

Message From Board & CEO

Since the early 1900's, The YMCA of Lethbridge has been a community organization where individuals of all abilities are welcome to belong and engage in equal opportunities through health, wellness, development and recreation. We strive to nurture the potential of every child, adult, volunteer, staff and community member. At the YMCA of Lethbridge, we have a place for everyone. We are committed to providing a safe space where all individuals and families can come to learn, grow, lead and play.

In 2019 the YMCA of Lethbridge saw its greatest year of growth in our organization's history. This tremendous expansion allowed the YMCA to extend our reach by offering more avenues of programming, services, and supports, to further meet community needs in the city of Lethbridge and surrounding areas.

The expansion began in early 2019, when the YMCA of Lethbridge opened its first ever licensed child care program, the Round Street Early Learning and Childcare Centre, located in Melcor Centre. The YMCA is the largest not-for-profit provider of childcare in Canada and we are privileged to be a part of such a prestigious legacy in our country. This downtown location operates with 82 licensed child care spaces and was approved as an Early Learning and Childcare Centre by the Province of Alberta's Ministry of Human Services, offering quality childcare for \$25 a day per child.

Before transitioning our health, fitness and aquatics centre to west Lethbridge in spring 2019, the YMCA of Lethbridge recognized our 50-year history at the Stafford Drive location. Although saying goodbye to a place we called home for five decades was difficult, what was on the horizon for our organization was the start of a monumental chapter in our association's history.

On May 4th, 2019, we were honoured to open the doors to the third largest YMCA in North America, the Cor Van Raay YMCA at ATB Centre. Through an unprecedented partnership with the City of Lethbridge, years of planning, hard work by many, and overwhelming community support, the YMCA grew to offer employment and volunteer opportunities to over 300 individuals. The move to the new state of the art facility allowed us to catapult into a position that would enable us to serve more community members than ever before. This new facility has helped to cultivate a more sustainable culture of health and wellness for our community, and has encouraged stronger community relationships.

As our transformation in 2019 continued, the Cor Van Raay YMCA at ATB Centre became home to our second licensed childcare location in August 2019, the Crossings Early Learning and Childcare Centre. This centre greeted an additional 55 children and their families into our own YMCA family.

From May 4th to December 31st, 2019 we welcomed an unbelievable 56,845 drop-in guests and had nearly 314,000 visits from members! In addition, through the support of community, business and individual donations, we were able to support over 500 families in accessing recreation opportunities they otherwise would not have had through our financial assistance program. We taught over 350 children and youth how to swim, we coached over 500 youth in sport programming, and we built countless life-long memories with over 1100 young people in our summer day camping program. As we reflect on those numbers, we are privileged to think of so many young people in our community learning what it means to be part of a healthy community.

As we wrap up 2019, and look forward to what 2020 will bring, we would like to thank our Board of Directors, staff, volunteers, funders, donors, community partners and YMCA members for their tremendous efforts and continued support through this journey. Fostering a culture of innovation, and our commitment to building healthy communities, the YMCA aims to be a pillar of support to people living in Lethbridge and surrounding areas. Together, we are strengthening our community through a shared vision, sense of purpose and inclusive opportunities.



THANK YOU

We would like to express our sincere gratitude to the community of Lethbridge for their support during our first year of operations in the new facility. Thank you for welcoming us into your neighbourhood and allowing us to become a part of your YMCA story. We are forever grateful for your continued support, as without you, we would not be able to do what we do everyday.

"There is no power for change greater than a community discovering what it cares about."

Margaret J. Wheatley

IMPACT AREAS & GOALS 2020 - 2023

1. GROWTH

People living in Southern Alberta are stronger, more vibrant, resilient and engaged because of the YMCA.

Children, youth and adults are more confident and competent in leading healthy lives. Older adults live longer and have healthier life expectancies. Youth in our community are reaching their full potential.

2. COMMUNITY

The community is served by a healthy and thriving YMCA.

Staff and volunteers are committed and engaged. The YMCA meets and exceeds measures of operational excellence in order to minimize risk and maintain a positive contribution. Governance leadership is informed and engaged, stewarding an exceptional YMCA.

3. INCLUSION

There is a culture of belonging and inclusion within the diverse communities of Southern Alberta.

Everyone is welcome and has the opportunity to participate at the Y. People engaged in the Y feel connected to each other and their community. There are more opportunities because the Y is a trusted collaborator in the community.



The YMCA of Lethbridge's Strategic Plan 2020-2023 will guide our work over the next 3 years as we focus on improving the health of children, youth and adults, engaging families, developing future leaders, and strengthening our local partnerships, programs and services.

