



# Annual Report 2021-22

**INSPIRING MOMENTUM**



**Mike Watt**  
Board Chair

## Thanks Niagara,

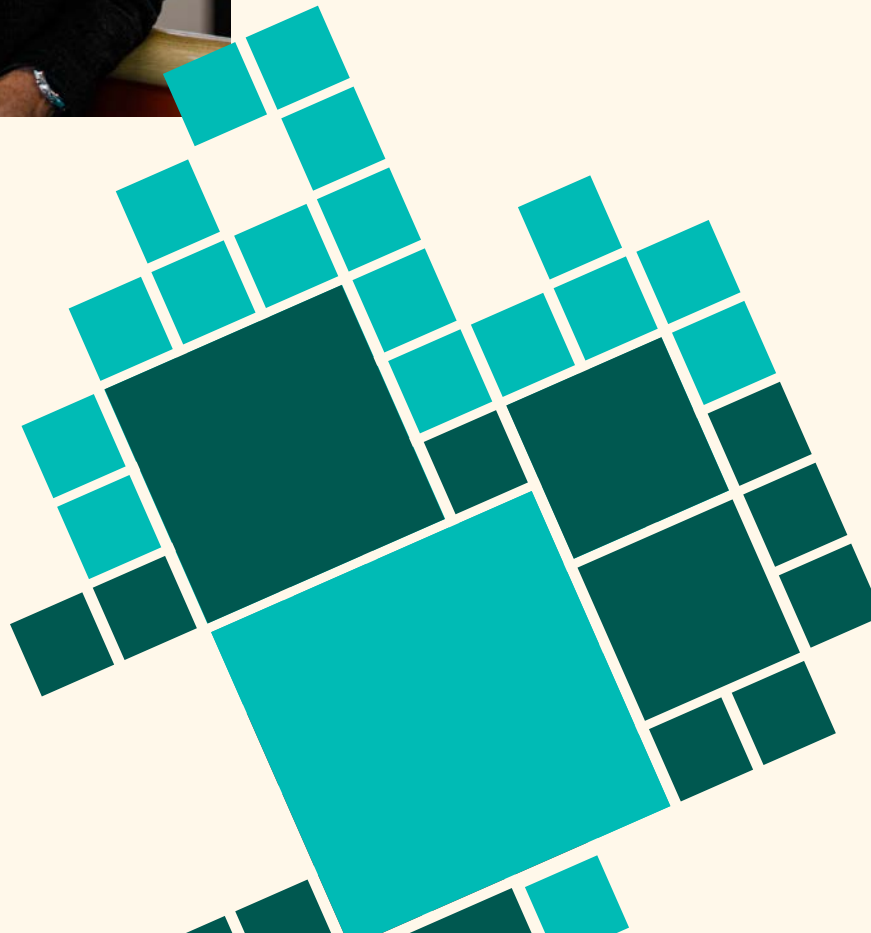
The YMCA of Niagara Board of Directors is very grateful for the commitment and support of our dedicated staff, volunteers, donors, members, participants, clients, and community partners.

This past year, we consulted with and listened to stakeholders in each program and service area to understand their expectations and aspirations for our YMCA. We also spent some time reflecting on our unique capacity to improve the health, education, and wellbeing of people in our community.

The culmination of this process can be found in the pages of our new Strategic Plan—*Foundations for the Future*—which we proudly launched in the fall. This year continues to require change and adaptation as we all emerge from the pandemic, and we expect our transformation will continue. As Niagara's largest provider of not-for-profit Licensed Child Care, we are enthusiastic to participate in the *Canada-Wide Early Learning & Child Care (CWELCC) Agreement* which is designed to ensure more high-quality childcare is available and more affordable to local families. This is just one example of how we are working in new ways to meet the needs of those we serve and serve beside.

