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**Editor's note:** Video asset available here: [www.ymcanrc.org/135years](http://www.ymcanrc.org/135years). Interviews available by request.

## Media Alert

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### Contact:

Johanna Adams  
Member & Community  
Engagement Director  
YMCA of Northern Rock Co.  
(608) 754-9622 ext. 1107  
[jadams@ymcanrc.org](mailto:jadams@ymcanrc.org)

## YMCA TO ROCK COUNTY COMMUNITY: HELP US BUILD THE Y'S YOU WANT TO SEE

**No fees, no membership needed – Stop by Feb. 7 to learn more and earn monthly perks**

**JANESVILLE, Wis.** — The YMCA of Northern Rock County has a message for the community: Everyone belongs at the Y, and everyone's experience matters.

The organization is recruiting volunteers from across Rock County for its 135 Community Team — and you don't need to be a member, a regular gym-goer or even someone who's ever stepped inside a YMCA to participate. There are no costs or membership commitments associated.

"We want to hear from the entire community as we plan major improvements to our Janesville and Milton facilities, and part of that is just stopping in and seeing what we currently offer," said Johanna Adams, member and community engagement director. "Whether you're a longtime member, a curious neighbor or someone who's never visited us before — your perspective is valuable."

### THE COMMITMENT:

- One monthly meeting (first Saturday, 9-10 a.m., alternating between Janesville and Milton)
- One simple monthly task, flexible to your schedule (30-60 minutes, such as taking a tour, trying a class, and sharing feedback)
- Added perk: No membership is necessary to participate, but team volunteers are eligible for discounted memberships and free or reduced program fees

The volunteer advisory group launches with a free kickoff meeting Saturday, Feb. 7, from 9-10 a.m. at the Janesville YMCA, 221 Dodge St., featuring breakfast, welcome gifts, giveaways and an opportunity to learn more from staff and leaders.

### EVERYONE MEANS EVERYONE:

- No cost to join
- No YMCA membership required

- All ages welcome (youth under 16 with adult supervision)
- Child care and special accommodations available with advance notice
- Youth groups can earn volunteer hours
- Local employers can form workplace teams

All community input will help guide the [YMCA's 135 & Beyond initiative](#), a year-long planning effort focused on program and facility improvements serving Janesville and Milton.

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