



Annual Impact Report

2025



chicago
KIDS
ENJOY
EXERCISE
NOW

KEEN Chicago



www.keenchicago.org

Everyone deserves a place to *Be Active*

2025 presented its share of challenges, but, we remained committed to our mission of providing free, inclusive recreational programs to athletes with disabilities.

The first time my son "ever joined a 'team', was with KEEN. The first time he ever cheered someone on, or shouted for joy for accomplishing a sport's goal himself, was with KEEN."

—KEEN Parent



"KEEN means so much for our family. One of the greatest things KEEN offers is that they WELCOME ALL participants with different abilities. There are not many programs that do that."

-KEEN Parent

207

Unique Athletes Served

257

Program Volunteers

152

Sessions Provided

In 2025 we provided the following ongoing program types:

SESSION TYPE

DETAILS

OUTCOMES

Sports



At KEEN Sports athletes stay active by choosing what interests them, including basketball, scootering, soccer, and many other engaging activities.

- Improved motor coordination and movement skills
- Opportunity to explore many different sports
- Practice making choices and expressing personal interests
- 6 sessions per month

Swim



KEEN Swim is a fun, supportive session where athletes learn basic swimming skills while enjoying time in the water.

- Developed swimming techniques (paddling, floating, kicking)
- Improved comfort and confidence in the water
- Built social skills
- Swim instruction added in 2025!

Soccer / Basketball



For athletes who want more structure or to build specific skills, we offer topical sessions providing warm ups, drills and team support.

- Greater understanding of basic techniques (passing, kicking, shooting, following directions)
- Development of teamwork skills



SESSION TYPE

DETAILS

OUTCOME

Bowling



KEEN Bowling is a fun session where athletes line up to take their turns, practice their throwing skills, track their progress, and cheer each other on with every roll.

- Practiced turn-taking and built patience
- Positive peer interaction and encouragement
- One parent says her son "loves bowling. He smiles all day!"

Trampoline



KEEN Trampoline is an energetic session where athletes bounce together, create their own games, interact socially, and stay active in a fun, free-moving environment.

- Increased balance, coordination, regulation and body control
- Boosted social interaction through shared play and group-created games
- Elevated energy levels and overall physical activity

Yoga



Yoga supports both physical and mental well-being in our community. Poses are taught accessibly, with modifications tailored to each athlete's needs.

- Enhanced sense of body awareness.
- Positive impacts on mental health and emotional regulation
- Improved balance and flexibility



Camp KEEN!

Camp KEEN is our signature summer adventure series, launched in 2021 and now our most popular season. In 2025, we held 18 outdoor events—kayaking, biking, hiking, camping, sailing, a Seadog boat ride, field days, swimming, and trampoline sessions. Camp KEEN served dozens of youth and sparked exciting firsts for many participants, including many first-time experiences kayaking and eating s'mores by the fire.



KEEN Plus!

KEEN Plus is KEEN Chicago's newest program, providing young adults with disabilities access to sports and recreational programming after aging out of regular KEEN Chicago programs at 22. Meeting twice monthly, KEEN Plus offers activities like bowling, climbing, art, volunteering, and open gym.



KEEN Any K

On May 17, 2025, we kicked off our annual KEEN Any K, a wellness event where participants set their own movement goals — no limits, just fun. More than 110 attendees came together to celebrate their unique wellness goals and enjoy a joyful day of movement and community. This year's Any K included adaptive bike trials, a drumming workshop, inclusive Pilates, field games, art projects, healthy snacks and much more!



Special Events

Special Events offer a wide variety of unique experiences to our community. This year, we held special programs in the areas of music, dance, rock climbing, and a visit to the ballet. These events provided athletes opportunities to try something new building confidence, self-esteem, and helping each participant find their own unique recreational passions.



2025 *in review*

KEEN Chicago strengthened its impact in 2025 by providing **nearly 2,500 hours** of free, adaptive recreation that builds confidence, social connection, and a love of movement for youth with disabilities. Athletes explored new activities—89% tried a sport they'd never attempted before—and 98.4% said they enjoy exercising at KEEN. Families described powerful moments of growth, sharing that KEEN is where their athlete "explored activities we might never have considered" and where a child "cheered someone on" for the first time. With 87.3% of families recommending KEEN Chicago programs to others, the impact is clear. Our progress reflects the power of inclusive recreation and the essential support of our partners and sponsors.



Winter Highlight

During the All-Inclusive Music Project special event series, KEEN Chicago athletes collaborated with the Civic Orchestra of Chicago to make instruments, enjoy live music, and dance creating a joyful experience that blended creativity, movement, and self-expression.

Summer Highlight

During our summer sailing sessions athletes got hands-on experience steering the boat and helping control the sails, making the session both exciting and empowering as they gained new real-world experiences out on the water.

Spring Highlight

At the end of each soccer session, every athlete got a chance to take a final shot, and the whole group gathered to cheer them on, creating a moment of excitement, unity, and confidence for all.