MISSION:

The YMCA of Lethbridge is a community serving charity where children, youth and adults enrich spirit, mind, body and a sense of belonging.

VISION FOR IMPACT:

A healthy, engaged community where everyone belongs and thrives.

CORE VALUES:

At the centre of all we do are our core values. We actively encourage our participants, staff and volunteers to embrace and demonstrate them.

- 1) Caring
- 2) Honesty
- 3) Inclusiveness
- 4) Respect
- 5) Responsibility

Our Community

To Our Community

"I am so passionate about everything the Y stands for, how it strives to enhance people's lives. I witness life changing stories of strength, watch young leaders develop confidence and see such a diverse range of people be helped in some way at the Y. To experience the genuine energy of the staff and volunteers: it is inclusive and real; it truly is a community focused organization. When my young son can walk up to our CEO and say "Hi!"... THAT is providing a place that is safe and fun and it gives me goosebumps"

- Tara Lennox, Board Member



Andrea has been a member of the Lethbridge community for 24 years, originally hailing from New Zealand. A member of the YMCA at our Stafford location, she was no stranger to fitness. Skiing, mountain biking and hiking are all favourite activities of hers, and she was looking

In 2018, Andrea was working from home when she saw the opportunity for free lifequard training through the YMCA Lifeguard Development Program and decided to apply.

"When I signed up for the Lifeguard Development Program, I wasn't sure what to expect. I found the experience to be rigorous and demanding, but much more fulfilling and life affecting than I thought it would be."

Upon completion of the program she was hired on with the YMCA as a lifeguard, a job that she says has changed her life.

"It's a very serious job. You can't slack, so I bring a sense of calmness and stability with me. Work is work, but you need to have fun, so I use lots of humour to connect with those around me."

Andrea loves connecting and learning about our YMCA members on an individual level. She's travelled all over the world and has experienced many different cultures. When she meets someone from a different culture at the facility she makes sure they feel engaged and welcomed.

"Working at the Y has shown me just how much our facility truly cares about the community, and how dedicated we are to making sure everyone who walks though our doors feels welcomed. I love seeing how inclusive the Y is. There is something for everyone, and support for

I would recommend the Lifeguard Development Program to anyone considering a rewarding and fun career."

Since being at the Y, Andrea has improved her fitness knowledge and her mental health by working out more and meeting new people. Inspired by the positive atmosphere, she has been more willing to try new things, and has made great strides with her own personal health journey as a result.

Since May 2019...



MORE THAN 900 MEMBERS

received financial support, providing community members and families the opportunity to engage in an active and healthy lifestyle.



MORE THAN 1440 HOURS OF DAY CAMP

were experienced by eligible children, giving them the opportunity to play, learn, participate in community activities, and make new friends.



MORE THAN 60 YOUTH

participated in the YMCA Lifeguard Development Program who would have not been able to without support, allowing them to build leadership skills and pursue careers in aquatics.

Financial Assistance

Through the YMCA Strong Kids Campaign

YMCA of Lethbridge would like all members of the community to have the opportunity take part in its programs and enjoy it's facilities and services regardless of economic circumstance. Financial Assistance is available for eligible applicants who feel they would benefit from joining the YMCA but are financially unable to pay the full general membership fees.

Our Financial Assistance Program is supported by dollars raised annually through our Strong Kids Campaign. It is through the generosity of our YMCA family, friends, local businesses and corporations that everyone can have a healthy and safe experience.

SUPPORTING HEALTHY CHILDREN

We developed our very own YMCA Playing to Learn™ curriculum for our child care programs to help kids develop the skills and competencies they need to thrive. Experts say that playful learning not only promotes important academic learning but also builds the skills required for success in the 21st century.

Our children and youth programs are developed within our YMCA Healthy Child Development research-based framework, fostering their growth and development as engaged young adults.

Our child care, health and fitness, aquatics and camp programs keep kids engaged in healthy activities year-round.

Assisted Memberships

A Success Story

Carmen Sterba is a single mother and long time member of our community. She loves baking delicious meals and getting outdoors for some camping whenever she gets the chance.

In 2004 her life and routine were changed when she suffered a stroke. Her son, Dre, was only 6 at the time. It dealt a major blow to her confidence in her abilities, and she became withdrawn.

The YMCA post stroke program called F.A.S.T helped Carmen tremendously. It enabled her to connect with other people who have suffered from strokes. The program helped show her how to get up off the ground, and granted guidance with exercise routines that allowed her to regain some mobility. Working in tandem with the Y's assisted membership program sent her on the fast track to recovery. She is doing much better now, thanks to the love and support from the YMCA, her family, friends and community.