Our work to achieve the goals and objectives outlined in our Strategic Plan is already well underway, and we are making great strides in re-growing programs including Health and Fitness, Summer Day Camp, and Employment and Immigrant services. We will continue to explore new models and locations for service delivery in St. Catharines and in Niagara Falls, because our commitment to advancing the health and wellbeing of every community we serve has not wavered. The return of so many people to in-person programs and services this fall has been gratifying.

As you will observe in this year's Annual Report—*Inspiring Momentum*—we are in motion, scaling up and realizing new opportunities for growth and sustainability. The connection and engagement of the people on our teams, and in our communities, inspires our Board and propels us forward. I invite you to read on and see for yourself all the ways our YMCA continues to have a positive impact on the lives of individuals and on our community. Thank you for being part of our story and for your enduring support!



## We are Inspiring Momentum,

This past year has been transformative for our YMCA of Niagara. The Association successfully navigated the complexities of a prolonged pandemic while adapting our programs and services to meet the changing needs of our community. We were pleased to have launched our two-year strategic plan—*Foundations for the Future*—which charts our course through 2024. Looking forward, the YMCA is well-positioned to rebound, and we anticipate growth and an increased impact in the communities we serve every day.

As one of the largest charitable employers in the Niagara Region and having recently been recognized by *Forbes* as one of Canada's Best Employers, the YMCA of Niagara takes great pride in being an organisation that provides all staff with the opportunity to develop and fulfil their potential. This is a testament to the dedication of all staff, members, volunteers and donors who make the YMCA of Niagara a place where everyone can belong, grow, thrive and lead.

We are grateful to be one of the largest providers of Licensed Child Care, multi-site employment and newcomer services, award-winning summer camps, and recreational programming for Niagara residents. Although some of our physical footprints have changed in the past year, our commitment to families remains the same and we will continue to innovate our services to meet the needs of the community.

We continue to provide financial assistance to hundreds of participants, and we celebrate the accomplishments of many in our YMCA success stories.

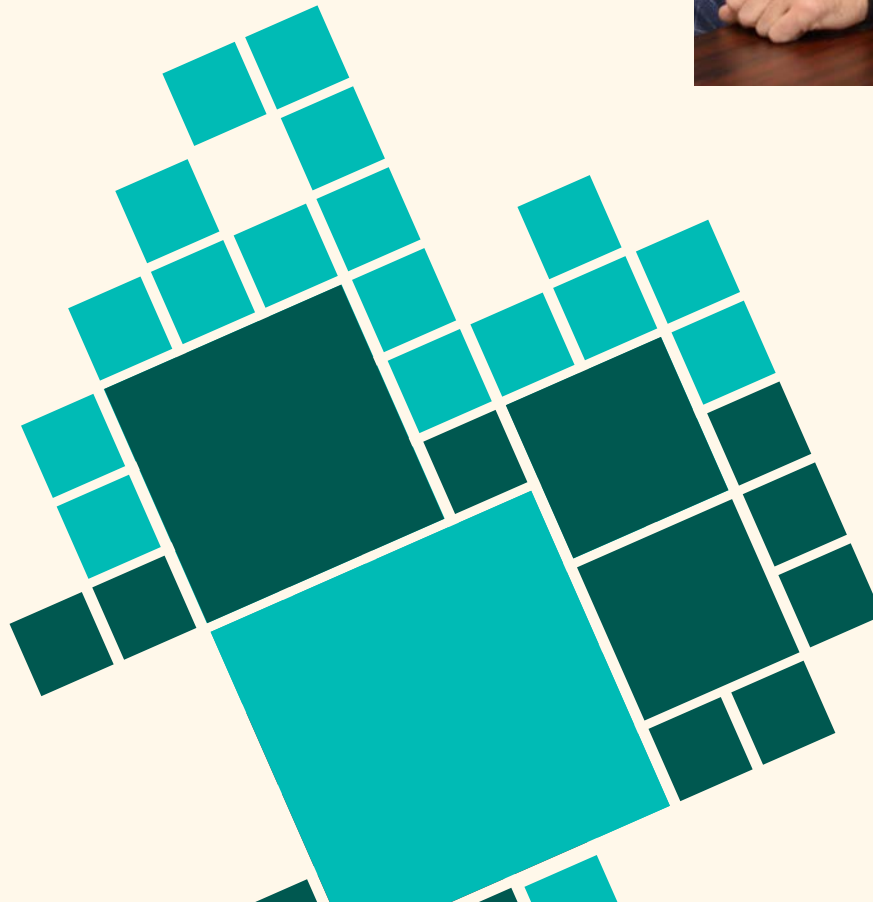
To our partners, supporters, donors, volunteers, and community members: we want to extend a special thank you to each one of you. Your continued support as we welcomed returning members, new members, and families to our YMCAs was instrumental in our success. Thank you for being part of our YMCA movement as we strive for a healthier community for all.

