

Impact Report **2022-2023**



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



Your YMCA is committed to making a difference in the lives of others, in the communities we serve.

We do this through programs that range from long-running programs that have become very well-known over the years – including swimming lessons, a full range of health & fitness classes, and perinatal support programs – to being the largest provider of licensed childcare in the communities the

YMCA serves, and through to an expanded range of programs for youth and families in our communities.

We are able to make these differences in the communities we serve due to three wonderful groups of individuals:

- ***Our members*** – we cannot thank you enough for your continued and enduring support of the YMCA;
- ***Our volunteers*** – thanks to you, we are able to deliver a full and varied range of programs to our members; and
- ***Our staff*** – your dedication to making a difference in the lives of others has carried the YMCA through the past years, and your dedication will continue to enable the YMCA to move forward.

Our communities and the ways the YMCA can best serve our communities have changed and will continue to evolve. Your volunteer Board of Directors and the Management of the YMCA are working to ensure that your YMCA remains a relevant and sustainable contributor and enabler to the success of our communities through revitalized strategic planning – where are our communities going, and how can the YMCA best meet our members and communities, not only where they are now, but more so where they are going.

While we honour the history of the YMCA, we are looking to the future and opportunities to renew and re-imagine the YMCA's role in supporting and strengthening those we serve.

On behalf of your volunteer Board of Directors, we thank you for your invaluable support in years past, and we look forward to our collective future and working with you as the YMCA continues to make a difference in the lives of others.

Your YMCA is committed to a better future – for all.

Thank you,

John Stevenson, Board Chair

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

Message from the YMCA CEO



Through your continued support over the past year, the YMCA has experienced a year of impact and growth as we write the next chapter of our YMCA story in the Regina and Moose Jaw communities.

None of these successes would have been possible without the continued incredible support of you as members, participants, volunteers and a committed staff team.

Over the past year we have seen memberships at our Northwest centre grow as individuals found their connection to the YMCA through health, fitness and aquatics programs to support them in their personal goals. Memories were created as children, youth and families splashed in the pool while learning important life skills through swimming lessons. Your support of our Assisted Membership Program removed barriers and made the YMCA experience possible for families that would otherwise not be able to participate.

Significant capital, financial investments and commitments were made to the Northwest facility. Thank you for your patience as this work and improvements were underway.

The YMCA is a trusted community partner in providing before and after school programs and early learning centres to support early childhood development, and is the largest provider of licensed childcare in Regina and Moose Jaw. We continue to work in collaboration and partnership with all levels of government in the implementation of the National Childcare Agreement and were excited to realize the completion of our new Childcare facility at 3801 B Albert Street in Regina, and the opening of 80 new licensed childcare spaces in early 2023.

Our community development programs provided support, resources and impact to our neighbors who reached out to the YMCA for a helping hand. Programs were introduced, experienced growth and were renewed this past year to support participants of all ages.

Recently I spoke to a supporter who shared his YMCA story. From a child on the pool deck, to a leadership program participant, a program volunteer and later as a staff member; he shared that the YMCA is the vessel from which lifetime memories are made.

We look forward to supporting you in creating these memories and moments in your Y story.

With gratitude,

Steve Compton, CEO

A handwritten signature in black ink that reads "Steve Compton". The signature is fluid and cursive, written in a professional style.

Impact at a glance...

Thanks to the support from our generous donors;
the YMCA received contributions totaling:

\$66,977.00

Major fundraising campaigns included:

Rally for the Y, **18** riders cycled 1,320 miles, raising **\$1,965.20** in pledges.

Send a Kid to Camp raised **\$4,599.57** and sponsored **37** campers. **GMS** matched donations up to \$2,500.

The **50/50 Spring Raffle** raised **\$12,135** and one lucky winner took home \$6,067.50.

The newest YMCA at **3801B Albert Street** in partnership with **Sherwood Co-op** opened in January 2023, adding **80 NEW** childcare spaces and **MORE** community program opportunities in over **19,000 sq/ft** of space.





The YMCA of Regina has expansive offerings in Regina and neighbouring cities including Moose Jaw, White City and Milestone.


Over **300** dedicated **staff** and more than **20** devoted **volunteers** have played an integral role in the ongoing success and growth of the YMCA.

We are committed to improving the lives of individuals of all ages, by providing safe places that are accessible and inclusive to all. The YMCA of Regina operates on three core pillars of services. The impact of each pillar on our community will be highlighted throughout this report.

