



May 20, 2025

Warmest greetings, Friend and Partner of the Hastings Y,

Speaking of warm, it's hard to believe we're quickly approaching the start of summer! Doesn't it feel like just yesterday that we were pulling our heavy coats, mittens, and hats from storage?

Well, just as quickly as the seasons seem to turn here in Minnesota, our work here at the Hastings YMCA is also continually evolving to meet the needs of our community. And now that the winter gear is again out of sight and we eagerly greet summer, we are taking time to reflect on the progress we've made so far in 2025 and want to share a bit about what you can look forward to in the second half of the year.

Let's dive into some updates, shall we?

- We completed our **fitness center refresh**, including new Matrix selectorized strength equipment and flooring. We also launched new wellness-focused programs like **"Walk with a Doc"** with Dr. Luke Krynski, who discusses various health topics while leading a group walk, as well as immersive **Sound Bath** experiences, which promote relaxation and reduce stress through calming instrumental vibrations and soundscapes.
- Our **ForeverWell** offerings have expanded to include classes like Balance Improvement, Senior Strength Training, Line Dancing, and Nordic Walking, supporting active aging and community connection. We also celebrated over 60 members aged 80+ at our annual **Octogenarian Celebration**.
- Our new Aquatics Director, Connie Watters, brings 15+ years of leadership experience and is helping **grow our swim program** by hiring skilled lifeguards and instructors. Already, over 500 youth have received swim lessons so far this year! And thanks to additional staffing and grant support, swim lesson enrollment continues to increase, which is critical in our water-surrounded community. Our **Safety Around Water grant**, providing low-income community members with an 85% discount on swim lessons, ensures that cost isn't a barrier.
- We're excited to again be hosting the annual **Duck Race** on the Vermillion River on Sunday, July 20<sup>th</sup>, as part of Rivertown Days. This summer, we will also be hosting a **community youth basketball tournament** - stay tuned for more information coming soon.
- **Day Camp Spring Lake** continues to grow in partnership with the Dakota County Parks System, providing safe and fun-filled, age-appropriate outdoor activities for over 2,000 kids this summer. We also look forward to hosting 80+ youth in grades K-6 each weekday for our **Summer Power** program here at our Y and at Malone Elementary School in Prescott, WI. Additionally, 250 local teens will receive a free membership this summer through our **Get Summer** program, allowing them to stay active and engaged with peers while school is out.
- Last year, over \$157,000 in **donor-supported scholarship assistance** made memberships and programs accessible for thousands in our community. Our **youth programs** alone served 4,452 kids and teens, providing a safe, inclusive environment for growth, wellness, and connection. The need for services and financial assistance continues to grow each year, and we aim to **meet this need** with ongoing support of our amazing donors.

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Ongoing support from partners like you is the driving force behind these achievements, our plans for the future, and so much more. Your inspiring commitment helps us grow and adapt our programs so that no community member has to question whether the Hastings Y is a place for them.

**We are beyond grateful to have you by our side in this important work, positively impacting many lives in many ways.**

As we plan for the future, we're excited to keep you updated on our journey as we create new ways to foster wellbeing and strengthen our community.



Once again, thank you for being a vital part of why and how we carry out our mission each day. We wish you a fantastic summer ahead and can't wait to see all the good we'll accomplish together in the months and years to come!

With deep gratitude,

*Your Hastings Y Team*