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# ANNUAL REPORT



# Our Message to the Community

In last year's message, we wrote that we were genuinely excited to see what 2021 would bring given the outstanding resilience and strength demonstrated by our team in 2020. Well, 2021 proved to be a truly exciting year, notwithstanding the ongoing impact of COVID-19.

While managing the challenges brought by the pandemic, we continued to focus on our strategic goals in three key areas: Growth, Community and Inclusion. We are proud of our success on all fronts.

## Growth

YMCA of Lethbridge is among the highest performing YMCAs in Canada in terms of pandemic recovery. At the start of 2021, the Cor Van Raay YMCA was closed for health, fitness and aquatics activities as COVID-19 surged into the Winter months. At that time we had about 3,800 members on hold who were kept engaged with access to Y@Home+, our national at-home suite of health and wellness programs. Throughout 2021 shifting restrictions and operational requirements challenged our team and members to adapt. They excelled. By the end of 2021 the Cor Van Raay YMCA welcomed more than 7,000 members and by February 2022, 9,000 members have chosen the YMCA as a part of their wellness journey. We're confident that this number will continue to grow and will soon exceed our previous high-water mark of 10,000 members from March 2020 when the impacts of the COVID-19 pandemic required us to pause Health, Fitness and Aquatics operations for four months.

In 2021 our popular YMCA summer camps for children and youth returned. These camps served more than 100 children per week with approximately 10 per cent of those families receiving an assisted rate to ensure their children could participate. We know that memories and friendships from these camps can last a lifetime and they are a rite of passage for youth in Lethbridge.

Importantly, we significantly expanded programming with the launch of our Before and After School Care Program. This program provides quality care for children in kindergarten to grade 6, including transportation from their school to the Cor Van Raay YMCA. Registration has been strong and in March 2022 the program was operating at capacity with a wait list.

We're incredibly proud of our team's ongoing resilience, capacity and community leadership in the face of uncertainty, compounded by the added challenge ongoing pandemic shifts to our operations and everyday life.

## Community

The YMCA community is one driven by engaged employees, volunteers, members and participants.

We made several changes to make working at the YMCA of Lethbridge even better. Examples include improving employee feedback processes, increasing paid wellness hours, and recognizing the National Day of Truth and Reconciliation as a paid day off. As an organization, efforts like these have resulted in higher engagement and significantly lower turnover to about half that of 2019 levels.

Recognizing that all YMCA employees and volunteers are leaders in the community, we launched training around social issues, trauma informed care, mental health first aid, conflict resolution and Indigenous cultural competencies.

We welcomed back volunteers in 2021 after a pause due to the pandemic. It was heart-warming to see that more than 75 per cent of these dedicated people who had been with us pre-pandemic returned. We are now welcoming new and first-time volunteers who are excited about the impact they can make at the YMCA. We are incredibly grateful for such a talented group of people who choose to spend their time and energy supporting us and our community.

Protecting the health and safety of our stakeholders was centre stage in 2021 as we earned the Government of Alberta's Certificate of Recognition for our comprehensive health and safety management systems and having those systems successfully audited.

While most of our community story was positive in 2021, our world was shaken when we learned of the passing of donor, advocate, member and friend, Cor Van Raay. Cor's generosity left an incredible legacy and the opportunity for thousands of people in the Lethbridge community to access affordable wellness programs, services and facilities. As a member, Cor always delighted staff, volunteers and other members with his infectious smile and warm nature. He is missed - yet his legacy lives on with each of us who works to make Lethbridge a stronger and more vibrant community.



## Inclusion

Perhaps the biggest leap forward for YMCA of Lethbridge in 2021 was the development and expansion of our community programs to create a stronger culture of inclusion and belonging.