"When I first started with the Y after my stroke, just getting over a curb was a huge struggle for me. Now I can actually walk across the street to get my mail because the Y has given me the confidence and the ability!"

Carmen says the impact of our Assisted Membership Program has been insurmountable. After her stroke she was barely able to do 5 minutes of cardio, but with support and guidance can now spend a full 60 minutes on the bike, with no signs of slowing down. When Carmen runs into people she hasn't seen for a while, they are always shocked to see the progress. She appreciates the support the staff at the Y had given her over the years.

During her recovery her son was able to keep busy at the YMCA Day Camps, with his costs covered completely by the YMCA Financial Assistance Program. Carmen was happy he had a safe place to have fun in the same building together while she focused on getting better.

"The Assisted Membership program has been absolutely life changing. Because of the support I've had from the Y, I've gained a great deal of independence that I wouldn't otherwise have. I'm able to leave the house and feel safe, happy and proud. I was able to get down on the floor and play Lego with son. Being able to manage my pain has allowed me to do things that I previously was unable to."





Why Work With Us? _____

The YMCA of Lethbridge offers meaningful work opportunities where you will find a fun, supportive work environment, opportunities to grow and develop your skills and to be a part of something bigger. If you have strong personal values, care about people and want to make a difference, the YMCA is the place for you.

WORK AND PLAY DILLON ST. JEAN

Meet Dillon St. Jean, a friendly face and long time employee of the YMCA where Dillon has worked the past decade in our youth services programs. Outside of the YMCA Dillon has worked for the Lethbridge Homeless Shelter, was volunteer president of the CKXU community radio station, is in a band called BirchBarks, has his degree in philosophy and will be returning to University for his masters degree soon. In high school, Dillon started the AKA (Association to Kill Apathy) club which earned him a YMCA peace award nomination and award.

Dillon loves helping people, and has a heart of gold. His desire to enrich the lives of children has drawn him to the Y as a place of employment. These days Dillon can be found at the Cor Van Raay YMCA as a Youth program leader and Day Camp Counsellor. His favourite place at the Y is in the Youth Room, a space where Dillon has built many relationships over the years. Here, the youth ask him for life advice, help with homework and to be a partner (or competitor) in a board game, video game or in a friendly game of pool.

"The YMCA of Lethbridge offers meaningful work opportunities where you will find a fun, supportive work environment, opportunities to grow and develop your skills and to be a part of something bigger. If you have strong personal values, care about people and want to make a difference, the YMCA is the place for you," Dillon explains.

When asked what the most rewarding part of the job was, Dillon stated:

"Seeing the progression of kids lives and also my own personal growth. This job has offered a lot. I was sent to Toronto for the YMCA Young Leaders conference several years ago where I met the CEO of Y Canada at that time, Scott Haldane. There I had the opportunity to tell him about the StrYvers Youth program that I was working in at the time with the YMCA of Lethbridge."

Dillon was able to sit in on Y Canada's AGM during that visit, and Scott Haldane mentioned the StrYvers program in his speech to the 250 national YMCA attendees from across the country, describing it as a program to be appreciated and acknowledged.

"It was a very positive and proud moment for me. As far as the YMCA goes the door has always been open, very flexible and they allow me to express myself. Overall the YMCA has been a great experience."

When asked what values of the Y resonated with him the most, Dillon had this to say:



"The development of mind, body and spirit is foundational to the mission of YMCA's all over the world. These are tried and true principles.

Investing in youth creates a strong alumnus that turn into strong donors, volunteers, staff, representatives and advocates of the YMCA. In turn, this creates a strong culture. If you are a donor or volunteer, you are giving to an organization where you can see immediate impact. For me, that is something I want to be a part of."



The YMCA provides people with a safe place to connect, engage and feel part of their community. We bring people together through supportive, inclusive and welcoming spaces aimed at improving the health and well-being of children, individuals and families at all ages and stages. When you give, you ensure that a child, teen, family or adult can access a YMCA program that they otherwise would not be able to afford.

You can join hundreds of YMCA donors, volunteers, members and partners today in helping our neighbours access YMCA health and fitness, child care, camps and more. Everyone has a role to play, and every gift makes a difference.



PHYSICAL FITNESS

For healthy growth and development, the Canadian Physical Activity, and Sedentary Behavior Guidelines recommend that kids get 60 minutes of physical activity every day to improve their health, maintain a healthy body weight and feel happier. For adults, the Heart and Stroke Foundation of Canada recommends a minimum of 150 minutes of activity per week to keep your heart healthy.

