

KEY STATISTICS

Children and youth



3,730 children found friendship, support, and physical activity at YMCA child care programs



5,171 Youth Action participants accessed our Community Initiatives at their local Y, at their school, or in their neighbourhood



3,012 children participated in YMCA Day Camp programs aimed at encouraging independence, skill development and physical activity

Employment and Immigrant Services



More than **1,474** newcomers and their families were connected with a wide range of vital community resources as they find their path in Canada



Over **90%** success rate of those who participated in YMCA Employment Programs, in securing employment or obtaining education/training to advance their employment

Health, fitness and aquatics



55% of YMCA members are linked as a family



16,012 children and youth members participated at the Y; swimming, playing and keeping active.



40,398 members participated at the YMCA to improve their health and wellbeing

Philanthropy and giving back



3,281 donors impacted the lives of others through charitable gifts to the YMCA



\$472,515 received in Strong Kids
Campaign donations ensuring children and youth benefited from Y programs and services



\$1.2 million awarded in YMCA financial assistance to make our programs accessible to **13,094** individuals across Niagara



697 volunteers gave of their time and talents to help our community

A message from Chair, Board of Directors

Change Starts Here...

Remaining relevant, sustainable and responsive to the community we serve requires a commitment to continuous evolution and change. This year, we embarked on a number of changes designed to enhance our programs and services across Niagara.

From the opening of new YMCA Employment & Immigrant Service Centres in Thorold and Niagara Falls to the introduction of new specialty health and fitness programs for children and adults, we're positioned to welcome more Niagarans to YMCAs across our region.

You'll read more about the impact of new programs like YMCA Kick Start and YMCA Kid Fit and the positive changes they've influenced in the lives of YMCA participants like Mary-Lou, Dhan and Kyul through this Report to Community. We are grateful for the community partners, government funders and generous donors who make these new initiatives possible for people from all backgrounds and abilities across Niagara.

We are looking ahead with a continued commitment to service and a renewed perspective.

After a long and respected career with the Canadian YMCA movement, we wished YMCA of Niagara CEO, Janet St. Amand well on her retirement. Throughout her career, Janet contributed significantly to the growth and development of our YMCA.

Along with new programs and services, we're committed to exploring new models of leadership and service to community.

As we look to the future, we're pleased to welcome our new Chief Executive Officer [CEO], Kyle Barber. As Shared CEO, YMCA of Niagara & YMCA of Oakville, Kyle brings extensive experience from YMCAs across Canada. This leadership direction creates new opportunities to enhance our service, innovate our program delivery and strengthen our overall impact on the health and wellness of the Niagara Region

Changes, both big and small, are important motivators for those who come to the YMCA. We're committed to continued renewal to meet those needs now and in the future.

Terry Suess,

Chair, Board of Directors

Post relw. (Left to right)

Aja'y Bhardwaj: Leanne Standryk, Past Chair; Jay Hamilton.

Back row. (Left to right)

Ian Brown, Vice Chair; Mike Watt, Vice Chair; Civita Gauley; Kyle Barber, CEO; Jim Parke; Terry Suess, Chair; Suzanne Johnston; Glen King; David Oakes; Shannon Peters.

Absent: Georgie Groat.

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Mary-Lou Slobodian

Mary-Lou Slobodian makes the most of every day. After dedicating her time as a stay home Mom to three children, she launched a new career and at the height of her success, is busier than ever. Given the time and energy devoted to building this success, Mary-Lou recognized she'd neglected her personal health.

With her husband and kids active in the YMCA, she understood firsthand, the importance of exercise and healthy eating, but finding the time and motivation to get started was a challenge. The desire was there, but life and work kept getting in the way. Then her husband told her about YMCA Kick Start. It proved to be a perfect match for her health and fitness needs. The combination of fitness strategies and recipes for healthy nutrition along with the elements of goal setting and accountability got her started and helped her see immediate results.

Supported through the Ontario Trillium Foundation, and offered in partnership with Niagara Region Public Health, YMCA Kick Start is a 12-week program offered at all six YMCA of Niagara branches focusing on physical activity, healthy nutrition, goal setting, mentoring and achievement for adult participants.

"There were many reasons, many excuses for not being physically active," Mary-Lou explains, "The reality was the longer I put off exercising, the more I became afraid to start."

Mary-Lou and her YMCA coach set three realistic goals based on achieving a healthy weight, building her confidence to participate in fitness activities and making time to add exercise into her day.

"The changes were holistic. I lost weight and through the increased activity and healthy eating I had more energy and more confidence. But most importantly, I was happier."

