PARTNERING FOR A BETTER COMMUNITY
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

We are pleased to honor and celebrate the generosity and commitment of our Annual Campaign Partners, special donors who have made extraordinary gifts to support the Y’s strategic initiatives. Their commitment to partner with the Y to strengthen the mental health of area teens and improve the well being of the community is remarkable. Thank you to these donors for their dedication to youth development, healthy living and social responsibility.

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DEAR FRIENDS

This year not only marked the YMCA’s 134th consecutive year of quality services to the entire Coulee Region, it also proved to be one of our best. We continued to make meaningful progress toward solutions for some of the greatest social challenges facing our community in the areas of youth development, healthy living, and social responsibility. We experienced growth in virtually all areas. More children, teens, and adults came through our doors than at any other time in our history.

As we take the opportunity to recognize several outstanding volunteers, we are honored to celebrate the work and commitment of Ron Houser and the impact he has had on the Y and our region. As we looked back on Ron’s support for the Y and his efforts and commitment which was critical in making the R.W. Houser Y possible back in 2006, and equally critical with the recent expansion projects, it caused us to look at the impact and reach of the Y then, and today. There is much to celebrate as we look back on the recent growth, expanded reach, and impressive impact of the Y in the community.

On the eve of opening the R.W. Houser Y back in 2006:
• We served 11,000 members annually. Today, that number is 34,000 members annually.
• We provided financial assistance to 2,700 members. Today, that number is 8,500.
• We served 5,573 children and teens as Y members. Today, that number is 15,294.

As we know, the needs of our community are growing and evolving rapidly. We all share responsibility for the Y and we must ensure that our Y continues to be positioned to thrive and meet the needs of our community. This will require us to find ways to expand and deepen our impact faster and more effectively than ever before. This will require the continued partnership between our staff team, our members, our volunteer leaders, and our donors. This collective group believes that together we can make our community a better place to live. We look forward to an even more impactful 2018, and we again invite you to join us as we accept the new challenges that lay ahead.

Yours in service,
Larry Bodin & Bill Soper
Tony and Marina Toledo are active retirees and both members of the Y. In fall of 2016, a visit to Tony’s doctor prompted them to make life changes in their diet and exercise plan. “My doctor had noticed that my blood sugar had been going up for a few years,” Tony shares. “There were various options including medication, but he suggested the diabetes prevention program at the YMCA.”

Tony and Marina enrolled in the one-year diabetes prevention program at the YMCA. “The part of exercise wasn’t the problem because I had always exercised, but in the diabetes prevention program we learned about how to read labels, checking for things like low fat and sugar,” says Tony.

“The program was an eye opener for me,” adds Marina, “because it helped me learn to eat healthier. Since finishing the program I have been watching the amount of fat I eat every day.”
"The YMCA really opened a new perspective on eating for me," says Tony, "and it’s been a big positive experience for Marina and me. We’ve started to cook better, we avoid not so nutritious foods, and we see the benefits."

Marina dedicates at least 30 minutes every day to physical activity. "I go to the Y with a close group of friends almost every day. As far as recommending the program to others, I have been doing that to friends and family. I know that it works."

Tony has seen improvements with his doctor visits too. His lipid profile has shown decreased levels of cholesterol and blood sugar. "If I had decided this on my own," he says, "I think it would’ve been more difficult, but being in a program, being accountable to someone helps, and now keeping it for life is what I’m working on."
Lucas Herro, 26, has lived in Onalaska his whole life. He’s passionate about nature, spending time hunting and fishing. He enjoys volunteering his time and meeting new people. He loves hanging out with his family, his girlfriend, and his golden retriever.

Four years ago, Lucas broke his neck and damaged his spinal cord in a diving accident, leaving him paralyzed from the chest down. He has spent the past four years working hard in therapy to regain as much function as possible. And part of his training and support system have included the YMCA.

A patient’s physical therapy cannot be done in a clinical setting forever, so Lucas was gifted a membership to the Houser Y in Onalaska. With a wide variety of programs, the YMCA provided the perfect alternative therapy option. Working with a personal trainer, Lucas has made steady gains already, and is starting to see an increase in strength and endurance that reflects in his home life.

