



# 135 Community Team FAQ

## What is the 135 Community Team?

The Team is a group of 135 community members helping shape what's next for the YMCA of Northern Rock County by trying Y experiences and sharing honest feedback.

## What does 135 stand for?

135 & Beyond is the YMCA of Northern Rock County's community-driven effort leading into our 135th anniversary in 2027.

## How do I know I'm officially signed up?

You'll receive a welcome email with next steps, plus access details for the Team Hub and your monthly asks. If you still need to sign up, visit [www.ymcanrc.org/135years](http://www.ymcanrc.org/135years). If you aren't receiving monthly emails, contact [jadams@ymcanrc.org](mailto:jadams@ymcanrc.org).

## Do I have to be a YMCA member to participate? Is there a cost?

No. Membership is not required. Community Team activities are free of cost for participants.

## What perks do I receive as a 135 Community Team member?

### Perks may include:

- Membership enrollment fees waived (if you choose to join)
- Free access to Community Team-focused activities, events, and classes connected to monthly asks
- Program discounts on select offerings
- Monthly gifts are randomly drawn for team members who submit feedback on time

## What is my monthly commitment?

Attend the first Saturday of the month check-in, 9-10 a.m. (February through December), complete one monthly ask designed to be 30-60 minutes and flexible to your schedule, and submit feedback by the end-of-the-month deadline.

## What is a "monthly ask?"

A short activity — like trying a class, stopping into exercise, a meet and greet with staff, testing a family or partner experience, doing a quick walk-through or checking out a service, participating in a Y event or 135 targeted task as special guest — then reporting back.

## How long will each monthly ask take?

Each monthly ask will include an estimated time to help you plan. Most are designed to be simple and flexible and could range from 30-60 minutes.

### **Where do I find each monthly ask, and how do I know what to do?**

Each monthly ask will be posted on the 135 Community Team Hub by the first Saturday of the month, along with a brief how-to video and feedback link.

Communication will be shared monthly via email and on the Team Hub page: [www.ymcanrc.org/135hub](http://www.ymcanrc.org/135hub)

### **What if I miss a meeting, or I'm unsure how to complete the ask?**

That's OK. Everything you need, including the how-to video and feedback link, will be on the Team Hub. If you still have questions, reach out or include them in your monthly feedback form.

### **Which Y branch should I go to — Janesville or Milton — to complete my monthly ask?**

You can choose what works best for your schedule and where you feel most connected, unless the ask specifies a location or event. Either facility is possible for most asks, and you are welcome to alternate.

- Parker YMCA in Milton
- Downtown YMCA in Janesville

### **What should I do when I arrive at the Y for an ask?**

You will receive a lanyard to use as your membership pass. When you arrive, check in as a member if you are not already. If you forget your lanyard, simply let the front desk staff know you are part of the Community Team, and they will check you in. You must be signed up as a team member to receive a lanyard.

### **Can I bring my family, my kids, a friend or coworker?**

Yes, we'll provide guest passes for this exact reason. Encouraging others to sign up for the team is a way to support the team and help us gather feedback. Send your guests [www.ymcanrc.org/135years](http://www.ymcanrc.org/135years) to sign up. Youth under 16 must be accompanied by an adult.

### **How do I submit feedback?**

Each monthly ask will include a link to the short online feedback form found on the team hub page. Hard copy forms are also included in your welcome folder and can be provided by front desk staff at both locations. You may also be invited to participate in a group discussion at the monthly check-in.

Feedback should be completed and submitted by the last day of each month.

### **What kinds of feedback are most helpful, and how will it be used?**

Specific examples help most: what you tried, what worked, what was confusing, how you felt in the space and one suggestion to improve the experience. Feedback is reviewed by YMCA staff and project partners and then summarized and shared with decision-makers to inform improvements and next steps.

### **How long is my commitment?**

The 135 Community Team runs from February through December, with one monthly check-in (first Saturday, 9-10 a.m.) and one monthly ask.

### **Why is this a yearlong commitment?**

The work is building toward our 135th anniversary milestone in 2027. We launched 135 & Beyond in 2025 by listening and planning with the community. In 2026, we're refining engagement through the 135 Community Team and board-led project teams while turning priorities into a plan, support into fundraising, and planning into visible progress. In 2027, we will be clear on what we need, why we need it, and the impact we're set out to make.

### **Are 135 Community Team members expected to fundraise?**

No. Community Team members are not expected to fundraise. Your role is to participate in monthly asks, share feedback and help the YMCA of Northern Rock County understand what the community needs and values. If you would like to help fundraise or support a sponsor opportunity based on your experience, you are welcome to.

### **What if I need an accommodation to participate?**

We want this experience to work for you. If you need an accommodation related to meetings, facility access or a monthly ask, contact Johanna or note your request in your monthly feedback form, and we will follow up ASAP.

### **What if I can't attend a monthly ask activity?**

That's OK. You can still complete the monthly ask by visiting the YMCA of Northern Rock County website and social media channels, then sharing feedback about your digital experience with our online community.

### **Who do I contact if I need help or have a concern?**

Johanna Adams, Member & Community Engagement Director, is the Community Team lead:

- Email: [jadams@ymcanrc.org](mailto:jadams@ymcanrc.org)
- Phone: (608) 754-9622 ext. 1107

You can also submit your request or concern via your monthly feedback form, and we will follow up promptly.