



**YMCA
of Regina**



Impact Report 2021-2022

We acknowledge that we are gathered on Treaty 4 Territory and that Saskatchewan is located on Treaty territories and ancestral lands of the Cree, Saulteaux, Dakota, Lakota, and home of the Métis people.

We acknowledge northern Saskatchewan includes lands that were and are the ancestral lands of the Dene.

We remain committed to working in partnerships with the Indigenous peoples in the spirit of truth and reconciliation, and collaboration, in accordance with their constitutional rights and human rights.



Vision

By reducing barriers, everyone can achieve a healthy spirit, mind, and body.

Mission

The YMCA is a charity that supports connection, friendship, and the healthy development of our community. Our programs and services focus on youth and families to support lifelong healthy living. We develop leaders and committed citizens who care about our values and the health of our community.

Members belong to the YMCA to actively support our mission and vision and to participate in our community programming.

At our core, we deliver community development; childcare; leadership development; and healthy living programs.

Values

Positivity - We believe meaningful change is accomplished by focusing on the strengths of individuals and community.

Belonging - We are committed to providing a place of acceptance, friendship, and security for all.

Empowerment - We support a society where individuals thrive through self-determination and independence.

Well-being - We foster the whole of the individual in spirit, mind and body.

Inclusivity - We are accessible to all and work to remove barriers to self-development.

Message from the Board Chair



On behalf of your Board of Directors I would like to extend heart-felt thanks to staff for all that they have done over the past year to ensure that our YMCA remained a welcoming place to the children, youth, families and adults we provide services to. It is an understatement to say the YMCA is important to the communities we serve, and in reality we know that service can only happen because our staff are committed to making every person who walks through any of our doors feel welcome. The YMCA has always been far more than a building, the YMCA is people, and our staff are great people.

The past year, like the one proceeding it, saw our communities experiencing and managing often substantial change. Your YMCA's changes have included the ratification of modernized bylaws, the sale of our downtown location and anticipation for the soon-to-be-opened South Albert Childcare Centre.

As your Board of Directors looks ahead in 2023 we want you to know that we remain committed to moving forward and building forward stronger - your YMCA is about community, your YMCA is about children, and your YMCA is about families.

The bylaw modernization started with visiting your YMCA's original articles of incorporation, an organization then intended to serve at that time only young men. As our communities have evolved, so has your YMCA. We are children, youth and family-focused, while also remaining committed to providing high quality health, fitness and aquatic programs.

Our identity and value lies in the programs and services we provide, and we also know that our identity at times includes the buildings from which those programs and services are and have been offered. For years, when someone said they were "going to the Y" it only meant one place. We understand and appreciate the connections members feel to the buildings we have provided programs and services from, and that those connections may be generational.

Our communities, their service needs, and our demographics change with time, and your YMCA has worked and will continue to work to meet our communities where they are, rather than where they have been.

We celebrate the signing of the National Childcare Agreement, knowing that the broad and inclusive "we" (elected representatives, their officials, and those accountable and responsible for the actual delivery of childcare, which is where the YMCA comes in) are bound by a common goal and purpose - the best interests of our children. As the largest provider both provincially and nationally of licensed childcare, your YMCA and the other YMCAs in Canada are committed to the delivery of safe, high-quality, affordable childcare. Likewise, we are also committed to working through the details with other stakeholders to ensure the provision of that childcare is sustainable and built on a foundation of long-term plans and commitments.

2023 will be a year of moving forward – moving into our newest childcare centre at 3801 Albert Street (which will be home to 170 licensed childcare spaces) - while continuing the provision of the Playing to Learn curriculum at all of our childcare centres in Moose Jaw and Regina, as well as continuing to provide other programs that not all of our members may be aware of – Early Learning Centres, Beyond the Bell, YMCA Mentorship, Youth Leadership Academy, Steps 4 Success, Before and After School, School's Out Day Camps, Summer Day Camps, Home Alone Preparations courses, Babysitter's Training courses and new this year Y Mind (a program focusing on improving mental health for youth and teens) and Health Connect (a newly-developed program that focuses on supporting and improving health literacy in older adults).

