



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING WITH COMMUNITY OUR

2016 Annual Report | La Crosse Area Family YMCA

OUR MISSION:

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

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ANNUAL CAMPAIGN PARTNERS

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.



A MESSAGE FROM THE Board President & Executive Director

DEAR FRIENDS

We are blessed to live in a wonderful, caring community. Yes, La Crosse and the Coulee Region are very special places. At the Y, our members and donors care deeply for this community, our friends and our neighbors. What makes the Y unique is that we have been an important part of our community for 134 years, and as our community has grown and evolved, we have evolved right along with it. Today, the Y is more relevant, effective and important to this community than at any point in our history.

Through the generous support of hundreds of donors, we were able to renovate and add 70,000 square feet of new space at our Ys. These new spaces better position our Y to meet the needs of our community and to improve the health of our community. We also entered into a significant collaborative partnership with Gundersen Health System with the opening of the new Healthy Living Center. Programming in the Healthy Living Center launched in 2016 and we're energized and inspired by the early success.

In 2016 we also had the honor and privilege to honor two families who have had a profound impact on the Y. The naming of our two facilities was our way of honoring two families, the Dahls and the Housers, whose generosity made possible the Ys that we enjoy every day. In fact, without the Dahl's collective 100 years of service to our Y or their extraordinary generosity as Y donors, the Y as we know it in our community would not exist. They have been behind the Y in the best of times and through the challenging times and we cannot thank them enough for their commitment, generosity and thoughtfulness. In the case of the Houser family, again, the Y in Onalaska would not be what it is today without their extraordinary generosity.

These are just some of the things that make us proud to be a part of this truly special organization. We encourage you to read the stories in this annual report and celebrate our collective successes. Together, we are empowering our community for good.

Yours in service,




Dennis Ford
President
YMCA Board of Directors





Bill Soper
Executive Director/CEO

MEMBER PROFILES

The Member Profile series highlights nominated individuals that achieve great successes, overcome challenges, and provide inspiration to other members, participants, volunteers, and staff.

This year we would like to highlight the compelling stories of Sydney Fitzpatrick, Rob Schroder and Leah Misch whose lives were all impacted by their YMCA experiences.



Sydney Fitzpatrick is your average teenager. A freshman in high school, she enjoys bike riding, swimming, camping with her family, eating mac and cheese, and squabbling with her younger brother, Jacob. She's a determined and very positive young woman who just happens to have cerebral palsy.

Because of her cerebral palsy, Sydney uses a motorized wheelchair to get around. That hasn't stopped her from trying new things and going on adventures. Sydney's regular workouts consist of swimming on Sundays and using gym equipment too. But her favorite day of the week is Monday when she works out with personal trainer, Mitch Cook. The pair have bonded and worked together so well, they sport matching shirts that read "Sydney + Mitch = Mitch Mondays."



SYDNEY FITZPATRICK

**Making Mondays
fun again**

Each week, Mitch coaches Sydney to walk a little bit further on her own than the week before. She has to walk between a series of gates stationed at various intervals apart, turn around, and stop without falling down. Through her work at the YMCA, Sydney has made a lot of new friends, and finds the Y trainers and members more outgoing and willing to ask questions about her life.

If Sydney didn't have the YMCA, her week would look very different. "She'd be bored," her mom laughs. Through the YMCA, Sydney has gone downhill skiing in winter and jumped from the La Crescent pool's high dive in the summer. She hopes in the future she can work at the YMCA, or a place like it, and help others to push themselves toward their goals too.

Meeting Rob Schroeder, a healthy, fit, and funny guy, you wouldn't imagine his troubled past. When he hit rock bottom, he had nowhere to turn but the YMCA. He became a Y member after being released from jail and mandated to the La Crosse County Drug Court. "I was an addict at an early age," he says. "As I got older, my addiction became progressively worse. I was constantly in and out of jail."

The Y gave him a chance to make more positive connections and choices. "The court program helped save my life," he says. "Over 13 months, I transformed in a way I didn't think possible." Running became his ticket to freedom from addictions and a healthier lifestyle. When he left jail, he was out of shape, due to poor eating habits and lack of exercise. "Running was the positive trade, the replacement for my addiction," he says. "Going to the Y, being accountable to the court, and continuing my running were instrumental to my recovery." The Y's Financial Assistance program made his membership possible, and through the Y's Annual Campaign, aid is available for everyone, in all situations.