SOCIAL SUPPORT NETWORK

Feeling like you belong to something bigger than yourself has a positive impact on your health. Unfortunately, 1/3 of Canadians report not having a sense of community. Our research has shown that there are many positive effects of belonging to the YMCA - people tell us they feel less alone, find it easier to make friends, and have better health.

HEALTHY CHILD DEVELOPMENT

Research has shown that the growth and development of a child during the first six years of their life has more influence on their learning, behaviour and health into adulthood than at any other time. As children continue to grow, the physical, emotional and social skills they develop will impact their future success.

LET'S GET MOVING

Our Health and Fitness programs provide options for people of all ages and stages in their journey to physical health, whether they are just beginning or already regularly active.

We incorporate physical literacy and activity into our children and teen programs like camps and child care to help them build healthy habits that will serve them well for a lifetime.

COMING TOGETHER

Our nearly 300 staff and volunteers make the Y a welcoming place where people feel a sense of belonging.

We offer opportunities for people to become more deeply involved with each other, the YMCA and their community through programs and volunteer opportunities.

Our programs bring people together who may not otherwise have met. Whether it's a new friend a child makes at camp or two people who meet at a fitness class, the connections people make at the YMCA every day reduce social isolation.



Every year, donors help the YMCA break down barriers by providing financial assistance to kids, seniors, families and adults that need it most so they can belong to a connected community of healthy, engaged and happy neighbours.

As a charity for almost 110 years, we rely on generous donations by individuals, businesses, and community partners to help us make proven YMCA programs affordable for everyone so they can have the opportunity to live healthier and happier lives.

Thank You

to all of our Strong Kids 2019 Donors

Echo Adams Joan Adams Christopher Alexander David Alexander Robert Allen Chelsea Anderson Paola Anderson Holy Andrianariyo Allison Aos David Armstrong Kira Armstrong John & Wendy Arnold Mackenzie Ash Jodie Asselin Maied Badluzzaman **Bakers Appliance Store** Tolu Balogun **Bonnie Bedore** Richard Bedore Andrea Billington Roxanne Blesse BNI Alberta South Barbara Bodnar Therresia Bohna Taia Bohne Alexandra Bond Michelle Borbely Meghan Boyczuk Scott Boyd Sarah Braico Sherrie Branconnier Shannon Brezina Bev Brezina Ronna Broadbent Mia Brodoway **Henry Brooks** Jerry Brown Tom Buchanan John Buda Ron Bunton Loralee Burton

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YMCA Statement of Financial Position

As at December 31

ASSETS Current	2019	2018
Cash (Note 2)	2,695,144	1,534,791
GST Receivable	-	9,413
Accounts Receivable (Note 3)	157,051	329,397
Inventory	-	202
Prepaid Expenses	32,469	183,797
	2,884,664	2,057,600
Long Term Investments (Note 4)	33,774	29,337
Funds Held in Trust (Note 15)	150,000	2,710,473
Capital Assets (Note 5)	3,664,480	1,025,780
	6,732,918	5,823,190
LIABILITIES/NET ASSETS		
Current	2019	2018
Accounts Payable and Accrued Liabilities (Note 6)	417,708	120,650
Due to the City of Lethbridge (Note 12)	832,222	-
Deferred Revenue (Note 8)	1,284,814	4,561,047
Deposits (Note 7)	20,300	-
Current Portion of Callable Debt	-	12,989
GST Payable	10,075	-
Callable Debt	2,565,119	4,694,686
		29,313
	2,565,119	4,723,999
Deferred Capital Contributions (Note 9)	3,638,013	741,588
	6,203,132	5,465,587
Net Assets		
Unrestricted Net Assets	116,703	86,374
Net Assets Invested in Capital Assets	29,309	241,892
Net Assets Restricted for Endowment Purposes	33,774	29,337
Net Assets Internally Restricted (Note 11)	350,000	-
	529,786	357,603