- **Childcare**
- **Community Development**
- **Health, Fitness & Aquatics**

Childcare

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



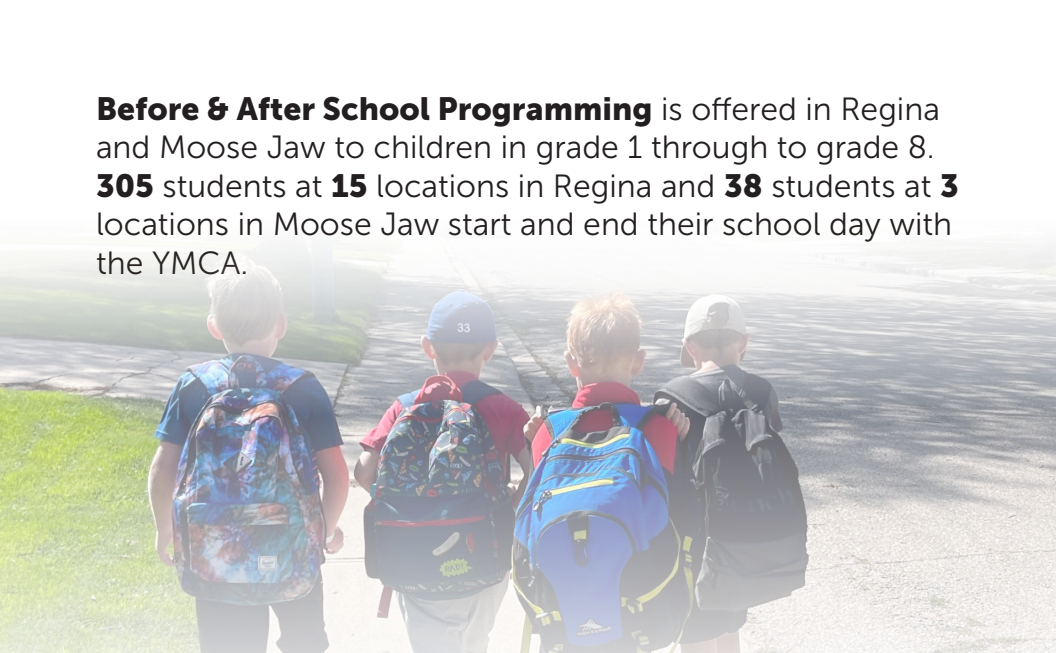
Regina has **7** Childcare Centres throughout the city and **505** licensed spaces across all centres.

Moose Jaw has **5** Childcare Centres throughout the city and **249** licensed spaces across all centres.

Unique to **Moose Jaw** are **2** Early Learning Centres and Kinder Clubs available to youth ages 3-6 years. These programs offer full-time or part-time programming, with a French-immersion option. **21** Students discover learning through play to develop pre-kindergarten readiness skills.

8 Food Service Staff prepare **11,110 lunches & snacks each week** for **848** children and students enrolled in YMCA childcare and youth programs!

Before & After School Programming is offered in Regina and Moose Jaw to children in grade 1 through to grade 8. **305** students at **15** locations in Regina and **38** students at **3** locations in Moose Jaw start and end their school day with the YMCA.

A photograph showing the backs of four children walking away on a paved path. They are all wearing backpacks. The child on the far left has a colorful patterned backpack. The child next to them has a blue backpack with a red top. The third child has a blue and yellow backpack. The child on the far right has a black backpack. They are walking on a path that leads into a grassy area.

The YMCA of Regina strongly upholds its commitment to supporting the community beyond daily childcare.

YMCA Day Camps in Moose Jaw and Regina hosted **395** campers over **21** camps. Campers were kept active and engaged with activities focused on team building, leadership sports, and social development.

240 Youth explored arts, science, sports and more through **21** programs that follow YMCA curriculums including **Playing to Learn** and **Physical Literacy**.

A photograph of five children in a large indoor space, possibly a gym or community hall. They are all holding and playing with hula hoops. The child on the far left is a girl in a light-colored dress. Next to her is a girl in a blue hijab and a grey dress. Then a girl in a white t-shirt and dark pants. Next is a boy in a blue and green jacket and dark pants. On the far right is a girl in a pink shirt and patterned pants. They are all smiling and looking towards the camera.

*Youth made **4899 Child Minding** visits at the Northwest YMCA while their parents focused on their personal health and fitness goals.*

Community Development

Boys Empowerment Junior is a seven-week program for male youth in grades 6 and 7. During the session, **14** Juniors explored tactics to boost their self-esteem and mental health while enhancing their leadership skills by creating strong connections in their community.




Steps 4 Success is offered exclusively in Moose Jaw to students facing expulsion from school. **20** youth in grades 9-12 were referred to the program by partnering agencies.

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*. **60** at-risk youth were introduced to community resources through this program.

Over **22,000** snacks were supplied to Beyond the Bell participants to address food insecurities.

*The generous support of donors, grants, and foundations allow your YMCA to make a difference in ensuring **no child falls through the gaps.***

Shared Mentorship Services works with partnering agencies to refer youth ages 6-18 years who are facing emotional, behavioural or social insecurities. Mentors coached and supported **151** youth in reinforcing community connectedness, through expanding individuals' support networks.



Health Connect supports older adults 55+ with navigating the health care system and increasing health literacy rates through *connection* to services, health education, and evidence-based programs.