The results were virtually immediate. "My confidence escalated as Brandon, our YMCA coach, accompanied us to our first group power class that I'd previously been too nervous to attend. After completing the first one, I was hooked," says Mary-Lou. "Now I think nothing of completing a workout on my own or in a class setting. My eating habits changed, I've lost weight and despite a hectic schedule, I make fitness a priority. YMCA Kick Start is exactly what I needed to get started on a path to better health."

Mary-Lou's experience through YMCA Kick Start is consistent with other YMCA participants.

"Positive eating habits, regular physical activity, particularly with others, are evidence-based habits of healthy, active living," says CathyAnn White, Vice President, Health, Fitness & Aquatics, YMCA of Niagara. "Supported with a knowledgeable trainer, manageable goals and accountability, YMCA Kick Start provides the perfect foundation for permanent lifestyle changes to support healthy, active living.

The YMCA Kick Start program welcomed 395 participants in its first year. The program continues to welcome new participants at all YMCA branches **across** the Niagara Region.

YMCA Kick Start Feedback

Surveys of YMCA Kickstart participants reveal important outcomes:

- 96% of participants were able to be active at least one other day each week during the 12-week program
- 89% of participants feel they are eating better since beginning the 12-week program
- 100% of participants said the program provided them with tools and strategies that will help them work on both their physical activity and their healthy eating goals in the future
- The program is available to YMCA members at YMCAs across the Niagara Region.



Expanding Reach, Deepening Impact:

An additional 1,500 job seekers and recent immigrants to Canada will find support at the YMCA as part of the opening of new YMCA Employment & Immigrant Services programs in Niagara Falls and Thorold. Supported by funding from the Ministry of Citizenship and Immigration and the Ministry of Advanced Education and Skills Development, these additional sites will offer individualized employment counselling, and employment workshops as well as specialty programs such as Youth Job Link for teens aged 15 to 29 and Youth Job Connection for people aged 15 through 29 with multiple and/or complex barriers to employment.

Okuwa Family

Yemi and Bunmi Okuwa and their two children Larry and Lola settled in Niagara in August 2015 from Nigeria. The move to a new country and new culture came after years of research and preparation to ensure their children could live in a society free of oppression and economic and political instability.

The difficult decision to leave everything behind, including their professional careers, came with a mixture of fear and hope. Fortunately, much of their fear was alleviated with the help they received from YMCA Employment and Immigrant Services in St. Catharines, which played a key role in helping them find work, get their children settled in school and find connection in their new community.

Yemi and Bunmi were matched with YMCA employment coaches who updated their resumes and cover letters to align with Canadian standards.

"YMCA staff helped us with our job search and prepped us for interviews. My wife and I both secured jobs within 2 months of our arrival providing us with much needed income and the Canadian work experience we need to find work in our professions," said Yemi. "We were also referred to a mentorship program with professionals in our areas of expertise to help with networking and further development."

Through the mentorship program, Yemi was able to secure a job in his professional field as a systems analyst at Brock University. Bunmi has also secured a job in her profession.

"Bunmi and I are overwhelmed with gratitude for the help and support we received from the YMCA.", says Yemi. "We are settled in our home, have secure jobs, the children are happy in school and we feel like we are a part of the community. We were very determined to make our life changing move to Canada successful and the support from the staff and opportunities provided through the Y have played a key role in that success."





Dhan & Kyul

Nine year old Dhan and his six year old sister Kyul are active and healthy kids. They are part of a family who believes that good health and happiness are the two most important elements of a rewarding life.

It is for that reason that along with swimming, hockey and tae kwon do, their parents enrolled them in YMCA Kid Fit, a program focused on fundamental movement skills through yoga and cardio activities.

Erin Graybiel, General Manager of Youth Outreach for the YMCA of Niagara explains the concept behind the Kid Fit program.

"Kid Fit promotes children's physical literacy skills; the confidence and competence related to fundamental movement skills such as running, jumping and skipping. Evidence shows that children with positive physical literacy skills early in life are more confident in organized sports and recreation activities and more likely to stay active throughout their lifetime."

Launched in 2016, the YMCA Kid Fit pilot welcomed 750 children ages 3-12 across Niagara. Children took part in activities that promoted coordination, endurance, flexibility, and fun. 100 per cent of participants experienced increased fitness levels and physical literacy.

"It is important for us to ensure our children have every opportunity to develop the skills they need to lead active and healthy lives," says Soo Riew, Dhan and Kyul's father.

"YMCA Kid Fit has helped both our children with their coordination and cardio, two of the main tools they need for any activity or sport they decide to pursue."



What is YMCA Kid Fit?

