



Vision Statement

YMCA of Regina is the premier values-based builder of health, leadership, and personal development.

Mission Statement

YMCA of Regina is a charitable association, open to all, dedicated to enriching our community and individuals at every stage of life.

Statement of Purpose

The YMCA is dedicated to the growth of all persons in spirit, mind and body and in a sense of responsibility to each other and the global community.

Values

Caring, Respect, Honesty, Responsibility and Inclusiveness.

Downtown Regina

2400 13th Avenue Regina, SK. S4P 0V9 (306) 757-9622 x200

Northwest Regina

5939 Rochdale Blvd Regina, SK. S4X 2P9 (306) 757-9622 x300

East Regina

1825 Victoria Ave East Regina, SK. S4X 2P9 (306) 757-9622 x400

Moose Jaw

1250 11th Ave N.W Moose Jaw, SK. S6H 4L9 (306) 694-5554

www.regina.ymca.ca

Charitable Registration Number: 11930 7155 RR0001



CARING
HONESTY

TOGETHER
GROW

FAMILY
UNITY

BODY
FUTURE

COMMUNITY
GOALS

LEARN

THRIVE

YMCA of Regina

2018 - 2019
COMMUNITY IMPACT
REPORT

WHERE YOU BELONG



Message from the
Chair, Board of Directors and
Chief Executive Officer

Everyday we have the opportunity and responsibility of serving our communities while encompassing our YMCA charitable values of caring, respect, honesty, responsibility and inclusiveness.

The YMCA of Regina is a community where people come together from diverse backgrounds and can feel a sense of belonging, encouragement and support to develop and thrive.

As we reflect on the successes and challenges of the past year, now more than ever it is critical to ensure that we continue our work in building a healthy vibrant community and to make an even greater impact in the lives of children, families and adults we proudly serve.

Over the past year we have gained clarity, direction and momentum to address the future needs of our evolving community and the needs of those we serve.

From this we can ensure that our Association will continue to provide barrier free opportunities for all, supporting those we serve in personal well-being and creating strong social connections through our work going forward.

Our impact and work in the community is only made possible through the incredible support of our members, donors, partners, volunteers and staff team.

Through your support we will continue our 130 year history of being *"a charitable Association open to all, dedicated to developing leadership and to enriching our community and people at every stage of life, today and for the communities of the future"*.

On behalf of the YMCA of Regina, our sincerest appreciation for your continued commitment and support as we continue in building healthy communities. For all you do we thank you.

Jason Carlston
Chair, Board of Directors

Steve Compton
Chief Executive Officer



Health and Fitness

On average over 9500 active members used our facilities throughout the year

Provided 900 assisted memberships to individuals and families that face numerous barriers in accessing programming at the Y

837 children took part in our Summer Day Camps

2071 children and youth took part in various programs offered at the Y

5655 participants of various ages took part in aquatics programming at the Y

56 fitness volunteers provided instruction to our members throughout the year



Regina Childcare

425 licensed childcare spaces in 5 centres

Before and After School enrollment of 436 children in 21 program sites

Child Protection Score of 95%

Playing to Learn Score of 78%



Moose Jaw Childcare

244 licensed childcare spaces in 5 centres

Before and After School enrollment of 85 children at 3 program sites

Child Protection Score of 95%

73 children registered in Early Learning

Playing to Learn Score of 92%



Operational Highlights

\$800,000 invested into facilities and operations including:

Downtown:
Roof Repairs • Heating Systems • Childcare Exterior • Squash Court Repairs • Flooring • Safety Upgrades •

Northwest:
Pool Upgrades • Gym Floors • Locker Rooms •

Completed further investment in revitalizing our equipment offerings based on member feedback

Met our operational budget for the fiscal year ending August 31st, 2019

Began work on a new comprehensive strategic plan for the Association, to guide a future sustainable operating model



Beyond the Bell

After the program 92% of kids stated they engage in some type of physical activity each day to keep active

88% of students could identify a suitable coping strategy during a tough situation

97% of students increased their reading level. 43% of these students increased 4 levels from the start of the program

65% of students when asked at the end of the program if "they could have any food they wanted" chose healthy food options



Youth Programs

48 youth took part in Regina Leaders Program

Volunteer Recruitment and Youth Referrals have grown 300% in our Regina PlusOne Program

Received 16 referrals to the Steps4Success program in Moose Jaw

110 students referred to our Shared Services Mentorship Program in Moose Jaw

Provided 10 weeks of programming through our Asset Building Program in Moose Jaw to students who are struggling with behaviors in the classroom setting



Perinatal Programs

Over 934 participants in Childbirth Prep Classes

Average of 189 visits to Y's Mom's per month

Average of 50 families per month involved in Regina General Hospital Tours

Provided over 120 hours of one on one counselling

48 families registered for our Y's Moms Multiples program

Hosted postpartum support groups providing a safe place for mothers to connect and receive valuable information and emotional support