Let's work together on *Inspiring Momentum* for the future.



**Christian Wulff**  
Interim CEO

A handwritten signature in black ink, which appears to read 'CWulff', positioned below the printed name and title.



# YMCA Volunteer and Staff Leadership

## YMCA Board of Directors

- Chair** | Mike Watt, P. Eng  
President, ISLAYWATT Inc.
- Past Chair** | Dr. Ian Brown, MD  
Chief of Surgery, Niagara Health System
- 1st Vice-Chair** | Jay Hamilton, B. Com., MBA  
Chief Financial Officer, GE Canada
- 2nd Vice Chair** | Glen King, CPA, CA  
Vice President Finance & Chief Financial Officer, FortisOntario Inc.
- Rusty Baillie**  
Retired, Former CEO, Oakville Community Foundation
- Vita (Civita) Gauley**  
Partner, Labour & Employment Law, Lancaster, Chown & Welch LLP
- Allie Hughes**  
CEO & Founder, Hughes&Co
- Tim Krause**  
Partner, Startbystarting
- Tisham Mohammed**  
Business Development Manager, Scotiabank Business Banking
- Jim Parke, CPA, CA, MBA, C.Dir**  
Retired Chief Financial Officer, Ridley College
- Shannon Peters, MBA, CHRL**  
Human Resources Business Partner, Canadian Tire Corporation

## YMCA Senior Management

- Interim** | Christian Wulff  
Chief Executive Officer
- Past** | Steven Chuang  
Chief Executive Officer
- Cathyann White**  
Vice President, Marketing and Communications
- Morena Bertholds**  
Manager of Development
- Tracey Cosco**  
General Manager, Camp and Community
- Deanna D'Elia**  
General Manager, Employment & Immigrant Services
- Mai Eltom**  
General Manager, Finance & Administration
- Jackie Kerry**  
General Manager, Child Care Operations
- Ben McDermott**  
General Manager, Health, Fitness and Aquatics



# Health, Fitness and Aquatics

*Our Health, Fitness and Aquatics team reopened our doors to in-person activities and provided vital programs and services that allowed members to meet new friends, achieve their fitness goals and improve their health and wellness.*



Our YMCA of Niagara staff led **12** virtual videos which were used as content for Y@Home across Canada