Today at age 35 Rob has been clean for over six years. He shares his success story to help, inspire, and motivate others. He's a drug court ambassador and recovery activist. In his third year of sobriety, he even completed the Boston Marathon.

Rob knows to remain drug-free requires regular maintenance, like keeping a car engine running smoothly. This means continuing to train for various athletic events and going to the Y, where he enjoys biking, group cycling, and swimming. "I've always felt welcome at the Y. I've never heard anything negative here from staff or members," Rob says. "Everyone who is here wants to be here."

ROB SCHROEDER

Running his way to a drug-free life





LEAH MISCH

Overcoming incredible odds, discovering renewed health & life mission

Thirty minutes of daily exercise began the transformation of Leah Misch, an active YMCA member. "I remember feeling scared and overwhelmed when I first started making changes, and it was hard," Leah says. "Focusing on each small step and keeping a positive attitude helped make the mountain easier to climb." Seven years ago, she embarked on her weight loss journey. To keep motivated, Leah started a "bucket list" that included running a 5K. "I knew it wasn't going to be easy, and it was going to take serious mental and physical work," she says.

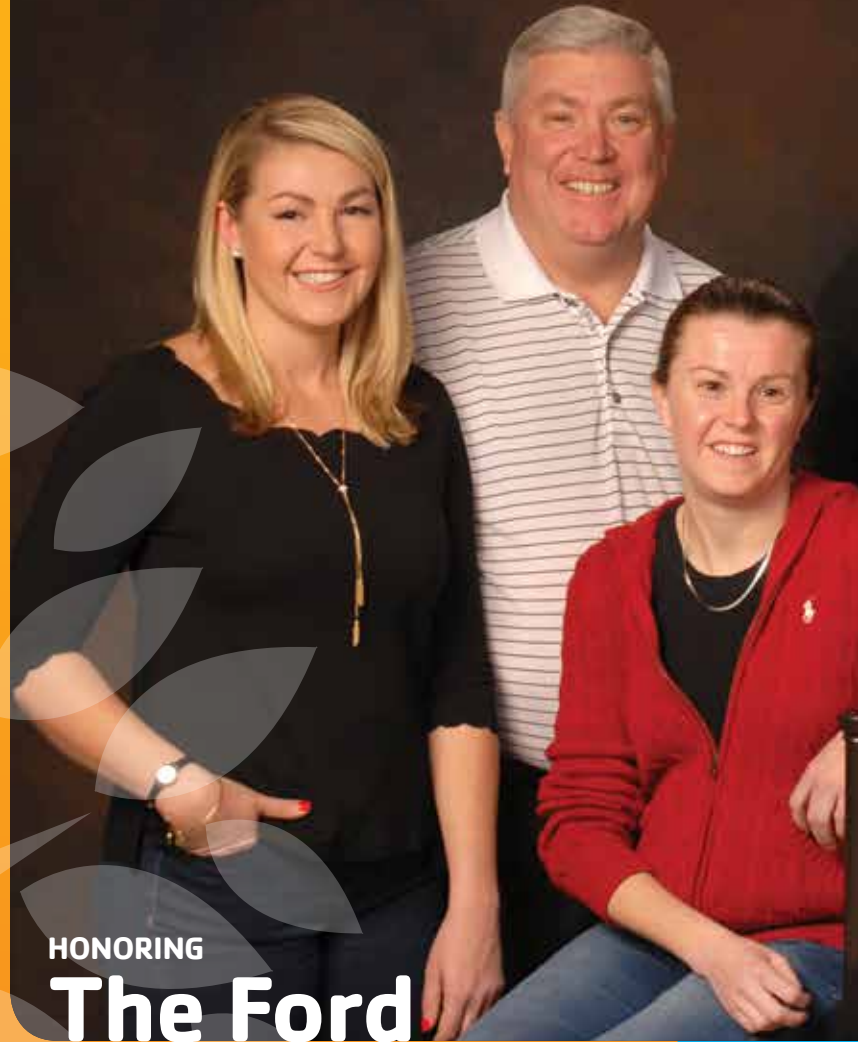
In 2010, Leah ran her first 5K, praying just to finish. One year later, after breaking her back in a motorcycle accident, she ran the 5K again, placing third in her age category. A year after that, Leah placed first in that 5K. The next day she completed her first half marathon, and started riding her Indian Scout motorcycle again! She's now completed eight full marathons and a Half Ironman.