John Stevenson, Board Chair

A handwritten signature in blue ink that reads "J. Stevenson".

Message from the YMCA CEO



Thanks to you, it has been another exciting year at the YMCA of Regina. As we emerge from the past two years and move forward together as a community, we see that places of connection are more important than ever.

The YMCA provides that place of connection where all are welcome. Over the past year our YMCA and other associations across Canada talked of Team YMCA as a driving force for good.

More than ever the YMCA is ready to meet some familiar, and some new community needs and challenges, and with your support we are confident that we can meet these new opportunities and remove barriers and challenges in the year ahead.

Over the past year we continued to be a trusted community partner in providing safe, quality and affordable licensed childcare delivered through our unique YMCA Playing to Learn curriculum. As we partner with the Province of Saskatchewan and the community on the continued implementation of the National Childcare Agreement, we were able to undertake the development of our newest childcare centre at 3801 Albert Street thanks to a unique community partnership with the Sherwood Co-operative Association.

This newly developed state of the art centre will be home to 170 licensed childcare spaces, community programming space and association administration services beginning in January 2023. We are excited that 80 of these licensed spaces will be new to the community to serve a growing waitlist of families.

Over the past year we have not only maintained, but we have also grown our impact through serving youth and members in the community and reinforcing our work as a registered charity in the community. As you read through this report you will see the return of some familiar and some new programming in response to community needs.

In the coming year we are excited to bring new critically needed programs to the community including Y Mind, a program that focuses on improved mental health for youth and teens. We are also introducing Health Connect, a newly developed drop-in program focusing on supporting and improving health literacy in older adults.

Our Health, Fitness and Aquatics centre has seen the return of the community each working towards their personal health goals, meeting with a personal trainer, being part of swimming lessons and programs or for our younger members and family, taking in our play structure area among friends and community.

Thanks to the incredible volunteer support we receive we have seen many members take part in the several group classes we are fortunate to offer. Sometimes it's the sound of a basketball on the hardwood in our gym.

I want to give thanks to our members, volunteers, donors, partners and our talented and committed staff that make all these experiences possible. Through your support, together we look forward to serving the community in spirit, mind and body.

We talk often of the Y story as a moment or warm memory that comes from your experience at the YMCA. We know it's different for each of us and I look forward to hearing yours in the months to come.

With gratitude,

Steve Compton, CEO

A handwritten signature in dark ink, appearing to read 'Steve Compton', written in a cursive style.

2021-2022 a year in review

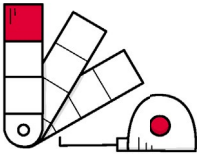


356 generous donors contributed a total of **\$47,116**. Our major fundraising campaigns were **Rally for the Y**; riders raised **\$5,456** in pledges. **Send a Kid to Camp** raised **\$11,200** thanks to **GMS** for matching donations up to \$5,000, we sponsored **68** youth this past year.



In November 2022 at a Special Meeting of the Members the **modernized bylaws** of the YMCA of Regina were ratified by the members.

This included the expansion of the Association Membership definition to be more inclusive: childcare families, program members, youth representatives, philanthropic members, volunteer members, lifetime and special members.



The Northwest YMCA at **5939 Rochdale Boulevard** is undergoing over **\$850,000** in upgrades and renovations to the facility.



We finalized the **transition** from the historic downtown YMCA building that welcomed **thousands** of participants and supported in **building healthy communities** for over **70 years**.



We will continue to serve the community at **3801 Albert Street**. Over **19,000 sq/ft** of possibilities. Our community will thrive with more **childcare** and **community program offerings**.



The YMCA of Regina is guided by the goal of building healthy communities.

We are committed to improving the lives of the children and their families in our communities by providing safe places that are accessible and inclusive to all. Over **300** caring and trained **staff** are devoted to the success and growth of the YMCA of Regina in all program offerings.