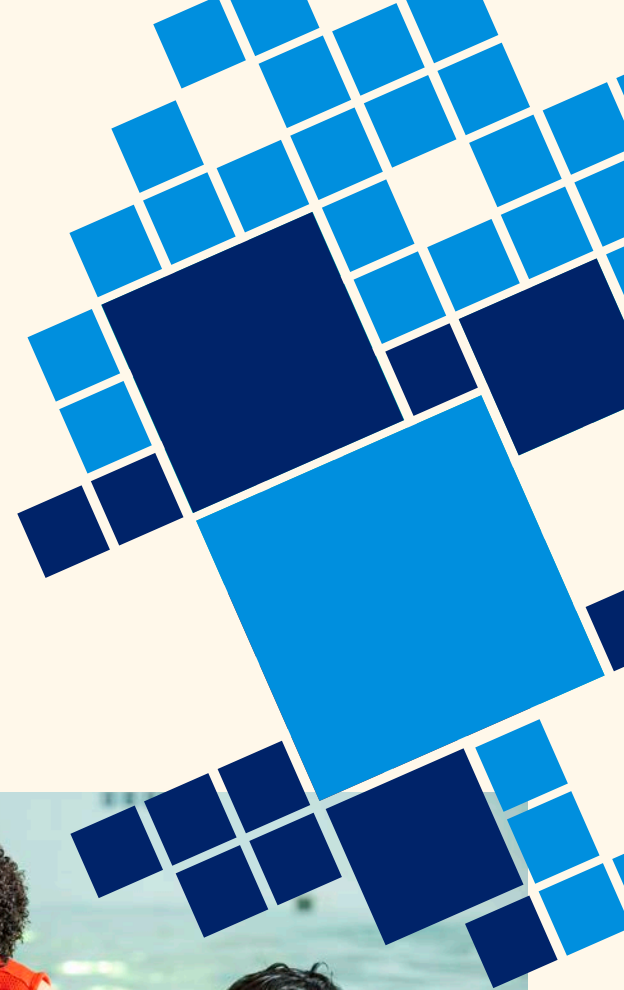


Over **\$54,247** in financial assistance was given for our fitness program in **2022**

**2,100** children & youth participated in swim lessons & recreational programs



Despite hesitation from the community, **7,914** people attended HFA programs and services in **2022**





# The Best Part about the Y? Acceptance.

Back in 1993, Judy was raising two children and trying to make ends meet as a single mother.

Her mother gifted the family a membership to the Y in St. Catharines, and they have been members ever since. That gift translated into a brief assisted membership and then into full membership as she became more financially stable.

She loved the community there and made friends that she has to this day! In fact, she even met her husband at the YMCA 28 years ago... they were both looking for fitness and community and found love!

When she first joined, it quickly became apparent that her youngest was not a usual child and the first few months at the Y were painful for everyone. He was uncooperative and he didn't like anyone. It was hard for her to enjoy any programming either, as she invariably had to go and attend to him.

The Y child caregivers recognized her son was high functioning autistic and was later diagnosed as having Asperger's Syndrome, which was not very well-known back then. The Y caregivers then made plans to help Judy with her predicament. They figured out who he trusted, and Judy adjusted her attendance so that they could make it work. ... And it did!



**To continue reading Judy's story,  
scan this QR code >>>**

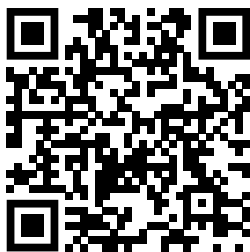
# Making Accessibility a Reality

Dan first came to the Port Colborne YMCA after having an accident at the local beach. He had injured his feet and was told by his doctor at the time that open water swimming was no longer advisable.

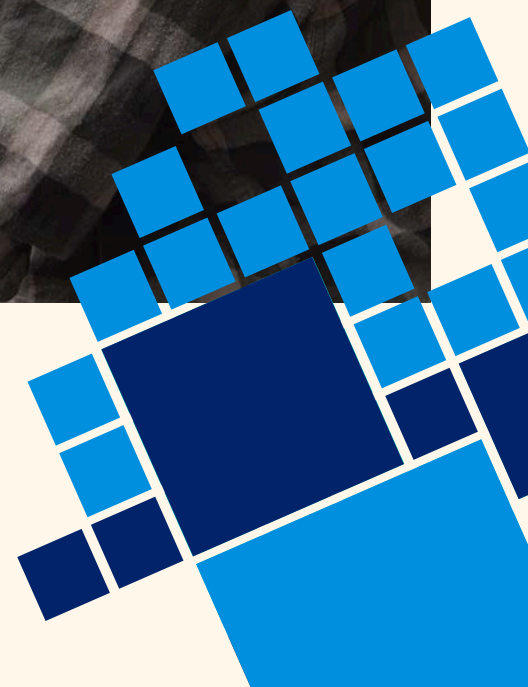
A friend took Dan to a local gym on King St. About 20 minutes into the guided tour, Dan asked if he could swim there, and the tour guide told him the best place for swimming was the YMCA. Once his injuries started to mend, his doctor also suggested that he visit the YMCA and explore swimming in their indoor pool, and even offered to buy him a membership.