She counted on the Y to help her achieve success. "I really appreciate the Y's financial assistance I received after my accident that allowed me to be physically active and maintain a healthy lifestyle." It took three years to lose 90 pounds.

Following the cycling crash, a year later she was injured in a car accident. "Swimming in the Y's pool and going to yoga class helped me to regain my strength," she says. "Yoga taught me how to stay calm during times I wanted to give up." Of all of her challenges, leaving an abusive relationship "was the hardest thing I ever had to do," Leah says. Many people have taken notice of Leah's courage to change. She's invited to speak at various venues to motivate others with her "You Go Girl!" attitude.

2016

LA CROSSE AREA
FAMILY
YMCA
ANNUAL AWARD
WINNERS



HONORING

The Ford Family

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.

YMCA FAMILY OF THE YEAR AWARD

Presented annually to a family who has had an impact on the community through their involvement at the YMCA.

THE FORD FAMILY has had a significant and sustained impact on the Y. Denny has served on the Y Board of Directors for eight years and during that time has chaired the Facilities Committee, been instrumental in a \$12 million dollar improvement project at both Y's, served as Y Board President, chaired the strategic planning committee and served on the capital campaign steering committee.

Lauri has volunteered as a LIVESTRONG coach and as a Reach and Rise Mentor. Nicole continues to impact hundreds of children in our Child Watch and School Age departments. Chelsea volunteers as a Reach and Rise mentor and her husband Adam is an active and involved Y member. Obviously, the Fords are all advocates for the Y and our work and impact in the community. We are pleased to recognize their family for their dedication and commitment to the Y.



Left to right: Chelsea Wing, Denny Ford, Nicole Ford, Adam Wing and Lauri Ford.

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.

TERESA PETERS is recognized for her devotion and support for the Ys pre-school programs. For nearly 25 years, Teresa provided leadership in developing and implementing a variety of impactful pre-school programs and activities for young children in our community.

In nominating Teresa, Jodi Iverson and Kathy Koehne shared the following: "Teresa has brought much joy and sweetness to the lives of thousands of children at the Y for many years. Most of them are now grown and still fondly remember their earliest days with Teresa. Teresa was the first teacher for many children and initiated their path of learning with a positive step. Her positive presence has truly been a gift to the Y.



HONORING
**Teresa
Peters**



Left to right:
Judson Steinback,
Jeremy Burt and
Jarad Barkeim.

HONORING

Coulee Region Ecoscapes

YMCA HEALTHY LIVING AWARD

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

The team at **COULEE REGION ECOSCAPES** played a major role in the development of our community's first Food Forest, helping to inspire and educate the community while serving as technical experts on the project. In nominating Coulee Region Ecoscapes for this award, Jill Miller, our Pioneering Healthier Communities Coordinator, noted that Jarad, Judd and Jeremy have volunteered a great deal of time serving several community committees which advance this type of work behind the scenes.

They have dedicated many hours to mentoring Jill and others on the committee, plus making sure the heart and soul of the food forest is a priority. From the Ys perspective, the development of the Food Forest has been one of the best initiatives we have had the privilege to be a part of. We're proud that the Y had the opportunity to work with Coulee Region Ecoscapes to make this food forest a reality. We recognize the importance of partnering and collaborating with experts in order to improve the health and well-being of our community.



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.

Recognized for her commitment to the Y's dance program, **ALICE DAFOE** has served on the Y Dance Parent Committee for over 5 years. She is an enthusiastic supporter of the dance program and the opportunities it provided her two daughters. Although both girls have graduated from high school and college, Alice continues to volunteer. She attends the monthly Parent Committee meetings, plans and runs the dress rehearsals, and works backstage at every Y Dance Recital. She assists in planning show orders and troubleshooting at the event.