YMCA Operations Statement

For the Year Ended December 31

REVENUE	2019	2018 4 MONTH PERIOD
Membership	2,290,822	306,646
Grants and Contributions (Note 10)	2,187,593	291,202
Programs	843,202	33,606
Day Passes	557,377	14,030
Facility Rent	170,247	29,738
Strong Kids Campaign Donation Revenue	155,534	18,364
Food Services and Merchandise	17,232	917
GST Revenue	17,119	1,460
Total Revenue	6,239,126	695,963
	2019	2018
EXPENSES		4 MONTH PERIO
Salaries and Related Benefits	4,640,591	514,121
Office and Telephone	294,741	33,613
Repairs and Maintenance	179,970	33,131
Program Supplies	162,826	9,418
Staff and Volunteer Development	93,294	8,622
Interest and Bank Charges	85,994	7,799
Advertising	81,086	11,447
Utilities	68,291	45,061
Community Foundation Donation	65,242	-
Accounting and Legal	58,631	16,310
Affiliation Fees and Dues	52,346	19,044
Rent	36,381	5,866
Insurance	28,720	8,646
Merchandise	9,614	666
Strong Kids Campaign	3,355	804
Casino Expense	1,475	-
Philanthropic Development	729	_
Crossings Readiness	-	57,786
Total Expenses	5,863,286	772,334
OTHER REVENUE/EXPENSES	2019	2018 4 MONTH PERIO
Excess (deficiency) of revenue over		
expenses before the following items	375,840	-76,371
Amortization of Capital Contributions	398,849	28,198
Investment Income	34,585	68
Amortization	-401,688	-44,671
Realized Gain on Disposition of Investment (Note 4)	4,437	-
Unrealized Loss on Investments	-	-2,270
Loss on Disposition of Capital Assets	-239,840	-6,049
Excess/Deficiency of Revenue Over Expenses	172,183	-101,095

[&]quot;The report includes selected financial information extracted from statement audited by BDO Canada LLP. Complete financial statements are available upon reque

The start of 2019 was a time of unprecedented change for the YMCA of Lethbridge as we prepared to move into our new facility on the west side.

FRESH As time went on, infrastructure began to START

In 1968, the YMCA of Lethbridge moved from it's 4th avenue south side location to a new downtown location at 515 Stafford Drive, to continue serving the needs of a growing and vibrant community. At the time of the building's opening, \$965,000 had been raised by local businesses and philanthropists who supported the YMCA's

The location expanded opportunities for community and recreation, and the tight knit family of volunteers, patrons and employees grew and thrived.

Over it's 50 years of operation the building went through several major changes to adapt to the changing needs of our children, youth, adults and seniors. The building gave back to the community as much as the community gave to it.

show some wear. The pool and the roof in particular began to fall into a state of disrepair. While every attempt was made

to overcome these obstacles and continue improving the quality of our programming and facilities for all, the projected cost of repairs to the facility made this a difficult

In 2015 the YMCA was awarded the opportunity to operate a multi-million dollar recreation and leisure centre being built by the City of Lethbridge on the city's west side. A welcome opportunity for growth in a new facility with amazing amenities.

In 2017, our long time member, Cor Van Raay make the incredible decision to donate 3.75 million dollars to put towards our transition into this new facility. With this donation, we were able to purchase the equipment needed for the new building, and greatly expand our catalogue of programs and offerings.

The YMCA's Stafford location closed it's doors for good on March 31st, 2019. During this transitional period excitement was high and many public viewings and tours were held at the new facility. The community was eager to see what was in store for them, and residents of Lethbridge were looking forward to experiencing the opportunities that this new community centre would bring them.

On May 4th, 2019, the Cor Van Raay YMCA at ATB Centre opened it's doors to the public. It brought with it a whole array of new and interesting activities such as indoor surfing, a wave pool, a child care centre, indoor running track and more. Our members can attest that while change isn't always easy, this was the right move to make. We couldn't have done it without the continued support of our friends and community members.

When one door closes, another opens.

Jerry Brown has been a volunteer with the YMCA since before our Stafford Drive location opened it's doors, keeping our guests happy and active.

On March 31st, 2019, Jerry came to lock us up for the last time. 50+ years with the YMCA and he is looking forward to 50 more!

After our transition to the new facility, we've seen our impact in the community increase exponentially. Membership, program registration, and participation are at an all time high.

THE NUMBERS: The Cor Van Raay YMCA at ATB Centre May 4th, 2019 - Dec. 31, 2019

8,790 Total Members

2,160 Youth

2,086 Adults

4,361 Families

183 Seniors

88 Program Participants Received Financial Assistance

1,380 Single Memberships Fees Received Financial Assistance

812 Family Memberships Fees Received Financial Assistance

\$119,750 Value Of Financial Assistance Provided

56,845 Day Pass Users

1,516 Participants In All Registered Programs

4,872 Participants Using Children's Indoor Play

6,879 Participants Using Youth Centre

103 Participants Using Registered Child Care

1,895 Participants Using Child Minding

76% Drop-In Visitors That Are Residents Of The Lethbridge Area

24% Drop-In Visitors That Are Non-Residents Of The Lethbridge Area

370,798 Total Number Of Drop-In And Member Visitors

128 Total Number Of Community Rentals





- Cor Van Raay,

Member

Local Philanthropist and YMCA

These funds were raised to allow the YMCA of Lethbridge to

to health and wellness, early learning and childcare and

youth development.

continue to invest in important community initiatives related

2019 Board of Directors

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