### Highlights Include:

- For the first time we hosted Ready, Set, Go! in partnership with in with the Lethbridge School Division and My City Cares. The event is a school readiness fair that connects more than 1,000 families each year to resources in preparation for returning to school.
- Launching and expanding other community partnerships with like-minded service and charity organizations including: Alberta Health Services, Lethbridge Immigration Partnership, Lethbridge Social Helping Organizations Committee and several others.
- Offering the Back on our Feet program with Alberta Health Services, which successfully breaks down mental health challenges that affects one's ability to become more physically active while developing a sense of belonging within a community.
- Hosting a successful International Youth Day Celebration in partnership with several Lethbridge organizations in August which saw nearly 1,400 local youth access the Cor Van Raay YMCA.
- With the passing of Len Herring in 2020, a valued donor, long-time member, and dear friend, the YMCA hosted the inaugural Len Herring Legacy Ride Event September 11th, 2021. Building off Len's love for cycling, and in partnership with the Herring family, community members of all ages rode bikes around Lethbridge and raised \$28,000 for the YMCA annual fund development campaign. Anyone interested is welcome to join us for the 2nd year of this event on September 10, 2022.

Into 2022 we are continuing to expand our community programming and partnerships to create a stronger culture of belonging and inclusion for all.

Thank you to everyone who stuck with the YMCA while we worked through the many variations of pandemic-related restrictions and re-openings that impacted our operations. Thank you to the new members who have joined us during uncertain times. Thank you to our donors who continue to support our mission of providing positive experiences and opportunities for everyone in our community. And thank you to our hard-working, engaged and energetic employees, volunteers and board of directors for your exceptional drive and commitment to the YMCA, our goals and our values of Caring, Honesty, Inclusiveness, Respect and Responsibility. Your participation and work creates a healthy, engaged community where everyone belongs and thrives.



**Jennifer Petracek-Kolb,**  
Chief Executive Officer



**Vivien Kossuth,**  
Board Chairperson

# IMPACT AREAS & GOALS 2020 - 2023

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## 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.

## 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 YMCA. People engaged in the YMCA feel connected to each other and their community. There are more opportunities because the YMCA is a trusted collaborator in the community.

## 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.



In March 2020, the Board of Directors approved a new strategic plan for the YMCA of Lethbridge.

This plan was the result of many months of planning by board members and senior managers, establishing the vision for new priorities through to 2023.





## 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

### 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.

# OUR COMMUNITY MAKES US WHO WE ARE



Engaging community through programs, services, and activities makes the YMCA of Lethbridge what we know it as today and allows the community to continue to thrive. This year and for more than 115 years, the YMCA of Lethbridge has had a profound impact on community members. For some it is a simple lifestyle change and commitment to living a healthier lifestyle. For others, we can provide the foundation for learning skills that last a lifetime through preschool programs or by learning how to swim.

What is certain is that the YMCA is a place of comfort and reliability while the community inside our walls experience growth and development in ways they never thought possible.

# Path to Recovery

Engaging community at the YMCA of Lethbridge helps ensure our community thrives. Creating positive experiences that affect every person that walks through our doors allows us to impact lives through small, daily impacts, and large life changing events. For some, it's a daily impact of providing a clean and safe space to workout. For others, it is providing an environment where you feel safe to take the first steps in their path of recovery.

For Janaya the engaging community at the YMCA encouraged her to continue in her wellness journey and path to recovery.

In 2014, Janaya was diagnosed with Cauda Equina Syndrome and suffered nerve damage which required urgent back surgery to stay mobile. While undergoing rehabilitation from her back surgery, Janaya was diagnosed with breast cancer and underwent a double mastectomy and chemotherapy in 2018. By 2019, she had finished all cancer related treatments and successfully beat cancer. Queue the pandemic.

When the COVID-19 hit the world, Janaya and her family, like many others, struggled with feelings of isolation and uncertainty. As Canadians learned to adapt to a changing world, Janaya began looking for ways to reconnect with a community and continue on her path of recovery. Knowing she wanted to participate in a water-based class, Janaya had a few requirements; She wanted to be able to get in the pool on her own without the assistance of a lift and to feel comfortable when she stepped into a facility. After months of encouragement, Janaya took her first steps in her wellness journey and attended a YMCA Water Walking class after her friend encouraged her to come to class with her.