Alice has an eye for detail, makes sure costume changes happen in a timely manner, and runs a tight ship. Alice brings a thoughtful perspective and an understanding of the Y culture to our dance program. She knows the impact our program has and wants to be sure it continues for future generations. We are beyond grateful for all she does for the dance program.



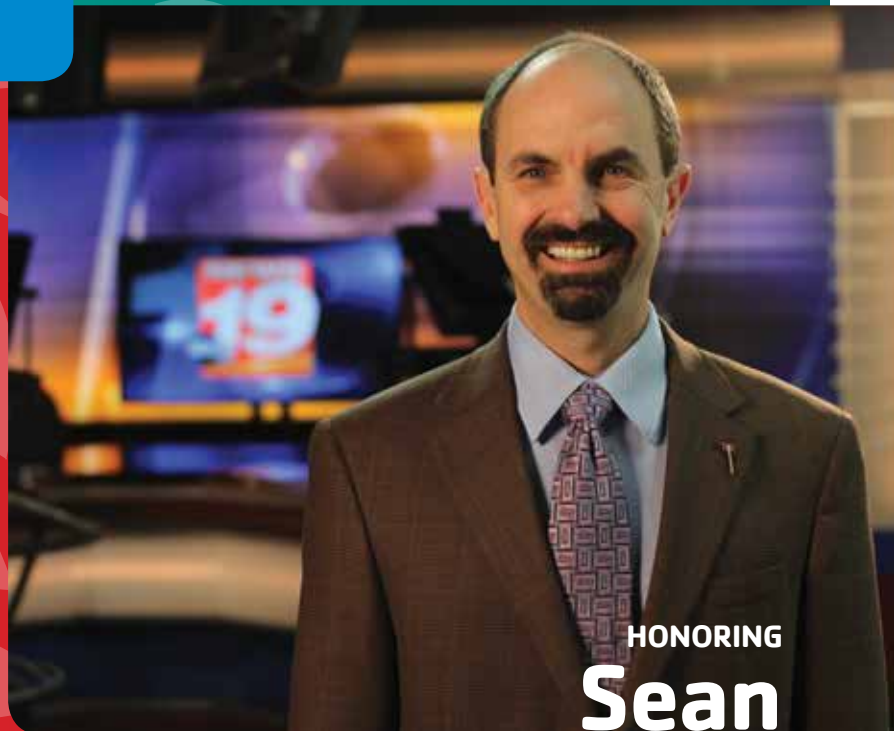
HONORING

**Alice
DaFoe**

TED GRIFFIN YMCA VOLUNTEER OF THE YEAR AWARD

Named for Ted Griffin, the YMCA Director from 1941-70. This award is presented annually to the Y's 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.

SEAN DWYER has had a significant impact on the Y during his eight years on the YMCA Board of Directors. He has served in a variety of capacities including member of the Board Leadership and Governance Committee, member of our Pioneering Healthier Communities Steering Committee and annual campaign volunteer. Sean has provided strong and steady leadership to our organization as a Y advocate, donor and sponsor of many Y events. In his role as News Director for WXOW TV 19, Sean has played a significant role in creating, growing and nurturing the strong collaborative relationship that exists between the Y and TV 19. He should be very proud of the many ways he has contributed to the success of the Y in recent years. Sean has our deepest thanks. It's a pleasure to recognize him for his many contributions.