Being a member of the YMCA is more for Lucas than being a member of just a gym. The community at the YMCA has definitely offered support, but they also offer mentorship and friends. “Life is full of unexpected twists and turns,” he says. “It’s one thing after the next, after the next, after the next. The only thing we can control is our attitude, and how we choose to adapt and respond to the things that life throws at us. What kind of attitude will you choose to carry?”
Joe Zwickey is a motivated man with a dry sense of humor. Like so many of us, he’s a busy individual who works multiple jobs, hangs out with friends, and works on hobbies, but despite everything on his plate, Joe still squeezes in his workouts at the YMCA three times a week.

Joe began coming to the YMCA a couple years ago. Now, he incorporates a mix of strength and cardio routines throughout his week, including squats, planks, and throw downs. He started working with personal trainer, Kailyn Danhouser, about four months ago. The pair meets once a week, and have already seen improvement physically, structurally, as well as in Joe’s attitude.

When asked if working with Kailyn makes exercise more fun, Joe responds sarcastically with “not really,” making the whole room laugh. “I’m kind of tough on him,” says Kailyn, who pushes him with mixed routines to create muscle memory, correct form and grow strength.

It’s clear the two celebrate throughout the workout too, though. “Joe likes to dance. We play a lot of 80s music here,” says Kailyn. After finishing his reps on the bench press, Joe shows off a few of his dance moves. “Kailyn motivates me at times,” he admits, “but I mostly do it for me.”

Joe has goals to volunteer with nonprofits and be a role model for people in the special needs community. “I kind of want a statue of me,” he says, causing more laughter. “I want to help others, help my friends, and be able to give back.”

Joe says coming to the Y has “helped me lose a lot of weight, stay fit, and make friends. It helps me get rid of a lot of stress.” Despite his busy schedule, Joe keeps working out. He’s a groomsman in a cousin’s wedding next summer and in addition to all his other goals, he wants to look good in his suit.
As humans, passion can motivate us, delight us and even humble us. We experience those emotions first-hand every day in the eyes, smiles and sometimes tears of those we serve. From the recipients of kindness to the givers of abundance, the passion that inspires them is the bond we all share. We are blessed by the contributions of time and resources as well as the partnerships, collaborations and other acts of good will that make a difference in the heart of our community.

In nominating the **OSHAN FAMILY**, WAVE Swim Team Coach Jeanine Serrano shared the following: Amber is the Wave’s Volunteer Meet Director, a role she has served in for several years. She organizes the four to six meets hosted by the WAVE each year and she helps with many of the team’s other special events such as our Halloween, Christmas and Championship Party, as well as the Annual Team Banquet in April. She donates well over 100 hours each year seeing that events are well organized.

Her husband, Raunaque, has served the WAVE as one of our lead computer operators for the timing system during our meets. Both her daughter Priya, 12, and son Arjun, 9, are year-round members of the Wave Swim Team and are peer leaders in their training groups on the team. Obviously, the Oshan family is having a significant and sustained impact on youth programs at the Y. They are all advocates for the Y and our work and impact in the community. Our entire staff team is pleased to recognize your family for your dedication, involvement, and commitment.
TED GRIFFIN YMCA VOLUNTEER OF THE YEAR AWARD

Named for Ted Griffin, the YMCA Director from 1941-1970. This award is presented annually to the Ys top volunteer, someone who has committed themselves to improving the lives of children and adults in our community through time, talent and financial resources in order to advance the mission of the La Crosse Area Family YMCA.

We cannot thank RON HOUSER enough for the significant impact he has had on the La Crosse Area Family YMCA over the past 15 plus years. Ron’s capital campaign commitment in 2003, one of the first gifts for the new Y, confirmed what we believed—that we could be successful in bringing a wonderful facility to the community. Ron has supported the Y since the R.W. Houser YMCA was simply a dream through today where the facility is a centerpiece of Onalaska.

His generosity and vision helped set the pace for the campaign that built the Onalaska location. Again in 2014, he proudly supported our expansion campaign that made the recent facility enhancements possible. Thanks to his donations, the La Crosse Area Family YMCA now serves nearly 34,000 members annually at our two branches.

We’re incredibly grateful for Ron’s support and advocacy for the Y in our community. Bill Soper, the YMCA CEO, extends his gratitude for Ron’s ongoing personal support and counsel on issues and opportunities facing the Y. He has our deepest thanks. It’s a pleasure to recognize him for his many contributions.

HONORING

Ron Houser
YMCA HEALTHY LIVING AWARD

Presented to individuals or organizations that demonstrate an unyielding commitment to improving the health and well-being of our community.