Janaya started attending classes regularly and connected quickly with Maren Anderson, our Adult & Senior Coordinator.



**Maren Anderson - Adult & Senior Coordinator**

Maren offered to walk alongside Janaya on her wellness journey and provide support to ensure that Janaya is reaching her goals.

"I really think your willingness to support me, for no reason... It means a lot to have that support," said Janaya.

In a world that seems increasingly cold and divided, the YMCA's mission is to provide support and to engage with members like Janaya with the vision of a healthy, engaged community where everyone belongs and thrives.

Janaya added she truly believes YMCA staff have been the catalyst of change that she needed to work towards her goals and that the YMCA has helped improve her spirits, physical form, and mental health. YMCA of Lethbridge programs have allowed her to redefine her independence and happiness.

When asked where her path to recovery will lead her Janaya said,

"Freedom from everything."

For every story like Janaya's, there are others where people of all ages and abilities join us to improve their lives with respect, care and inclusivity.



# NEW COMMUNITY PROGRAMS

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## Engaging Our Youth

The YMCA of Lethbridge expanded its child care presence in the community with the opening of Before and After School Care in the Cor Van Raay YMCA in September 2021.

Before and After School Care offers care for children in kindergarten to Grade 6, transportation to and from schools, camp options on school breaks, and includes daily snacks and lunches on PD days. By following YMCA-developed A Place to Connect curriculum, children are able to connect with each other through building relationships, joining in on activities based on children's interest, and play.

YMCA Before and After School Care offers a safe and fun space for 60 youth to learn, grow, and thrive. With care options continuing to be in high demand, we hope to continue to expand our offerings and engage our community.







# CHILD CARE

## Helping families

For Crystal Schiet, the YMCA offered her family a way to connect with community while providing safe and accessible child care options to help with her busy schedules.

Crystal and her family moved to Lethbridge a few years ago. When the COVID pandemic came and the world seemed to stop, like many families, the Scheit's adapted. Crystal's husband stayed home with the children to help the family with childcare while schools were closed. As schools began to reopen Crystal and her husband returned to work and the family began to look for child care options.

With two school-aged children, the Scheit's were running into difficulty finding care that worked for their family, as their children are too old for day care but not old enough to stay home alone. Before and After School Care was the best option, but Lethbridge has historically had limited available options and spaces in other Before and After School Care programs. After reaching out to a Facebook group for alternative solutions, she learned about the newly opened YMCA Before and After School Care.

YMCA Before and After School Care is a new community program launched in 2021 and has quickly filled to capacity, illustrating strong demand for safe, quality programming for children from kindergarten to grade 6.

"My kids love being there and the teachers that are there," said Crystal.

The YMCA of Lethbridge Before and After School Care provides the Scheit family and others with flexibility for early drop off to accommodate the family's mornings. Crystal is grateful for the regular updates, meal plans, and the opportunity to continue care through COVID shutdowns.

Crystal added the option for the children to walk to school was an added benefit for her family and they enjoy that their children experience fresh air and activity before coming home.

"It's been great, we can't say enough good things about it"

YMCA of Lethbridge Before and After school Care now provides dozens of children a safe space to grow, develop, and play. For parents, it gives them the confidence to know that her children are safe and active while they work hard to provide for their family and make their future even brighter.