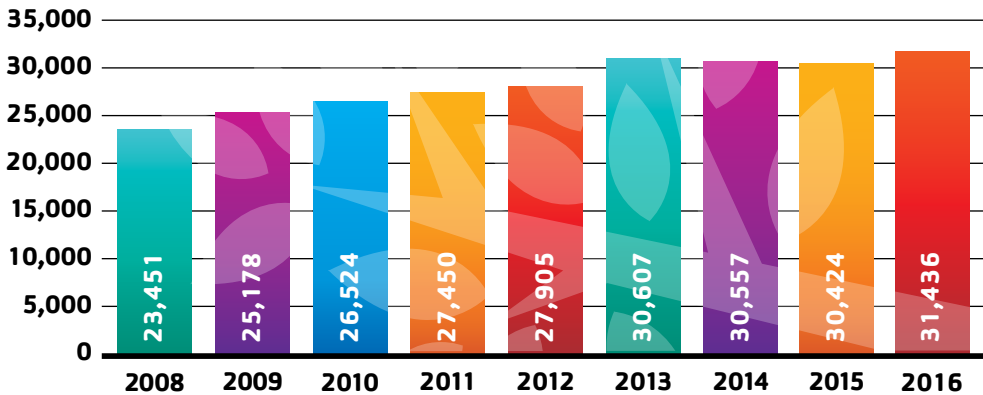


HONORING

**Sean
Dwyer**

MEMBERSHIP IMPACT

MEMBERSHIP TRENDS



2016 MEMBERSHIP NUMBERS BY CATEGORY

Youth Ages (0-5)	2,794
Youth (Ages 6-11)	4,871
Teen Wellness (Ages 12-17)	3,483
Young Adults (Ages 18-29)	6,507
Adults (Ages 29-55)	8,757
Adults (Age 55-64)	2,177
Senior Adults (Age 65+)	2,847
Total:	31,436

40% of the **46,846**

households in La Crosse County struggle to afford basic needs (health care, food & transportation)

1 in 4 of our **23,500** members

get financial help for Y memberships & programs to make it affordable.

When he hit rock bottom, Rob had nowhere to turn but the Y where he developed healthy habits like running.

"I was an addict at an early age. The Y helped me make positive changes."



Donations to the Y's Annual Campaign fund our Financial Assistance program, making Rob's membership possible.

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

	2016	2015
Current assets	\$ 1,562,944	\$ 2,356,363
Investments	1,274,544	1,563,138
Property & other assets	25,274,777	20,666,638
Total Assets	\$ 28,112,266	\$ 24,586,139
Current liabilities	\$ 784,288	\$ 3,180,610
Other liabilities	8,388,291	2,037,460
Total Liabilities	\$ 9,172,579	\$ 5,218,070
Net Assets	\$ 18,939,687	\$ 19,368,069
Total liabilities and net assets	\$ 28,112,266	\$ 24,586,139

REVENUES & PUBLIC SUPPORT

Annual Campaign, donations, fundraising & grants	\$ 946,793	\$ 784,437
Expansion campaign donations	1,263,172	3,329,538
Membership fees	3,845,666	3,687,139
Program fees	4,366,603	4,060,893
Investment performance	70,750	(37,015)
All other	188,608	115,871
Total Revenue	\$ 10,681,591	\$ 11,940,863

VOLUNTEER LEADERSHIP

Board of Directors

Paul Bagniefski
Mid-City Steel

Larry Bodin
President Elect
BMO Harris Bank

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
Board 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 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

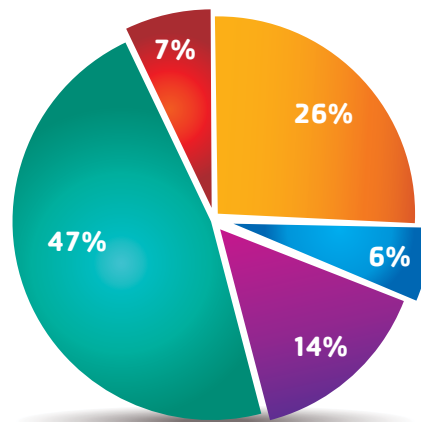
Steve Tanke

CAMPAIGN DOLLARS

2016 ANNUAL CAMPAIGN - \$831,000

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 Program
- Chronic Disease Prevention
- Teen Mental Health & Inclusion



\$1.2 million was awarded in direct financial assistance to children and families.

Over **700** teens made **7,000** visits to the Community Teen Center.

500+ volunteers gave back to the community by helping to build the food forest.