Dan then toured the Port Colborne YMCA with his friend and decided to take on a Five-Day Free Trial to see if it would be a good fit for him. He also learned on that tour that, at the YMCA, financial assistance was provided to people who require it. Four days into his trial, he joined... and that was seven years ago!

Dan enjoys the pool a lot. He swims with a lifebelt and says that he doesn't know if there will be a day when he no longer needs the belt, but he is never going to stop trying. In his first year, Dan thought the pool would close for the winter, but he was overjoyed to discover that the Y is open all through the year and that he could even go swimming there in the middle of a blizzard! Dan also enjoys walking the track and using the weight and cardio machines. He needs a little assistance with these activities as he is blind. The Y staff help him use these amenities on some days, and on other days, he brings a friend.



**To continue reading Dan's story,  
scan this QR code >>>**



# Licensed Child Care

*The YMCA continued to offer Licensed Child Care services for our families across 47 centres throughout the last months of the pandemic, while also opening a new full day preschool centre in Niagara Falls, and anticipating another to open in Thorold this fall. YMCA Licensed Child Care continues to serve more children with fun, safe and quality programming lead by dedicated YMCA Educators. We look forward to the benefits that will be experienced by parents through the YMCA's enrollment in the Canada-Wide Early Learning and Child Care (CWELCC) plan.*



We provided child care to over **1,755** children (infant to 12 years)



**270** Educators adapted to the changing needs and continued to provide a high-quality experience



We have **47** Licensed Child Care locations across the Niagara Region





# A Successful Graduation

Sam started at St. Ann's Catholic School in Junior Kindergarten and was enrolled in YMCA of Niagara Before and After School Child Care. His transition into the structure was not easy, especially in the beginning, as staff struggled with some behavioural challenges. Sam had difficulty focusing, and seemed overwhelmed and distracted, which meant he would act in disruptive ways. This would sometimes result in some conflict with other children. One of the staff members realized that loud noises and commotion seemed specifically to upset Sam, and so she gave him a pair of earmuffs to wear that muted the noise. To ensure he did not feel singled out, she wore a pair too.

Over the course of the year, many YMCA staff worked patiently and consistently to find ways to help Sam be more comfortable and

successful both inside and outside of the program. This included modelling calm and positive behaviours, taking extra time and care to help Sam settle at the start and end of each day, and always gently re-directing him. They engaged him as a "helper" for the other children to collect or hand out books or toys, and by having him be part of the process, the staff found ways to hold his attention and engagement.

It has been several years now, and Sam is graduating out of the Licensed Child Care program. His mother attributes his success to the caring staff like Miss Ashley and Miss Robynn. She adds that being engaged as a "helper" in child care inspired Sam to explore more leadership and become a Counsellor in Training for our fun YMCA Day Camp programs.

**To continue reading Sam's story  
scan this QR code >>>**





# Modeling a Positive Experience

Hannah was born with some complications in 2012. She was only 27 weeks in gestation and had to use a gastric tube for the first few years of her life. Hannah also faced many challenges like ADD and MDD, and she struggled to keep pace with other children her age.

In 2015, Hannah came to YMCA Before and After School Care at Father Hennepin Catholic School. As a *'November baby'*, she was starting Junior Kindergarten at the age of 3. Both her mother, Melissa, and grandmother, Jennifer, would take turns bringing Hannah to the YMCA and picking her up afterwards. Jennifer said, "From Day 1, the YMCA staff were just awesome. Miss Marissa has always been there for us."

Transitions can sometimes be hard with Hannah. She suffers from some separation anxiety and Miss Marissa always made sure these experiences were positive.