In nominating GUNDERSEN HEALTH SYSTEM for this award, we recognized the significance of the YMCA and GHS partnership and the enhanced impact we are able to have in the community. This work could not be done without the ongoing support from GHS and their willingness to continually look for new and innovative approaches to improving the health of our community. We are very proud of the new Healthy Living Center and the impact that partnership is having on our ability to strengthen the community and improve the lives of our members.

HONORING
Gundersen Health System

We are also grateful for the ongoing support for many of our other Y programs that impact the health of our community, programs such as the Community Food Forest, our mental health work, the Community Teen Center, and so much more. We recognize the importance of partnering and collaborating with experts in order to improve the health and well-being of our community. It is for these reasons and many more, that Gundersen Health System is the recipient of the 2017 YMCA Healthy Living Award.
NANCY QUINLISK SOCIAL RESPONSIBILITY AWARD

Named for Nancy Quinlisk, longtime Y Board Member and Trustee, the driving force behind the establishment of activities and programs at the Y that promote social responsibility.

Recognized for her commitment to the Y, Barbara Saathoff provides leadership to the Y in many capacities. We cannot thank her enough for the significant impact she has had on the Y during her time as a policy volunteer. Through her many roles on the Executive Committee, Chair of the Board Leadership & Governance Committee, member of the Safety Committee, and President-Elect of the Board of Directors, she has provided strong and impactful leadership to our organization. We are particularly grateful for her work to establish and enhance the relationships between our board members and staff members. She should be proud of the many ways she has contributed to the success of the Y. It’s a pleasure to see her recognized for her many contributions.

DAHL FAMILY YOUTH DEVELOPMENT AWARD

Named for Ken and Harry Dahl, the driving forces behind the establishment of youth development programs at the Y. This award honors those who provide time, talent, or financial resources in order to advance and strengthen youth development work at the Y.

In nominating Officers Alex Burg and Joel Miller, Dahl Y Branch Director Amy Holte highlighted their significant impact on the Y. For two years, these officers have been at the Dahl Y weekly to hang out with kids in the evening. They play basketball, foosball, cook and participate in the food forest work nights. They have taken small groups of Y kids on outings to Viterbo Basketball games or Logger Baseball games to reward positive behavior.

We asked the officers what challenges they see our youth facing and how the Y can respond to these needs. They talked about homelessness, hunger, poor living conditions, and the lack of mentors in the youths’ lives, especially male mentors. Alex and Joel feel the Y is making a positive impact because the Y offers youth a safe environment, mentors, expectations, structure and teaches life skills. By spending time with the kids, the youth have developed trust and respect for these officers. Alex and Joel believe that their engagement with youth at the Y is a critical step in strengthening our community.
in La Crosse County can’t depend on a meal at home.

This year, the Y will serve more than 200,000 healthy meals and snacks to over 1,300 children to help combat hunger in our community.

The Y’s Summer Meals Program serves free and healthy meals to any child in the La Crosse community. The Y serves 4 meals a day at the Dahl YMCA, Teen Center, and at locations throughout La Crosse.

Gifts to the Y’s Annual Campaign help make our youth food program possible.

4,916 CHILDREN
in La Crosse County can’t depend on a meal at home.

This year, the Y will serve more than 200,000 healthy meals and snacks to over 1,300 children to help combat hunger in our community.