BANNER DONORS

ANNUAL CAMPAIGN

AdvoCare
Allergy Associates of La Crosse
Altra Federal Credit Union
Anonymous (8)
Aquinas High School National Honor Society
Barney Family Foundation
Harvey Bertrand & Suzanne Tanner
Brian & Barb Benson
Big Sky Cattle
BMO Harris Bank
Mike & Mary Bottcher
Brenengen Auto
Tom & Sue Brewer
Bronston Chiropractic
Buchell Family
Roy Campbell
Carpet One of La Crosse
Century Foods International
Cleary-Kumm Foundation
Combined Insurance
Cowgill Dental
Dahl Automotive
DALCO
Davy Engineering
Mike & Joyce Davy
Designz, Inc.
Don's Towing & Repair
Bryan & Stacy Erdmann
Dave & Barb Erickson
Festival Foods
Flanagan Financial
Denny & Laurie Ford
Fowler & Hammer
Don & Barbara Frank
Franke Foundation
Tom & DiAnne Giebler
Glendenning Family Foundation

Mark Glendenning & Margie Webster
Great River Orthodontics
Alice O. Gordon & Viola M. Forshler Fund
Gundersen Health System
Hanson & Associates
Hawkins Ash CPAS
Hilltopper Refuse & Recycle
Mel & C.J. Hoffman
Ellie Hook
J.F. Brennan Company, Inc.
Klauke Financial
Kurt & Jeanne Hulse
L.B. White
La Crosse Community Foundation
La Crosse Media Group
La Crosse Tribune
John & Barbara Leinfelder
Abe Leis
Warren & Denise Loveland
John & Linda Lyche
Marine Credit Union
Matrix Fitness
Mayo Clinic Health System
David & Brenda Maxwell
Merchants Bank
Metropolitan Salon & Day Spa
Mid-West Family Broadcasting
Mix 96 KQEG TV
Modern Crane
Moore Smiles Dental
Norplex Micarta
Onalaska High School
Optical Fashions
Tim Padesky & Tara Johnson
Pepsi-Cola of La Crosse
Bill & Teresa Peters
Prosthetic Laboratories

Nancy Quinlisk
River Architects
River Trail Cycles
Robertson, Ryan & Associates
Matthew & Maria Runde
Sam's Club
Schneider Heating & Air Conditioning
Schumacher-Kish Funeral Home
Stein Counseling & Consulting Services
Bill & Ellen Soper
Subway
Sue Gelatt Foundation
Buchell Family
The Insurance Center
The Remainers
The Therapy Place
The Waterfront Restaurant & Tavern
Three Sixty Real Estate Solutions
Steve & Sude Tanke
Touchstone Energy/Dairyland Power
Cooperative
Toyota of La Crosse
Trust Point
UMR
Venture Machine and Tool
Walmart Foundation
James & Phyllis Warren
Wayne J. Hood Fund
Jason & Lori Weber
Wells Fargo
West Salem School District
Eric & Vicki Wheeler
Wieser Brothers General Contractor
WKBT News 8
WXOW News 19
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 2016 Annual Campaign.

1,100+

adults gave back as program, event and policy volunteers.



1,615

elementary school students

received quality after-school care



2016 EVENT SPONSORS

Winter Walk Run Series

Presenting Sponsor

Subway

Event Sponsor

Klauke Financial
River Trail Cycles
UMR

Gold Sponsor

L.B. White Company

Silver Sponsor

Trent Ping, Gerrard-Hoeschler

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

Sugar Glow Away

Presenting Sponsor

Great River Orthodontics

Gold Sponsor

Klauke Financial

Presenting Media Sponsor

KQEG TV
Mix 96.1

Got Energy Triathlon

Presenting Sponsor

Touchstone Energy Cooperatives

Gold Sponsor

Century Foods International
Don's Towing & Repair
River Trail Cycles

Bronze Sponsor

Gundersen Health Systems - 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
Organic Valley
Subway

Presenting Media Sponsor

Magic 105
Today's Talk 1490
WKBT News 8

Kids Tri

Presenting Sponsor

Dahl Automotive

Gold Sponsor

Dairyland Power Cooperative
Flanagan Financial
River Trail Cycles

Bronze Sponsor

Bluff Busters Tri Team
Makepeace Engineering

Presenting Media Sponsor

Magic 105
Today's Talk 1490

Rock n' the Docks

Presenting

American Marine
Huck Finns On The Water
The Remainders
SkipperLiner Acquisitions
Supernal Software

Gold Sponsor

J.F. Brennan Company, Inc.
The Insurance Center
Three Sixty Real Estate

Silver Sponsor

Hawkins Ash CPAs

Bronze Sponsor

Allergy Associates of La Crosse
Arctic Glacier Company
Brewer Investment Group
Century Foods International
Dahl Automotive
La Crosse Sign Co
Pepsi-Cola of La Crosse
S & S Distributing