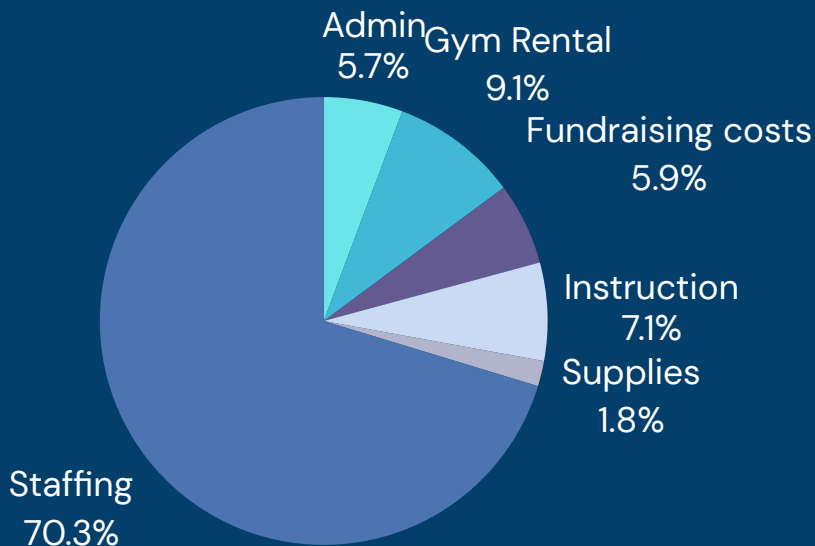
Fall Highlight

Thanks to a generous donation from Harris Theater of Music and Dance, over 200 members of the KEEN Chicago community were able to experience the magic of the Nutcracker ballet.

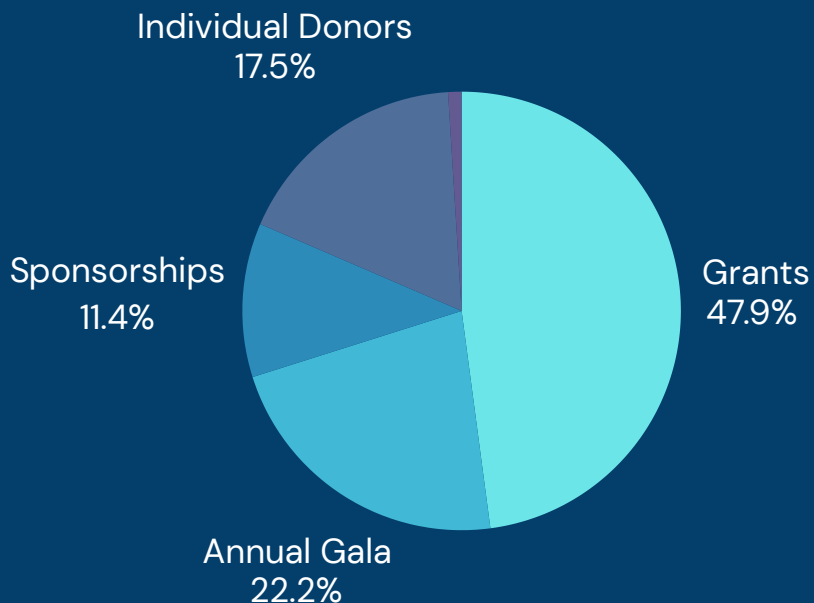


Preliminary Finances

HOW WE SPENT OUR MONEY



HOW WE RAISED OUR MONEY



KEEN operates on a lean budget, and every dollar directly supports the programs our athletes rely on. Staffing costs support the team members who plan, manage, and deliver KEEN Chicago programs—ensuring every penny truly makes a difference.

2025 OPERATING EXPENSES: **\$224,650**



Thank YOU for making our *mission possible*

ACKNOWLEDGEMENTS

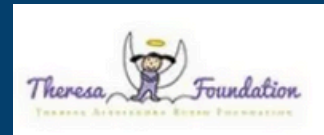
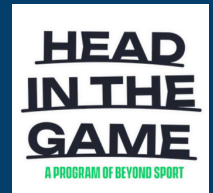
KEEN Chicago's work only thrives because so many people move alongside us. **Program partners** open their doors so athletes can explore new spaces. **Session volunteers** bring the energy, patience, and joy that make every session feel personal. **KEEN Chicago Staff** keep the engine running, and our **Board of Directors, Coaches Committee, and Parents Committee** guide the vision with care and lived insight. **Individual and corporate donors, grant funders** and **fundraiser attendees** provide the resources that turn ideas into real experiences for our athletes. Every milestone in 2025 carries your fingerprints. This mission moves forward because you choose to stand with us, and without you this work simply wouldn't be possible.



We'd like to thank all our sponsors and donors for their *generous support*

Thank you to our sponsors and grant funders for
your generous support and belief in our mission.

Grant Funders:



Corporate Sponsors:



KEEN Chicago



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