



Building healthy
communities

YMCA of Regina

Impact Report 2021




**STAY
HEALTHY**
—
**SANITIZE
HERE**

Message from YMCA of Regina

As we reflect on the past year not only as a YMCA community, but as part of the greater community, several things stand out.

Together we faced challenges of the pandemic, and many things have changed for us all. The work and impact of the YMCA is more important now than ever before. The ability to be a place to gather and focus on connection and wellness in a sometimes disconnected and digital world will be key to coming back together as a community.

The way each of us interacts with the YMCA is unique and special. Whether it is caring and nurturing children through our work in childcare, building the next generation of leaders in our charitable community programs or through our Health Fitness and Aquatics programs where the perspiration meets the aspiration; these connections are prominent in our continued growth.

Many of you have shared your “Y Story”, and how you connect with the YMCA. Each story is part of why the YMCA has always been a centre of community connection, and will continue to be for years to come as we move through this challenging time in our history.

We want to take an opportunity to thank the YMCA staff and volunteers who showed up each and every day to support our community despite the many obstacles put in our way. This resilience in serving our community did not go unnoticed and is greatly appreciated.

And to our childcare families, members, program participants, donors and supporters thank you for making our continued work possible.

For all you do, we thank you as we work together to connect, support, and **build healthy communities.**

With gratitude,



Steve Compton
CEO, YMCA of Regina



John Stevenson
Chair, YMCA of Regina
Board of Directors



Building healthy communities

Vision Statement

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

Mission Statement

The YMCA is a charity that supports connections, 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 delivery community development; child care; 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 mind, body and spirit.

Inclusivity

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

Health, Fitness and Aquatics

The YMCA of Regina closely followed all Public Health Mandates and suggested guidelines issued by the Government of Saskatchewan to help reduce the spread of Covid-19 in our community.



The health and safety of Members, Staff, and Volunteers has always been our top priority, and will continue to be a main focus in our daily operations.

- In accordance with the Provincial guidelines, all programs relating to youth, fitness, and aquatics were scaled down to ensure physical distancing between participants was possible.
- Signage was displayed throughout facilities, reminding visitors to adhere to the safety guidelines.
- Equipment was encouraged to be sanitized before/after use.

2021 Face masks were made mandatory for everyone over the age of 3 years inside all public facilities, except when actively eating/drinking or swimming.

September 2021 Proof of vaccination or negative covid-19 results were required for all Staff, Members and Volunteers to enter public facilities.



“Our teams response was nothing short of amazing! Staff worked long hours, had difficult conversations with members and coworkers; all while remaining professional, respectful and always displaying the YMCA's core values with every interaction.”
~ YMCA Staff

468 Average daily visitors to the Health, Fitness, and Aquatics Centre

360 Aquatic programs at YMCA of Regina

1140 Participants in YMCA of Regina Aquatic Programs

26 Program Volunteers

The **YMCA of Regina Volunteers** are making a difference, and helping to *build healthy communities*.

Volunteers play a crucial role in programming, leadership & mentoring, and coaching **YMCA health & fitness classes**.





Child Care - Regina

490

Licensed Child Care
spaces available

226

Children enrolled in
Before & After School
at 13 locations

6

Licensed Child Care
Centres

Playing to Learn Curriculum promotes curiosity through play and educational activities. Educators complete Core Training Programs, and annual audits are performed to help us strive for excellence and to maintain a high quality childcare program



Communicating with parents is an integral part of the **YMCA Playing to Learn Curriculum**; Educators provide individual reports on the **YMCA Weemarkable™ app**.

Physical Literacy incorporates movement through games, and obstacle courses. Activities are geared towards building physical skills and abilities that promote life long active lifestyles.

**“ A child needs to learn to walk
before they can run. ”**
~ YMCA Staff



Child Protection

All staff and volunteers have an obligation to uphold and enact the YMCA Canada child protection standards, policies and procedures.

- **Duty to Report**
- **Effective Supervision**
- **Attendance Tracking**



Child Care - Moose Jaw

249

Licensed Child Care
spaces available

5

Licensed Child Care
Centres in Moose Jaw

10

Children enrolled in
Before & After School
at **St. Mary School**



Early Learning Centres prepare children 3 to 5 years of age for Kindergarten through the YMCA Playing to Learn curriculum.

Full-time & Part-time spaces are available.



St. Michael has a full-time program.



St. Mary's part-time program was not open in the 2020/2021 school year due to Covid-19 restrictions.



École St. Margaret has a full-time program introduction to French Immersion. **7** students were registered in the 2020/2021 school year.

YMCA of Regina

Community Development Programs

YMCA Beyond the Bell (BTB) is an academic based program that takes a holistic approach to the well-being of every child. **BTB** offers a space for children to feel valued, safe and free to express themselves. Due to the Covid-19 Pandemic, **Beyond the Bell** was not able to operate during the 2020/2021 school year. **BTB** has resumed for the 2021/2022 school year, and we are excited to be back supporting students/families at **Arcola Community School** and **Thomson Community School**.



Based on our initial surveys with students:

44% of students don't like reading

64% of students don't read outside of school

60% of student rarely do physical activity

We saw positive results at the end of the school year:

83% of students made new friends

84% of students read outside of school

65% of student do physical activity 5x/week

Average increase of 3.5 reading levels

“Food insecurity is a real concern that majority of Beyond the Bell families face too often. The most trying times tend to be around Holidays & school breaks. In 2021, the YMCA staff, volunteers, food supplier and partners of Beyond the Bell, built food hampers for BTB families.”

34 food hampers were delivered



YMCA Beyond the Bell is made possible thanks to the generosity of donors.