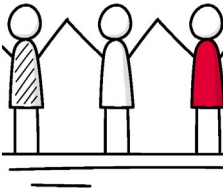
The YMCA of Regina is built around three strong pillars of service: **Childcare, Community Development, and Health, Fitness & Aquatics.**

In 2019, the YMCA of Regina assumed responsibility for the Moose Jaw childcare and related youth programming that had previously been provided by the YMCA of Moose Jaw.

Building healthy communities

Childcare

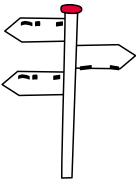
The YMCA is Canada's largest childcare provider, we offer safe accessible, high-quality childcare and provide children the best start in life and support to their families.



Regina has **6** Licensed Childcare Centres throughout the city and **425** spaces across all centres.

Our 7th Centre with 80 NEW spaces will be opening February 2023.

Moose Jaw has **5** Licensed Childcare Centres & **249** spaces across all centres.



Unique to **Moose Jaw** are the **3 Early Learning Centres** available to youth ages 3-5 years.

The Early Learning Centres offer full-time or part-time programming, with a French-immersion option. **37** Students engaged in the opportunity to develop social and pre-kindergarten readiness skills.

Before & After School Programming is offered in **Regina & Moose Jaw** to children ages 5-12 years. There are **362** students at **15** locations in Regina and **40** students at **5** locations in Moose Jaw that start and end their school day with the YMCA.



When school is out, YMCA **Day Camp** is in! **23** day camps kept **487** campers busy and active. Campers developed new friendships and explored a variety of activities ranging from aquatics, team building, leadership, sports and crafts and more.



We're the place where children learn, grow, & thrive

Building healthy communities



The philosophy of building healthy communities plays an important role in how we operate our Childcare centres, Before & After School programs, and Early Learning centres.

The YMCA Canada **Playing to Learn** curriculum invites children to discover their individual interests; educators are trained to identify and nurture their development.

Movement is fundamental in the health and development of youth. The incorporation of **Physical Literacy** promotes the motivation, confidence, physical competence, and understanding so children can value and take responsibility for engagement in physical activities in the future.

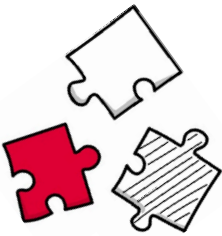
Community Development



Beyond the Bell supports academic development and helps close the achievement gap for students at inner city schools in Regina: *Arcola Community School* and *Thomson Community School*. **77** youth were given tools & guidance to help develop their futures.

The generosity of donors help make a difference in the lives of children.

SaskTel 



Youth Leadership Academy focuses on the individuality of participants. **72** youth participated in leadership development and **14** mentorship matches were made through the program.

Shared Mentorship Services works with partnering agencies who refer youth ages 6-18 years to the program. **142** youth were supported in developing positive social and supportive networks, including expanding their participation in recreational activities.

Steps 4 Success is offered in Moose Jaw to students facing permanent or temporary expulsion from school. **45** youth in grades 9-12 were referred to the program by partnering agencies.

The Urban Adventure Outdoor Camp was offered for the first time in Moose Jaw, giving **107** kids an opportunity to explore and experience the outdoors. Thanks to generous community support and donations, **68** youth were sponsored at camp. Hunger in Moose Jaw also supplied **280 lunches**.



Ensuring no child falls through the gap



The YMCA of Regina hosts a wide variety of programs for all ages; with a common goal of building healthy communities, and a strong commitment to supporting the community.

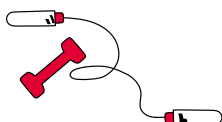
Some programs are exclusive to the Moose Jaw community, and some are exclusively hosted in Regina. We are always seeking new opportunities to expand our program offerings in response to community needs throughout the areas we serve.

Many of our programs would not be offered if it were not for the ongoing and generous support of donors and partners who contribute. Thanks to these contributions, we are able to offer programs at no cost or discounted to those in need of support through our financial assistance program.