YMCA Kid Fit, a youth fitness program for children ages 3 to 12 helps children develop fundamental movement skills through play based activity focusing on flexibility, strength and muscle memory. Available in YMCAs across the region, YMCA Kid Fit involves 8-week yoga (balance, flexibility) and cardio (endurance, strength) providing activities geared to 3 age groups – 3 to 5, 6 to 8, 9 to 12 years of age. While developing fundamental movement skills children are setting the foundation for a lifetime of active living.

YMCA of Niagara Financial Highlights

Year Ended August 31, 2017

STATEMENT OF FINANCIAL POSITION	2017 (000's) \$	2016 (000's) \$
ASSETS	(0000) 4	(0000) 4
Current assets	4,728	5,057
Cash-internally restricted fund (Note 1)	857	564
	5,585	5,621
Investments	1,534	1,525
Capital campaign pledges receivable	252	313
Capital assets	31,846	33,742
_	39,217	41,201
LIABILITIES		
Current liabilities	4,044	3,693
Current portion of long-term debt	347	347
	4,391	4,040
Long-term debt	1,679	2,026
Deferred capital contributions	18,781	19,632
	24,851	25,698
FUND BALANCES		
Endowment fund	2,974	2,931
Internally Restricted fund (Note 1)	857	564
General fund and other	10,535	12,008
	14,366	15,503
	39,217	41,201

STATEMENT OF OPERATIONS	2017 (000's) \$	2016 (000's) \$
REVENUE	(5555) 7	(0000) +
Programs & services	20,703	21,247
Grant revenue	9,175	7,699
Donations - Strong Kids	440	399
Other	366	375
	30,684	29,720
Financial assistance	(1,258)	(1,361)
	29,426	28,359
EXPENSES		
Wages and benefits	18,856	18,196
Occupancy and facility maintenance	5,331	5,010
Program and support costs	2,905	2,895
Participant wage subsidies and training supports	1,921	1,528
	29,013	27,629
Excess of revenue over expenses before net amortization (Note 2)	413	730
Amortization of deferred capital contributions	1,375	1,378
Amortization of capital assets	(2,968)	(2,983)
Excess of expenses over revenue	(1,180)	(875)

- 1. The Child Care Fund was established by the Board of Directors for the purpose of reserving cash to enhance child care stability and quality assurance initiatives over the next two fiscal years. The current year's balance is \$857,000.
- 2. In keeping with the charitable purpose of the YMCA, the Board of Directors has determined that the excess of revenue over expenses will be re-invested in the Capital Development and Strategic Plan of the Association.

The report includes selected financial information extracted from statements audited by KPMG. Complete financial statements are available upon request.





18% Occupancy & facility maintenance 10% Program & support costs

7% Participant wage subsidies and

training supports

Investing In Your Community

Thank you the local organizations and government bodies with whom we have partnerships, alliances and working relationships, for helping us provide valuable community services.

Alzheimer's Society of Niagara

Association for Community Living Fort Erie

Brock University

Canadian Mental Health Association

City of Niagara Falls

City of Port Colborne

City of St. Catharines

City of Welland

Community Addiction Services of Niagara

Community Care of St. Catharines and Thorold

Contact North, Distance Learning

Credit Counselling of Niagara

District School Board of Niagara

Early Childhood Community Development Centre

Employment Help Centre West Niagara

Family and Children Services Niagara

Fort Erie Multicultural Centre

Hamilton Health Sciences

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Healthy Kids Community Challenge

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Local Immigration Partnership - Niagara

McMaster University

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Niagara Women's Enterprise Centre

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YMCA Ontario

YMCA of Greater Toronto

YMCA of Hamilton/Burlington/Brantford

YMCA of Oakville

YMCA South Africa

YWCA Niagara Region

We would also like to thank the many donors who contributed through a variety of YMCA special events across the Association including:

Children's Services special events Camp special events

Move for Kids Frank's Friends Swim

Leader Corps special events Niagara Centre YMCA Pickle Ball Tournament Send a Kid to Camp / Fill the Bus Strong Kids Doggie Dip

2016-2017 Strong Kids Donor List



PLATINUM > \$5000

Beatties

City of Niagara Falls - Sleep Cheap Fund at the Niagara Community Foundation

TD Bank Group

Town of Fort Erie

United Way of St. Catharines and District

\$2000-\$4999

The 2016 Welland Mayor's Charity Event

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YMCA of Niagara



A Strong Niagara Starts Here

We provide vital services such as health, fitness and aquatics; child care; camping; immigrant services; employment; education; leadership development and volunteerism at 103 sites across Niagara.

Vision

Inspiring health, wellness and community - for life.

Mission

The YMCA of Niagara is a charity, open to all, providing leadership and opportunities for people and their community to grow in spirit, mind, and body.

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