**To continue reading Hannah's story  
scan this QR code >>**



# Community Impact

*The dedicated Community Programs team provided youth with safe, friendly spaces where they could interact with their peers, make new friends and be physically active. Programs like YMCA Youth Action, YMCA Beyond the Bell™ and others allowed them to play, learn and, most importantly, be themselves.*



We helped **27** youth improve academically through the YMCA Beyond the Bell™ program



**52** youth improved their skills by taking part in Youth Action Sports Academy this past summer



We had **689** Youth Outreach participants attend Youth Action Evenings, Saturday Nights, and Fun & Games programs



To read about Jerrell's experience growing up with our YMCA of Niagara Community Programs, scan this QR code >>







# A Caring and Welcoming Space

My family and I love the EarlyON Centre at Thorold a lot.

The staff are very caring about my son, Mason, and my parents feel very welcomed too. We feel the centre provides them a positive and a very valuable learning environment. They learn some English as well.

My parents love Mason and care about his development in every domain. We appreciate that the kids have such a great opportunity to learn and play at the EarlyON Centre. So, they are willing to take a long walk to get there each morning.

I told my parents they can use a language translation app on their phone to communicate with the staff, and it has worked well for them as the centre has Wi-Fi connectivity. I believe they have begun to communicate with the translator a lot over the past few weeks during their visits to the centre.

They are happy to do whatever is good for Mason. And Mason can both learn something new and enjoy outdoor walks with his grandparents.





*The EarlyON team continued to meet the needs of young children and their families in a variety of ways: virtual programs and workshops, in person interactive play sessions and parent education programs, outdoor programming, and outreach through videos and social media posts.*



**300** activity bags filled with child appropriate materials, books, games and resources were distributed to families for free during the course of the year






The dedicated EarlyON team served **1,384** individual children and **825** parents and caregivers resulting in **13,706** in person visits overall



Early Spring, we successfully opened our new EarlyON Centre at St. Anthony Catholic Elementary School in St. Catharines



## JOIN US ON ONLINE AND ON SOCIAL MEDIA!

-  EARLYONatymcaniagara
-  EARLYONatymcaniagara
-  [ymcaofniagara.org/earlyon-centres](http://ymcaofniagara.org/earlyon-centres)

# Employment and Immigrant Services

*The YMCA Employment and Immigrant Services teams increased programming to advance its supports to employers, job seekers and new Canadians to meet Niagara's labour market needs. Service enhancements included advanced mentorships, job matches, skills development and international credential recognition with local employers. YMCA Employment and Immigrant Services continues to be a leader in supporting those who are furthest from the labour market and is instrumental in supporting Immigrants as they make Niagara their new home.*



The Employment Services team supported **1,853** in their journey to seek employment, launch new careers and advance their financial independence alongside our organizational partners and local employers



Our Immigrant Services team assisted over **3,503** individuals to build confidence, increase language abilities, and deepen community connections






The Youth Gambling Awareness Program (YGAP) reached **4,172** children and youth through school presentations and informative videos on social media monthly

To watch one of our YGAP videos, scan this QR code >>>



## JOIN US ONLINE AND ON SOCIAL MEDIA!

[ymcaofniagara.org/employment-services](https://ymcaofniagara.org/employment-services)  YMCAEmployment  
[ymcaofniagara.org/immigrant-services](https://ymcaofniagara.org/immigrant-services)  YMCASettlement

 Employment Services

# Finding Success and a New Home

I first connected with the YMCA Employment & Immigrant Services office in January when I was starting my job search in a new country. I am an internationally trained individual with extensive experience in business, marketing and special events planning. Four months later, what initially seemed like a dream—the desire to get back into my field here in Canada—has come true. Thanks to the team at the YMCA.

Since the beginning, the YMCA team were like my guardian angels in Canada. They held my hand from day one and walked with me all the way to my goal of getting back into a rewarding career in a new country.

The team also helped expand my understanding of the job market and labour market and changed my approach to job searching. They were with me through every step of my job search journey, showed appreciation, and placed value on my accumulated experience from other countries. They not only helped me find the right path, but also helped me focus on what I was searching for, and in the process, set me up for success.