MEMBERSHIP IMPACT

MEMBERSHIP TRENDS

2017 MEMBERSHIP NUMBERS BY CATEGORY

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Youth Ages (0-5)</td>
<td>25,178</td>
<td>26,524</td>
<td>27,450</td>
<td>27,905</td>
<td>30,607</td>
<td>30,557</td>
<td>30,424</td>
<td>31,436</td>
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<td>Youth Ages (6-11)</td>
<td>27,740</td>
<td>28,140</td>
<td>28,550</td>
<td>28,780</td>
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<td>31,360</td>
<td>31,240</td>
<td>32,250</td>
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<td>Teen Wellness Ages (12-17)</td>
<td>27,205</td>
<td>27,480</td>
<td>27,800</td>
<td>28,050</td>
<td>30,200</td>
<td>30,200</td>
<td>30,050</td>
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<tr>
<td>Young Adults Ages (18-29)</td>
<td>30,150</td>
<td>30,450</td>
<td>30,750</td>
<td>31,000</td>
<td>33,250</td>
<td>33,250</td>
<td>33,050</td>
<td>34,000</td>
<td>36,250</td>
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<tr>
<td>Adults Ages (30-54)</td>
<td>30,780</td>
<td>31,180</td>
<td>31,480</td>
<td>31,730</td>
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<td>Adults Age 55-64</td>
<td>30,400</td>
<td>30,800</td>
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<td>33,600</td>
<td>33,350</td>
<td>34,300</td>
<td>36,500</td>
</tr>
<tr>
<td>Senior Adults Age 65+</td>
<td>27,150</td>
<td>28,000</td>
<td>28,750</td>
<td>29,100</td>
<td>31,350</td>
<td>31,350</td>
<td>31,100</td>
<td>32,050</td>
<td>34,300</td>
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<tr>
<td>Total</td>
<td>134,260</td>
<td>138,400</td>
<td>142,650</td>
<td>145,930</td>
<td>168,740</td>
<td>168,740</td>
<td>166,580</td>
<td>174,850</td>
<td>192,000</td>
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FINANCIAL POSITION

YMCA operations are based on a mix of earned revenue from membership and program fees and contributed revenue from individuals, corporations and foundations.

BALANCE SHEET

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
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<tbody>
<tr>
<td>Current assets</td>
<td>$ 1,166,145</td>
<td>$ 1,562,945</td>
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<tr>
<td>Investments</td>
<td>1,421,061</td>
<td>1,274,543</td>
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<tr>
<td>Property &amp; other assets</td>
<td>23,679,990</td>
<td>25,274,775</td>
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<tr>
<td>Total Assets</td>
<td>$ 26,267,196</td>
<td>$ 28,112,263</td>
</tr>
<tr>
<td>Current liabilities</td>
<td>$ 934,158</td>
<td>$ 929,420</td>
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<tr>
<td>Other liabilities</td>
<td>6,324,371</td>
<td>8,119,016</td>
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<tr>
<td>Total Liabilities</td>
<td>$ 7,258,529</td>
<td>$ 9,048,436</td>
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<tr>
<td>Net Assets</td>
<td>$ 19,008,667</td>
<td>$ 19,063,827</td>
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<tr>
<td>Total liabilities</td>
<td>$ 26,267,196</td>
<td>$ 28,112,263</td>
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</tbody>
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REVENUES & PUBLIC SUPPORT

<table>
<thead>
<tr>
<th>Source</th>
<th>2017</th>
<th>2016</th>
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<tbody>
<tr>
<td>Annual Campaign &amp; Capital Campaign</td>
<td>$ 915,409</td>
<td>$ 1,307,052</td>
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<tr>
<td>Membership fees</td>
<td>4,396,411</td>
<td>3,845,666</td>
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<tr>
<td>Program fees</td>
<td>4,678,947</td>
<td>4,369,291</td>
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<tr>
<td>Investment performance</td>
<td>211,789</td>
<td>69,953</td>
</tr>
<tr>
<td>All other</td>
<td>339,817</td>
<td>226,108</td>
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<tr>
<td>Total Revenue</td>
<td>$ 10,542,373</td>
<td>$ 9,818,070</td>
</tr>
</tbody>
</table>
1 in 4 of our 23,500 members can afford a healthier lifestyle thanks to our Financial Assistance program.

Board of Directors
Paul Bagniefski
Treasurer and Business Services Committee Chair
Mid-City Steel
Larry Bodin
Board President
BMO Harris Bank
Chris Butler
Kaplan Professional Education
Mark Carrk
Facilities Committee Chair
Mathy Construction
Steve Christiansen
Merchants Bank
Michelle Cowgill
Cowgill Dental
Mark Davy
Davy Engineering
Sean Dwyer
WXOW TV 19
Jay Ellingson
Kwik Trip
Barb Erickson
Community Volunteer
Dennis Ford
Past President
Norplex Micarta
Gary Kastner
Architectural Design
Jackie Kuehlmann
Inland
Mike Malone
Mayo Clinic Health System
Janie Morgan
UW-L Alumni Association
Brenda Rooney
Gundersen Health System
Barb Saathoff
Board President-Elect
Board Leadership & Governance Committee Chair
Mayo Clinic Health System
Pat Stephens
Community Volunteer
Jim Warren
Community Volunteer
Caitlin Wilson
Marine Credit Union

Board of Trustees
Barb Benson
Dar Isaacson
Dave Skogen
Don Weber
Eric Wheeler
Harry Dahl
Linda Lyche
Nancy Quinlisk
Steve Tanke

CAMPAIGN DOLLARS

2017 ANNUAL CAMPAIGN – $745,628
We depend on the generosity of our community, to ensure that every individual regardless of age, income or background, has access to the essentials needed to learn, grow and thrive.

