YMCA Facility Renovations & Expansions in 2024

In 2024, Crossroads YMCA continued to make significant investments in its facilities to better serve the community. These major renovations and expansions include:

GRIFFITH YMCA RENOVATION – Expanded gymnasium space and programming, added a new fitness turf area, and expanded fitness areas to accommodate increased community use.

DESTINATION HAMMOND – A brand-new YMCA facility in Hammond, officially opened in November 2024, providing new opportunities for health, fitness, and community engagement.

TRIANGLE HILLS CAMP & RETREAT CENTER – Added a new amphitheater, outdoor adventure activities, a new dock, program yurts, a hoop house, and a garden, enhancing outdoor education and retreat experiences.

Upcoming YMCA Projects Announced for 2025

Looking ahead, Crossroads YMCA has announced several exciting projects set to begin in 2025:

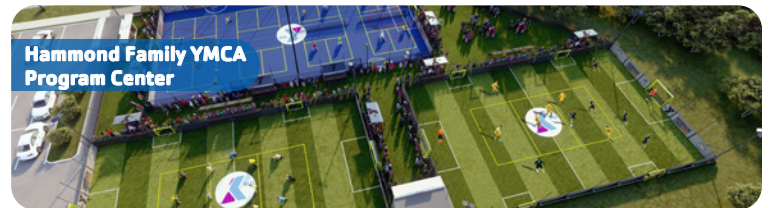
TOLLESTON OPPORTUNITY CAMPUS/GARY YMCA – A new YMCA campus dedicated to expanding services and outreach in Gary.

YMCA SPORTSCENTER – A large-scale sports facility designed to promote youth and adult recreational programs.

EXPANDED SCHERERVILLE YMCA – Increasing program space and fitness facilities to serve the growing community.

RENOVATION OF THE ORIGINAL HAMMOND YMCA – A historic site will receive major upgrades to improve services as Hammond Family YMCA Program Center.

TRIANGLE HILLS CAMP & RETREAT CENTER ENHANCEMENTS – Addition of a new Welcome Center and outdoor pool to enhance summer camp and family experiences.



2024 DONORS



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



The YMCA's ability to deliver life-changing programs and services would not be possible without the generosity of our donors.

Their financial support enables us to expand our reach, improve our facilities, and provide scholarships and financial assistance to those who need it most. In 2024, we provided upwards of \$1.7 million to almost 25,000 members in our Income-Based Assistance Program.

Donors empower the YMCA to break down barriers to access, ensuring that everyone, regardless of their background or financial situation, can benefit from our programs. Through their contributions, donors help create opportunities for youth development, promote healthy living, and strengthen communities.

Every dollar donated to the YMCA is an investment in the future of our community. Donors make it possible for us to continue offering vital programs and services that change lives. From supporting after-school programs to funding capital projects, their generosity has a lasting impact.

We are deeply grateful to our donors for their unwavering support. Together, we are building stronger, healthier communities and making a difference in the lives of countless individuals and families.

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100 W. Burrell Drive
Crown Point, IN 46307

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