YMCA Mentorship *Formerly referred to as PlusOne Mentoring.*

In Spring 2021, The **YMCA Mentorship** program expanded the **1:1 Mentorship** to include **Group Mentorship** programming.

14 1:1 Mentorship matches & **330** Programming hours
23 Youth in Group Mentorship & **120** Programming hours



“*I was matched with my mentor because we both like basketball... I made my high school basketball team- which I don't honestly think would have been possible if I hadn't started doing this with my mentor. If I wasn't involved in this program, I honestly don't know what I would be doing... (at least nothing good).*

”
~Participant

Youth Leadership Academy is directed towards youth aged 10-16 years. Each seasonal session offers a new theme to focus on and engage youth. The 2021 Spring session was offered online through zoom before returning to in-person programming.

“*By participating in the program, my daughter has learned to take responsibility for herself, and she is encouraged to act more as a leader*

”
~ Parent

80% of participants experienced growth/change from the program

72 participants enrolled in the 2021/2022 program



YMCA of Regina

Moose Jaw Community Programs

Steps 4 Success is a perseverance program that utilizes a proactive approach. Participation in the program is not a punishment or discipline, but rather an opportunity to help the student be the most successful they can be.

The YMCA Steps for Success program evaluates referrals for the program based on 3 levels:

- **LEVEL 1** referral is a student that has exhibited behaviour that requires immediate intervention such as substance use or violence at school.
- **LEVEL 2** referral is a student that has exhibited disruptive or impulsive behaviours that require prompt intervention.
- **LEVEL 3** referral is a student that has exhibited apathy and lack of motivation along with poor attendance.

11 students referred in 2020/2021 | **2** new students
1 repeat student | **8** students completed the program

100% identified that they learned something new in the program

100% identified that they were able to catch up on homework in the program

80% identified that they were ready to return to school at the end of the program

“Being able to learn that lots of other people have, or had these problems too.”

“Learning to respect my surroundings, learned to calm down and to talk to someone”

~Participants

Thanks to our program partner for their support



Shared Services Mentorship Program pairs Mentors with youth who need a boost in their self-esteem, self-regulation and resiliency skills. Mentors coach and reinforce social development and aid in the rehabilitation of a child's self-confidence, community connectedness and life skills.

148 youth were referred to the program by the agencies listed below.



“Youth X really started to open up about some of the things she is going through. She has also become a lot more confident in asking for what she needs, specifically in group discussions.
”

~ Staff

“The Girls Group program has been such an amazing program for both of my girls. I have noticed both girls come out of their shells and gain confidence within themselves, and become more social within their surroundings and be able to meet new friends.
”

~Parent

95% identified that they felt 'good' about their friendships (increase from 61% in the pre-evaluation)

80% identified that they could tell someone when they were feeling upset (increase from 38% in the pre-evaluation)

80% identified that they could change negative self-talk into positive self-talk (increase from 55% in the pre-evaluation)

95% identified that they had fun participating in the program

YMCA of Regina Day Camps

School's Out Day Camps are offered on all school system Professional Development (PD) days and weekday school holidays.

4 School's Out Day Camps
21 Members registered
17 Non-Members registered



Summer Day Camps run daily for one week and are structured around active living and recreation. Virtual options were offered in reaction to the ongoing pandemic, but all participants chose in-person camps.

8 weeks of camps
177 campers
6 weekly themes

- Artful Antics • Survivor
- Swim Camp • Urban Adventure
- Quest • Camp Rewind

*“My daughter looks forward to YMCA Camps every year!
Especially the swim camp.” ~ Parent*



YMCA of Regina Courses

Home Alone Preparation Course is open to children 10 years and older. It is designed to help build a child's self-confidence, sense of responsibility, and decision-making abilities through a fun and interactive role-playing environment.

7 Home Alone Courses
34 Members registered
34 Non-Members registered

“Life skills for your child, and peace of mind for you!”
~ YMCA Staff



Babysitter's Training Course is recommended for children 11 years and older. It focuses on child care, planning and preparation. It helps build leadership and decision-making skills and to prepare youth for future babysitting roles.

4 Babysitter Training Courses
20 Members registered
14 Non-Members registered

Donations make a difference



Thanks to generous donations from individuals and organizations, whose donations have gone to support children, teens and young adults to participate in the programs offered at the YMCA of Regina.

In 2021, the **YMCA Strong Kids Campaign** raised over **\$82,000**

- *A family facing challenges enjoyed fun-filled activities*
- *A child learned how to swim*
- *A teen learned to lead and be successful*
- *A child participated in a recreation or physical activity*

435

Assisted Memberships were provided to individuals/families in our community facing barriers that prevented them from taking part in YMCA programs.

Rally for the Y is an annual event sponsored by *Expresso Bikes*. Staff and members are challenged to raise funds and ride an Expresso Bike in the YMCA of Regina Health, Fitness & Aquatic centre.

Expresso donated .10¢ for every mile ridden during the event to the YMCA Strong Kids Campaign.



3,571 miles were ridden by **55 riders**
& over **\$10,600** was raised



YMCA EMPLOYEES HAVEN'T JUST SHOWN UP. THEY'VE STEPPED UP.



“When the pandemic made it difficult or impossible for YMCAs across Canada to deliver the same programs as we had previously, our staff and volunteers kept finding new ways to be of service. They transitioned to online. They served community over the phone from their homes. They launched new programs... They provided Emergency Child Care so our essential workers could continue to be there for all of us.”

~ Globe and Mail

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Values

Positivity, belonging, empowerment, well-being, inclusivity.

2400 13th Avenue
Regina, SK S4P 0V9

5939 Rochdale Blvd
Regina, SK S4X 2P9

(306)757-9622

www.regina.ymca.ca

Charitable Registration Number: 11930 7155 RR0001