- Membership Financial Assistance
- Child Care
- Youth Development Programs
- Chronic Disease Prevention & Recovery
- Teen Mental Health & Inclusion

More than 200,000 free healthy meals & snacks were served to youth in our community.

1 in 4 of our 23,500 members can afford a healthier lifestyle thanks to our Financial Assistance program.

The average daily visit to the Teen Center.

2.2 HOURS
BANNER DONORS

Partners
Festival Foods
Dahl Automotive
Dave & Barb Erickson
Gundersen Health System
La Crosse Community Foundation

$10,000+
Cowgill Dental
La Crosse Radio Group
Matrix Fitness
The Glendenning Family Foundation
The Walmart Foundation
The Waterfront Restaurant & Tavern

$5,000-$9,999
Anonymous
BMO Harris Bank
J.F. BRENNAN
The Remainders
The Insurance Center
The Thomson Family
Touchstone Energy/
Dairyland Power Cooperative
WKBT News 8

$2,500-$4,999
Bronston Chiropractic
Combined Insurance
Don & Barbara Frank
Harley Davidson
Harold Pete Iseman Fund
Klause Financial & Insurance Services
La Crosse Police Department
LiveWell Chiropractic
Marine Credit Union
MAYO Clinic Health System
Merchants Bank
Derek & Julie Nordeen Family
Panera Bread
Pepsi-Cola Bottling Company of La Crosse
Pischke Motors
River Architects
River Trail Cycles
Schilling Family Foundation
Schneider Heating & Air Conditioning
Schumacher-Kish Funeral Home
Subway Restaurants
Three Sixty Real Estate Solutions
Russell & Vera Smith Foundation/Trust Point
Venture Machine & Tool
WXOW TV 19 Your Hometown Team

$1,000-$2,499
AdvoCare
Altra Federal Credit Union
Anonymous (3)
Aquinas High School National Honor Society
Barney Family Foundation
In Memory of Frank & Joyce Benesh
Brian & Barb Benson
Big Sky Cattle
Mike & Mary Bottcher
Brenengen Auto
Tom & Sue Brewer
Roy Campbell
Carpet One of La Crosse
Mark & Diane Carr
Cleary-Kumm Foundation
Rick Cornforth
Davy Engineering
Mike & Joyce Davy
Designz, Inc.
Don’s Towing & Repair
Bruce & Meri Sue Erdmann
Bryan & Stacy Erdmann
Flanagan Financial, Inc.
Dennis & Laurie Ford
Fowler & Hammer Inc.
Franke Foundation
Sue Gelatt Foundation
Mark Glendenning & Margie Webster
Ronald & Julie Go Family
Hancock & Robinson CPAs
Hanson & Associates
Hawkins Ash CPAs
Hilltopper Refuse & Recycle
Ellie Hook
Kurt & Jeanne Hulse
Jazzercise
King Furniture
L.B. White
John & Barbara Leinfelder
Abe Leis
Warren & Denise Loveland
John & Linda Lyche
Mario Miller Foundation
Market & Johnson
David & Brenda Maxwell
Gregg Mitchell
Mix 96 KQEG TV 23-51
Moxy Salon & Spa
Netkinetix Inc.
Norplex Micarta
Sacia Morris
Onalaska High School
Tim Padesky & Tara Johnson
People’s Food Coop
Bill & Teresa Peters
Quartz
Nancy Quinlisk
Mike & Susan Richards
Robertson, Ryan & Associates
Rudy’s Drive-In
Matthew and Maria Runde
Sam’s Club
Bill & Ellen Soper
Stein Counseling & Consulting Services
Steve & Sude Tanke
The Therapy Place of La Crosse
UMR
James & Phyllis Warren
Wayne J Hood Fund
Jason & Lori Warren
Eric & Vicki Wheeler
Xcel Energy

The La Crosse Area Family YMCA is extremely grateful for these individuals and organizations who donated gifts of $1,000 or more to our 2017 Annual Campaign.

650 volunteers gave over 4,500 hours to help host our Y fundraising events.