Youth Leadership Academy focuses on the individuality of participants. **55** youth participated in leadership development. Mentorship groups were engaged with activities in the community.

Y Mind is a mental wellness support program for teens ages 13-18 experiencing mild-to-moderate anxiety. Trained mental health professionals shared evidence based strategies with **56** participants on how to cope with individual stress and anxiety.

Walk Off The Earth launched a new cover of the Y.M.C.A song to help raise awareness of Y Mind.



Check it out on their
YouTube channel.

Health, Fitness & Aquatics

Over **4300** Members are staying active and engaged with YMCA Health, Fitness and Aquatic programs.

As a charitable organization, our **Financial Assistance Program** is supported annually through fundraising campaigns and donations. Through our communities generosity, we supported **615** members this past year.



3 Certified Personal Trainers curate tailored fitness plans for **185** Members. Through one-on-one, group training, and Y Thrive programming; individuals of all fitness levels are supported on their fitness journey.

The YMCA of Regina hosts low, medium and high impact Fitness Programs, and introductions to select sports including *basketball, volleyball, pickleball, and judo*. Over **20** Volunteer Fitness Instructors share their expertise weekly to over **400** participants of all skill levels.

Senior Fitness Hour was hosted weekly at the Northwest YMCA, offering softer music, decreased traffic, and access to modified equipment. A Personal Trainer was available to provide basic exercise instruction and support.



You can learn a new skill, connect with others, achieve your fitness goals and stay healthy in spirit, mind, and body.

Swimming Lessons are one of the most popular programs offered at the Northwest YMCA. **40** Trained Lifeguards taught water safety to **1170** individuals of all ages and swim levels ranging from *Splashers (3 months)* to *National Lifeguard (over 15 years)*.

Life skills for youth and peace of mind for parents is achieved through development courses.

Babysitter Training courses were shared with **217** youth over the age of 11. This program helps shape youth to be decisive leaders, by focusing on planning and preparation of childcare through babysitting.

Home Alone Preparation was offered to **276** youth over the age of 10. Participants develop self-confidence, a sense of responsibility and strong decision making skills.

Consider sharing your passion; we are seeking
volunteers, new fitness programs, and ways to
improve membership experiences.



Board of Directors

John Stevenson (Chair)
Ryan Cavan (Vice Chair)
Zena Amundsen
Andrea Bacon
Eslam Eldakrory
Jordan Ewart
Colten Goertz

Rob Hugg
Shayla Klein
Andrew Konecsni
Sue McGee
Divyesh Patel
Lee Reid
Louise Usick

Get involved in 2024

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

- Amazon Wish List

Support the YMCA by purchasing a gift from a Program's wishlist.

- Beyond the Bell is transforming to In-School Mentorship

Providing mentorship support to more youth in our communities

- Mental Health First Aid

63 YMCA staff and **1** Community Partner have completed training

Stay connected

- Download the **YMCA of Regina app**, available on *Android* or *Apple*.
- Follow us on **social media**: *Facebook, Instagram, Twitter, and LinkedIn.*
- Stay up to date with our **website**
www.regina.ymca.ca
- **Email** info@regina.ymca.ca
- **Phone** (306)757-9622



Community Partners

- Age Friendly Moose Jaw
- Alton Tangedal Architect
- Access Communications
- Blue Gogi
- Canadian Red Cross
- Canada Summer Works
- Catholic Family Services (CFS)
- City of Regina
- CNIB
- Community Initiatives Fund
- Cornwall Alternative School
- Dream Brokers
- Enbridge
- Epcor
- Espresso
- GMS (Group Medical Services)
- Government of Saskatchewan
- Holy Trinity Catholic School Division
- Hunger in Moose Jaw
- Information Services Corporation of Saskatchewan (ISC)
- Mental Health Commission of Canada
- Moffat Family Fund
- Moose Jaw Early Years Family Resource Centre
- Moose Jaw Fire Department
- Moose Jaw Police Services
- Neil Squire Society
- Prairie South School Division
- Pratt's Food Service
- Queen City Marathon
- Quorex Construction
- Regina Catholic School Division
- Regina Fire and Protective Services
- Regina Open Door Society
- Regina Perinatal Health Network
- Regina Police Services
- Regina Public Library
- Regina Public School Division
- Robinson Residential Design
- Saskatchewan Blue Cross
- Saskatchewan Early Childhood Association
- Saskatchewan Health Authority
- Saskatchewan Liquor and Gaming
- Saskatchewan Safety Council
- SaskEnergy
- SaskPower
- Sasktel
- Sherwood Co-operative Association
- South Saskatchewan Community Foundation
- St. Mary's Parish
- The Food Farm
- The Lorne & Evelyn Johnson Foundation
- The Wandering Market
- TRIP





Shine On

www.regina.ymca.ca



Charitable Registration Number: 11930 7155 RR0001