Kelly, whom I first communicated with in Employment Services, helped submit my resume and promptly introduced me to Stephan, the Employment Coach. Stephan then helped me to develop a solid, professional, and impressive resume and cover letter as per standards. I also completed a free Language Assessment with the YMCA's CLARS center. Rachel, my assessor, asked me about my career goals in Canada and later connected me Iris, the Career Coach.

**To continue reading Salwa's story  
scan this QR code >>>**





# Day Camp

*This summer we provided a variety of camp programs including Nature Quest (focused on outdoor education), Move & Play (addressing physical literacy and movement) and other innovative specialty camps delivered in partnership with talented community partners.*



We operated Winter Break, March Break and Summer Day Camps, serving nearly **1,200** individual children



We are thankful to the **96** Camp Staff for their tireless efforts, engaging the campers for **9** consecutive weeks of Summer Camp at **13** different locations across the Niagara Region



*Adventure Club*, a referral-based program in collaboration with valued community partners, offered **64** children active, outdoor program experiences in the fall and spring at locations in St. Catharines and Niagara Falls

**For more information on  
YMCA Day Camp programs,  
scan this QR code >>>**





# Philanthropy

*Although 2021-22 has been a challenging year for many, our community and funders came together and supported the YMCA through generous giving that ensured we were able to fulfill our mission to be as accessible as possible. Through their support, we were able to provide necessary programs to serve children and families when they needed us the most. Children and youth shared lasting experiences through Adventure Club, Day Camp, and Youth Outreach.*

*The pandemic has taught us that when a community comes together, we are stronger. As a result, our impact on those around us is felt deeper and our reach is amplified. We also extend our gratitude to our funders who trust the YMCA in our ability to meet community needs. Thank you for making a difference and enabling us to achieve our mission.*

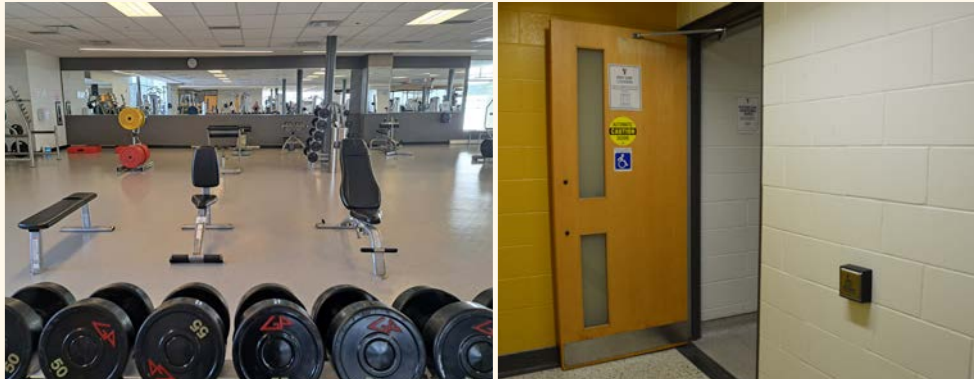


Thanks to the support of **1,123** donors we raised over **\$202,488** this past year