We encourage 2,000 youth to be respectful, honest, responsible and caring each day.
Winter Walk Run Series
Presenting Sponsor
Subway
Event Sponsor
Klaueke Financial
River Trail Cycles
UMR
Gold Sponsor
L.B. White Company
In-Kind Sponsor
MOKA
Kwik Trip
Grand Bluff Running
Onalaska Police Department
Presenting Media Sponsor
Classic Rock 100.1
Magic 105
Today’s Talk 1490
WXOW News 19

Got Energy Triathlon
Presenting Sponsor
Touchstone Energy Cooperatives
Event Sponsor
Pischke Motors
Gold Sponsor
River Trail Cycles
Silver Sponsor
Don’s Towing & Repair
Bronze Sponsor
Gundersen Health System - Sports Medicine
Gundersen Health System - Emergency Medical Services
La Crosse Sign Company
Tri-State Ambulance
In-Kind Sponsor
Aramark Uniform Services
Dahl Automotive
Fowler & Hammer
Presenting Media Sponsor
Magic 105
Today’s Talk 1490
WKBT News 8

Healthy Kids Day
Presenting Sponsor
LiveWell Chiropractic & Wellness
Silver Sponsor
Schneider Heating & Air Conditioning
Presenting Media Sponsor
KQEG TV
Mix 96.1

Your support helps us enhance our impact in the community.
STAFF LEADERSHIP

ADMINISTRATIVE STAFF
Bonnie Bloomfield  
Houser Environmental Director
Coleman Breunig  
Houser Member Engagement Director
Jen Corcoran  
Houser Branch Director
Karen Fortin  
Human Resources Generalist
Bill Hammond  
Houser Property Manager
Kelsey Hess  
Dahl Member Engagement Director
Amy Holte  
Dahl Branch Director
Carl Klubertanz  
Director of Facilities
Jamey Lessard  
IT Director
Jennie Melde  
Director of Culture & Youth Development
Andrea Pengra  
Director of Development
Travis Pernsteiner  
Marketing Director
Jackie Ripp  
Director of Human Resources
Crystal Seiler  
Chief Financial Officer
Bill Soper  
Executive Director
Chris Swerftfeger  
Dahl Property Manager

Jen Taylor  
Business Office Manager
Aleesha Torres  
Communications Director
Jon Wegman  
Dahl Environmental Director

ADULT & YOUTH PROGRAM STAFF
Tammy Addleman  
Arts & Humanities Director
Kandace Fox  
Houser Youth & Family Director
Jessi Van Ryzin  
Inclusion Specialist
Christina Knudsen  
Child Watch & Preschool Director
Gretchen Linzmeier  
Dahl Youth & Family Coordinator
Rich Johnson  
Basketball Team Coach
Patrick Long  
Gymnastics Team Coach
Lisa Luckey  
Teen & Youth Services Director
Kyle Moll  
Dahl Youth Sports Director
Kelly Sorensen  
Gymnastics Director
Thony Thao  
Y Feeds Kids Coordinator

AQUATICS STAFF
Sam Bowman  
WAVE Head Age Group Coach
Brenda Maxwell  
Dahl Aquatics Director
Jeanine Serrano  
WAVE Swim Team Coach
Jackson Stotz  
Houser Aquatics Director

CHILD CARE STAFF
Shane Drey  
School Age Director
Mandi Dwyer  
Early Childhood Coordinator
Christina Knudsen  
Child Watch & Preschool Director
Katie Miller  
School Age Director
Casey Paletta  
School Age Director
Julie Siakpere  
Early Childhood Administrator
Nate Torres  
School Age Administrator
Eli Wortman  
School Age Director

HEALTH & WELLNESS STAFF
Kylie Formanek  
Dahl Fitness Director
Sarah Johnson  
Mental Health Director
Heidi Kuennen  
Dahl Wellness Director
Denise Malone  
Cancer Survivorship Coordinator
Christopher Matt  
Houser Wellness Director
Martina Mellang  
Community & Prevention Program Director
Jill Miller  
Community Engagement Coordinator
Amy Venner  
Houser Fitness Director
Lee Walraven  
Director of Regional & Community Partnerships

LA CROSSE AREA FAMILY YMCA
Dahl Family YMCA  • 608-782-9622
1140 Main Street La Crosse WI 54601
R.W. Houser Family YMCA  • 608-782-9622
400 Mason Street Onalaska WI 54650
www.laxymca.org