Presenting Media Sponsor

La Crosse Radio Group

Supporting Media

Mix 96.1
Mid-West Family Broadcasting
WKBT News 8

Healthy Kids Day

Presenting Sponsor

Schneider Heating & Air Conditioning

Presenting Media Sponsor

KQEG TV
Mix 96.1

Maple Leaf Walk Run

Presenting Sponsor

Toyota of La Crosse

Event Sponsor

Bronston Chiropractic
Century Foods International
Cowgill Dental
Festival Foods

Silver Sponsor

Pepsi-Cola of La Crosse

Bronze Sponsor

Grand Bluff Running
Gundersen Health System Health Plan
MOKA
Schumacher-Kish Funeral Homes

In-Kind Sponsor

Tri State Ambulance

Presenting Media Sponsor

Magic 105
WKBT News 8

Inspiration Event

Presenting Sponsor

The Waterfront Restaurant & Tavern

Hope Sponsor

BMO Harris Bank
WXOW News 19

Inspiration Sponsor

Dave & Barb Erickson
Mayo Clinic Health System
Merchants Bank
Warren & Denise Loveland
River Architects

Determination Sponsor

Altra Federal Credit Union
The Aquinas Foundation
The Aquinas Music Association
The Aquinas Parents Association
Brian & Barb Benson
Cleary-Kumm Foundation
Dahl Automotive
Digicopy
Fowler & Hammer
Onalaska High School
Robertson Ryan & Associates
Wells Fargo

Table Sponsor

Larry & Elaine Bodin
Cowgill Dental
Gundersen Healthy System
Jim & Phyliss Warren

Your support helps us enhance our impact in the community.

STAFF LEADERSHIP

ADMINISTRATIVE STAFF

Coleman Breunig

HOUSER Y Member Engagement Director

Aleesha Christiansen

DAHL Y Member Engagement Director

Jen Corcoran

Director of Program Operations

Karen Fortin

Human Resources Generalist

Bill Hammond

HOUSER Y Property Manager

Amy Holte

Director of Mission Advancement

Carl Klubertanz

Facilities Director

Shawn McClone

Community/Special Events Director

Jennie Melde

Director of Organization & Leadership Development

Travis Pernsteiner

Marketing & Communications Director

Jackie Ripp

Human Resources Director

Crystal Seiler

Director of Business Services

Bill Soper

Executive Director

Chris Swertfeger

DAHL Y Property Manager

ADULT & YOUTH PROGRAM STAFF

Tammy Addleman

Arts & Humanities Director

Kandace Fox

HOUSER Y Youth & Family Director

Kellen Holden

Mentoring Director

Carrie Ingish

Inclusion Specialist Coordinator

Jodi Iverson

Preschool Classes Director

Sarah Jackson

Youth Engagement Director

Rich Johnson

Basketball Team Coach

Patrick Long

Gymnastics Team Coach

Lisa Luckey

Teen & Youth Services Director

Kyle Moll

DAHL Y Youth Sports Director

Kelly Sorensen

Gymnastics Director

AQUATICS STAFF

Elizabeth Poh

HOUSER Y Aquatics Director

Brenda Maxwell

DAHL Y Aquatics Director

Jeanine Serrano

WAVE Swim Team Coach

CHILD CARE STAFF

Jenny Berger

Early Childhood Coordinator

Shane Drey

School Age Director

Jodi Iverson

Child Watch Director

Amanda Melin

School Age Director

Casey Paletta

School Age Director

Nate Torres

School Age Administrator

Steven Torres

Early Childhood Administrator

Eli Wortman

School Age Director

HEALTH & WELLNESS STAFF

Kylie Formanek

DAHL Y Fitness Director

Heidi Kuennen

DAHL Y Wellness Director

Denise Malone

Cancer Survivorship Coordinator

Christopher Matt

HOUSER Y Wellness Director

Martina Mellang

Community & Prevention Program Coordinator

Jill Miller

Pioneering Healthy Communities Coordinator

Amy Venner

HOUSER Y Fitness Director

Lee Walraven

Director of Healthy Living

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