



135 Community Team – Talking Points

How to use talking points

Use these talking points as a simple “go-to” when someone asks what you’re involved in or why you joined. You don’t need to sound polished — just pick one or two lines that feel like you and share them in normal conversation at work, at school, at the Y or online. The goal isn’t to have the perfect pitch. It’s to help people understand that the Y is listening, that the 135 Community Team is a real way the community can shape what’s next and that anyone can learn more, follow along or join in.

Quick intro

- “I’m part of the YMCA’s 135 Community Team.”
- “We’re helping shape what comes next for the Janesville and Milton Ys.”

What the team is

- “It’s a group made up of 135 community members helping the Y by sharing real feedback.”
- “The Y wants to hear from people who use the Y — and people who want to.”

What I do

- “I help the Y by being a real-life ‘tester’ and sharing what I notice.”
- “Once a month, I check in with the team the first Saturday, 9-10 a.m.”
- “Between meetings, I do one simple ‘try it’ activity at the Y — then I share what worked and what could be better.”
- “Sometimes it’s a class or program. Sometimes it’s a quick walk-through to see how a space feels.”
- “My job is to be honest and helpful so the Y can make improvements that fit real people.”

Why it matters

- “The Y is planning for the future, and they want the community involved.”
- “Our feedback helps the Y make better choices.”
- “We’re helping make the Y more welcoming, accessible and easy to use.”

Cost and commitment

- “It doesn’t cost anything to join.”
- “You don’t have to be a Y member.”
- “The main thing is showing up and sharing honest feedback.”

What 135 & Beyond is

- “The Y’s 135th year is in 2027.”
- “This year, 2026, is about planning, listening and getting ready.”
- “135 & Beyond is the big effort leading into 2027.”
- “The Community Team is one way the Y is listening to the community.”

Learn more or join

- “Learn more at ymcanrc.org/135years.”
- “Follow the YMCA of Northern Rock County on social media for updates and ways to get involved.”

Example posts for talking on social media

Sample post 1 (awareness and encourage others to join)

Did you know the YMCA of Northern Rock County’s 135th year is in 2027? Since 2025, they’ve invested significant time and energy in listening and planning for the future of facilities, programs, and services.

That’s why I joined the 135 Community Team. This team is one way the Y is gathering real community feedback to help shape what comes next for the Janesville and Milton Ys.

My commitment is simple: I check in once a month, complete one “try it” activity at either the Janesville or Milton Y and share honest feedback with staff and leadership, including the board.

Want to join me? There’s no membership needed and no cost to participate. Check out ymcanrc.org/135years to learn more.

Sample post 2 (personalize each month)

This month, my YMCA 135 Community Team “ask” was: [ADD YOUR ASK].

Here’s what I learned about our Y. [MENTION SOMETHING YOU LEARNED ABOUT THE Y THIS MONTH].

It’s great that the Y is listening to real people as they plan for the 135th year in 2027. I hope you learn more at ymcanrc.org/135years and follow the YMCA of Northern Rock County for updates.