Health, Fitness & Aquatics

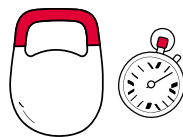


Over **3900** Members are staying active through our Health, Fitness and Aquatic programs. As a charity, our **Financial Assistance Program** is supported annually through fundraising campaigns and donations. **481** Members benefit from this program.

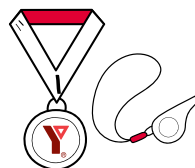


One on one training is a great way to get ongoing support as you move forward on your journey to health. **41** Members have tailored fitness plans supported by **4** certified Personal Trainers.

26 Volunteer Fitness Instructors share their expertise weekly to over **350** participants. We host low, medium and high impact Fitness Programs, and an introduction to select sports. Every program accommodates all levels of experience.



Swimming lessons continue to be in demand across all ages. **2268** participants participated in aquatic programs including private swim lessons, group classes, and aquatic leadership programs.



Youth programs explore arts, science, sports and more. Development courses like *Babysitter Training & Home Alone Prep* equip youth with life skills. Trained staff and volunteers hosted **42** programs and courses to **536** youth interested in learning & developing skills.



Every fitness journey is unique



The variety of health, fitness and aquatic programs offered at the Northwest YMCA facility appeal to a wide range of Members and public.

The YMCA is more than a gym or swim, as our welcoming environment, knowledgeable and experienced staff help create an atmosphere where everyone belongs.

You can grow your impact with the YMCA beyond your membership. Consider sharing your passion; we are always seeking volunteers, new program ideas, and ways to improve membership experiences.

Building healthy communities

Community Partners

Access Communications

Canada Summer Works

City of Regina

Community Initiatives Fund

Enbridge

Epcor

GMS (Group Medical Services)

Government of Saskatchewan

Holy Trinity Catholic School Division

Hunger in Moose Jaw

Moffat Family Fund

Neil Squire Society

Prairie South School Division

Queen City Marathon

Saskatchewan Blue Cross

Saskatchewan Health Authority

SaskEnergy

SaskPower

Sasktel

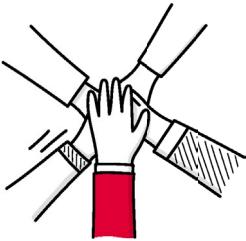
Sherwood Co-operative Association

South Saskatchewan Community Foundation

The Lorne & Evelyn Johnson Foundation

United Way of Regina

YMCA of Canada



“No one individual is solely responsible for his/her success. We all receive help in some form of investment from others.”

~Unknown

Board of Directors

John Stevenson (Chair)

Ryan Cavan (Vice Chair)

Zena Amundsen

Andrea Bacon

Haley Bolen

Colten Goertz

Rob Hugg

Sue McGee

Divyesh Patel

Lee Reid

Lousie Usick



What is coming up in 2023



We are excited to introduce some new programs, and the return of some past programs:

- **Y Mom's Connect & Toddler's Play**
- **Y Mind** (*Virtual*)
- **Health Connect**
- **Boys Empowerment** (*Moose Jaw*)

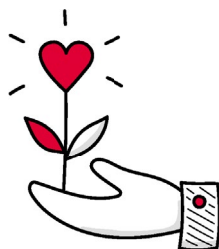
**Creating a vibrant, healthy community
is not something we can do alone.**

• The Great Canadian Tug-o-War

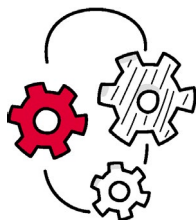
Two teams. One rope. Who will come out on top?
Register a team & raise \$1000.00 to compete in
the Great Canadian Tug-o-War *coming soon!*

• Amazon Wish List

You can support the YMCA of Regina and a
specific program or service of your choosing
through our Amazon Wish List. Your gifted
donation will ship directly to the centre of your
choice. <https://regina.ymca.ca/amazon-wishlist/>



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- Check out our website www.regina.ymca.ca
- Email info@regina.ymca.ca or call (306)757-9622



www.regina.ymca.ca

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