At the heart of the Sage YMCA is the power to transform—both yourself and the world around you.

A CLOSER LOOK

At the Sage YMCA, we believe that gyms are more than just places to work out; they’re communities for life. Sarah discovered a safe haven in the Y after she left an unstable home environment to move in with her grandparents. They said Sarah desperately needed a positive peer environment where she could find herself.

Fortunately, the Sage Y Piranhas swim team gave Sarah the opportunity to become part of a caring, encouraging community. As she mastered various swim strokes, Sarah grew from a timid child who lacked self-confidence into a dedicated and determined teen.

Her grandparents, longtime Y members, credit the swim coaches not only for Sarah’s personal growth, but also for helping to change their family dynamic for the better. “They made it clear to swimmers and parents alike that character and attitude are priorities,” Sarah’s grandmother said. “This policy has trickled down into our family life and made our entire family stronger.”

THE Y MEETS COMMUNITY NEEDS

At the Y, we strengthen communities through youth development, healthy living and social responsibility because we believe in nurturing the potential of every child and teen, improving our community’s health and well-being, and giving back and providing support for our neighbors. When you support the YMCA, you do so knowing that we provide an environment in which youth and families develop the skills and relationships needed to be healthy and active in their communities.

Visit sageymca.org to learn more.
HELP US GROW STRONGER TOGETHER
You too can change a life by making a gift to the Sage YMCA. The impact of your gift will be felt when:

- Preschoolers surpass national benchmarks and are ready for kindergarten.
- Teens have a safe place to go after school and throughout the summer.
- Older adults stay active and build new friendships with others in the community.

Make a Gift. Change a Life.
To learn more, call the Sage YMCA at 815.459.4455 or make your gift today at donate.ymcachicago.org.

ABOUT THE YMCA OF METROPOLITAN CHICAGO
The Sage YMCA is part of the YMCA of Metropolitan Chicago. We’re a nonprofit well-known for our 22 centers, five resident camps, and health and fitness programs. But we’ve also moved wellness beyond the gym to prepare our next generation with the physical, academic and social skills they need to thrive. Our neighborhood base helps strengthen communities through programs offered at hundreds of sites citywide. This work promotes academic readiness, character development, violence prevention, and fitness and healthy living. Come to the Y for personal fitness, sign up for a family program, or play a more active role in our community service mission. When you join the Y, you’re part of something big.

Learn more at ymcachicago.org.

THE SAGE YMCA
As a nonprofit organization committed to youth development, healthy living and social responsibility, the Sage YMCA has been proud to help our neighbors learn, grow and thrive for more than 60 years.

Between the whistles of our sports camps, the splash that starts a swim meet and the smile that says “you’re welcome,” the Sage YMCA strengthens bodies, minds and communities. Where some see obstacles, we see opportunities for our members, volunteers, program participants and staff to make a difference.

The Sage YMCA serves the thriving community of Crystal Lake. For more than 8,000 members and 100 volunteers, the Sage YMCA is a destination where local children and families have the opportunity to discover who they are and what they can achieve, and where people of all ages, interests and abilities can build and maintain healthy lifestyle habits.

8,000 Y Members
$100,000 in annual community assistance
More than 100 volunteers
More than 60 years of service to our community

12/2015