

COMING SOON

The New West Cook YMCA!

Serving Oak Park, Forest Park, River Forest and Surrounding Communities

- YMCA Mission is rooted in Judeo-Christian principles, and is committed to the development of the *Spirit, Mind and Body* of all regardless of age, race, gender, creed or ability to pay.
- We teach and demonstrate *Respect-Responsibility-Honesty-Caring*.
- We are a community-based organization, led by policy-making volunteers, driven to respond to community needs in cooperation with local agencies, schools, hospitals, park districts, senior and community centers.
- YMCAs improve the quality of life for youth, families, adults, seniors and the disabled by providing health education, fitness, sports, recreation, childcare and social activities that bring families, youth & seniors together at affordable prices without increasing taxes for those who choose not to use the YMCA.
- The YMCA is a not-for-profit charitable 501c(3) independent corporation whose operations are 90% funded by membership and program fees and 10% funded by donations, including the United Way of Forest Park-Oak Park-River Forest.
- No one is turned away due to lack of funds. Last year, over 1,000 individuals received financial assistance or subsidy to participate in YMCA programs or services. 70-80% were children.
- 80% of our members come from Forest Park, Oak Park and River Forest.

Primary Program Needs/Services

The YMCA has examined several community needs assessments: Two conducted by the Oak Park-River Forest-Forest Park United Way and a third conducted by an independent professional. The YMCA has surveyed its members and non-member community residents, as well as examined our service area demographic trends. These are some of the primary concerns/issues identified in Forest Park, Oak Park and River Forest:

- Affordable “values based” school age and preschool aged childcare.
- More healthy alternative activities for school age and teen aged youth to reduce gang and drug activities while developing leadership skills and character.

- More opportunities and activities for families to interact together in a wholesome, healthy environment.
- Quality, affordable health education and fitness programs for youth, families and seniors, including those with disabilities.

What We Know:

- Forest Park-Oak Park-River Forest baseball, softball, swimming and soccer programs for youth are facing a serious shortage of space and facilities for our youth.
- Forest Park-Oak Park-River Forest seniors and disabled have no fully ADA accessible year-round health/ fitness recreation facilities, at affordable rates – i.e., we have no warm-water, handicap accessible pool to address water exercise and swimming, the most effective form of exercise for seniors and the disabled.
- The population of seniors will more than double in our three communities in the next 20 years.
- 15-20% of our youth under age 18 are overweight or obese – double the number from 20 years ago.
- Type II Diabetes has increased 200% in the past 30 years, and is preventable.
- Children who are physically and socially active, with strong role models, are less likely to be involved in gangs, drugs and crime.
- Children and adults who are physically active and eat balanced, low fat regular meals are significantly less likely to become obese, become diabetic, arthritic, have heart disease and high blood pressure as they grow older.
- YMCAs improve the quality of life in the communities they serve!

Facilities Will Include:

I. Two State-of-the-Art Indoor Pools “Aquatic Center”

A. Family Fun/Teaching Pool

- (1) Warm Water 86-88°F
- (2) Shallow ADA Accessible
- (3) Water Slide

- Ideal for teaching swim lessons for youth
- Excellent for seniors and those with arthritis or disabilities
- Family fun time together

B. Fitness/Lap Pool 80-82°F

- Excellent for lap swimming, fitness classes and competitive swimming

II. Field House with Indoor Track

Basketball, volleyball, badminton,
large fitness classes and meetings.

- III. Multi-Purpose Meeting Rooms
 - Fitness and Dance Classes
 - Service Clubs and Community Meetings
 - Health Education and Screening

- IV. Family Development Center
 - Licensed Day Care (Infant to Age 5)
 - School Age Child Care
 - School Age/Preschool Age Programs
To address the existing shortage in cooperation with existing organizations.
 - Family and Parenting Education

- V. Teen/Senior Center/Learning Center
 - Computer Education
 - Arts/CraftsIn cooperation with local agencies

- VI. Health/Fitness Center
 - State-of-the-art Cardio/Weight Training Center for adults and a Family Activity Center with interactive equipment and educational materials for youth and families. (Over 6,000 square feet)

- VII. Locker Rooms

Separate ADA accessible areas for:

 - Families
 - Adults
 - Youth
 - Disabled

- VIII. Sauna – Whirlpool – Steam Rooms

- IX. Health Food “Cafe”

- X. Family Adventure Center

Climbing Wall

- XI. Handball/Racquetball Courts

- XII. Outdoor Facilities
 - Parking for 200-250 cars
 - Soccer Field
 - Baseball/Softball Field
 - Walking paths leading to Picnic Grove and “Prairie Path”
 - Possible day camp site

- XIII. Medical/Physical Therapy/Rehab

**The YMCA provided scholarships and subsidy to over 1,000 individuals last year who could not afford regular fees.
Nearly 80% went to children!**

“I appreciate the financial assistance that was allotted to my child during the past season. I don’t know how my family would have survived without your support. Your programs and staff provide me with a stress free mind at work knowing that my child is in the best of hands.”

YMCA Mom

“With the cancer, I hurt so badly. If it wasn’t for the YMCA’s help, we couldn’t come here. The YMCA is a great place and it’s helping me. And now I want to help me... this cancer isn’t going to get the best of me.”

YMCA Grandmother

The YMCA is a great place for kids. Parents know that kids are getting a great start in life. And everyone can enjoy a place to work out and practice the values of Caring, Honesty, Respect and Responsibility.



We build strong kids, strong families, strong communities.
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