To view the full list of our generous donors and funders, scan this QR code >>>



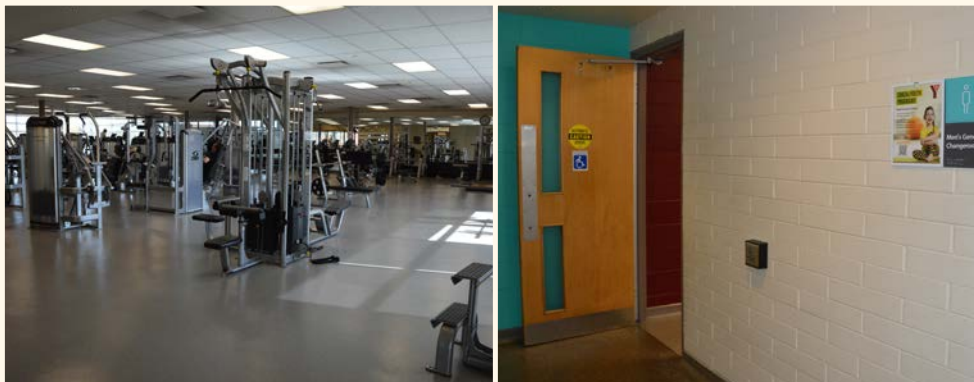
Niagara West/Grimsby



Port Colborne



Niagara Centre/Welland



## Thank you!

A huge thank you to the Ontario Trillium Foundation (OTF) for awarding three grants to the YMCA of Niagara this past year, including a capital grant worth \$498,000—through the Community Building Fund—to assist with the repair, renovation or retrofitting of existing sport and recreation facilities to address local community need or public health requirements identified through COVID-19.

This will help extend the life of our existing facilities for everyone in the community and maximise their use.

These retrofits ensure all members, especially those with mobility challenges and visual impairment, can safely access all program areas and exits throughout the facility. Ensuring accessibility is one way to remove potential barriers to physical activity and promote health and fitness for everyone.

Please visit our website to learn how the YMCA of Niagara assists your community at large.

**To learn more about how the YMCA of Niagara assists the community, scan this QR code>>>**



# Financial Highlights

*Year Ended August 31, 2022*

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

## Statement of Financial Position

	2022 (000's) \$	2021 (000's) \$
<b>Assets</b>		
Current Assets	6,247	5,363
Cash   Internally Restricted Fund	1,000	1,000
Long Term Investments	8,540	0
	<b>15,787</b>	<b>6,363</b>
Investments	1,506	1,812
Capital Assets	18,046	22,947
<b>Total</b>	<b>35,339</b>	<b>31,122</b>
<b>Liabilities</b>		
Current Liabilities	5,816	5,188
Current Portion of Demand Loan	0	762
	<b>5,816</b>	<b>5,950</b>
Long Term Debt	0	241
Deferred Capital Contributions	12,083	14,254
<b>Total</b>	<b>17,899</b>	<b>20,445</b>
<b>Fund Balances</b>		
Endowment Fund	3,371	3,462
Internally Restricted Fund	1,000	1,000
General Fund and other	13,069	6,215
<b>Total</b>	<b>17,440</b>	<b>10,677</b>
	<b>35,339</b>	<b>31,122</b>

## Statement of Operations

	2022 (000's) \$	2021 (000's) \$
<b>Revenue</b>		
Grant Revenue	13,226	17,966
Programs & Services	7,880	3,880
Gain on Disposal of Capital Assets	7,960	0
Donations - Strong Kids	167	166
Others	319	1,248
	<b>29,552</b>	<b>23,180</b>
Financial Assistance	(72)	(19)
<b>Total</b>	<b>29,480</b>	<b>23,161</b>
<b>Expenses</b>		
Wages and Benefits	16,021	14,643
Occupancy and Facility Maintenance	2,853	2,927
Program and Support Costs	2,079	2,002
Participant Wage Subsidies and Training Supports	1,019	944
<b>Total</b>	<b>21,972</b>	<b>20,516</b>
<b>Excess of Revenue over Expenses before Net Amortization</b>	<b>7,508</b>	<b>2,645</b>
Amortization of deferred capital contributions	1,125	1,486
Amortization of capital assets	(1,780)	(2,977)
<b>Excess of Revenue over Expenses</b>	<b>6,853</b>	<b>1,152</b>



# Inspiring Momentum

We close this year with a clear understanding that we truly are **#STRONGERTOGETHER** and are gaining momentum towards a brighter future.

## JOIN US ON SOCIAL MEDIA!

- facebook.com/YMCANIagara
- twitter.com/YMCANIagara
- instagram.com/YMCANIagara
- linkedin.com/company/ymca-of-niagara



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Charitable Registration  
#11930 7064 RR0001