**3**

### Licensed Child Care Programs

serving children and youth aged 12 months to 12 years

**181**

Total Child Care Spaces



# THE NUMBERS:

## Membership numbers as of Dec 31, 2021

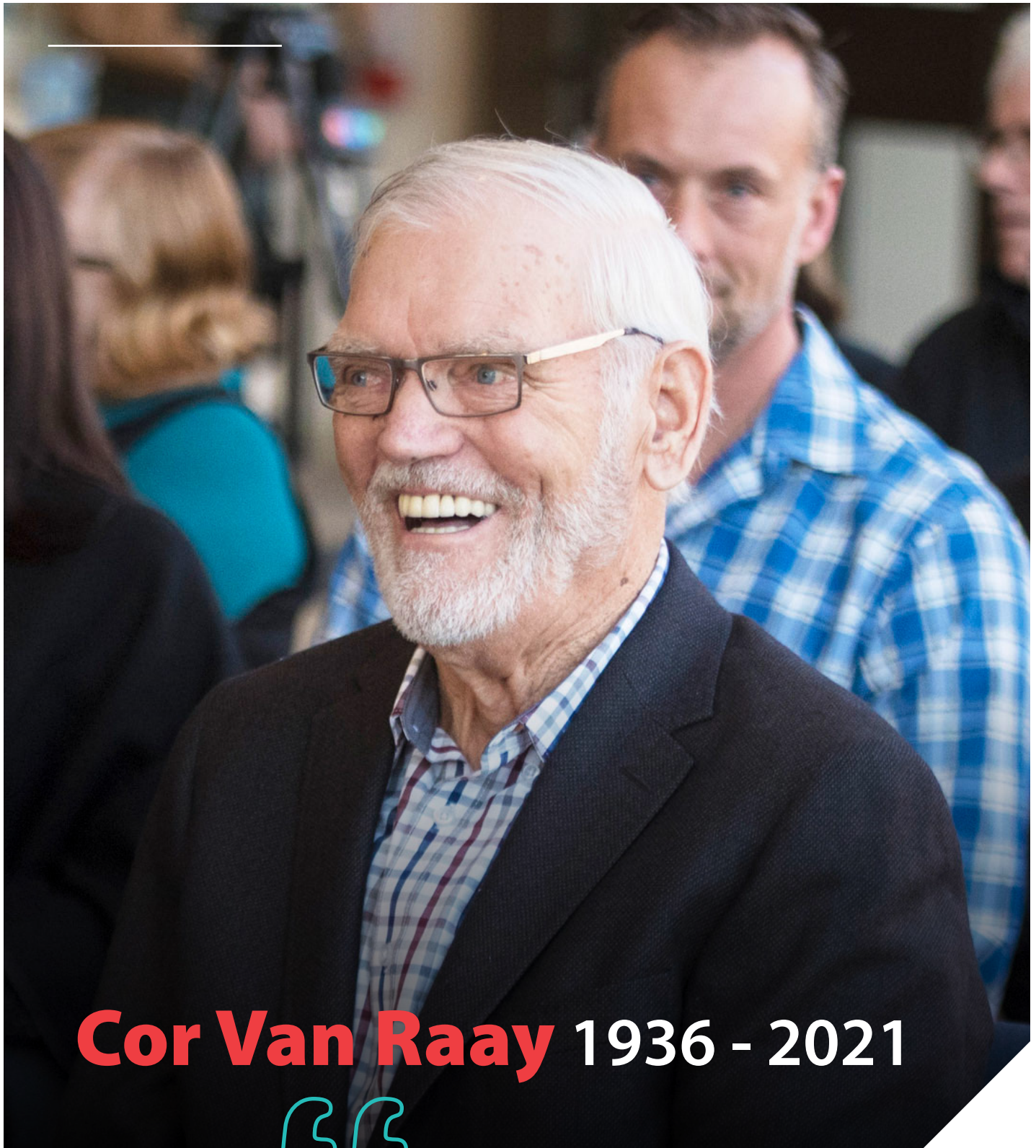
<b>7,059</b>	Total Members
<b>1,564</b>	Adult
<b>1,226</b>	Young Adult & Student
<b>475</b>	Teen
<b>246</b>	Child
<b>200</b>	Senior
<b>3,348</b>	Family

## Other data for the 2021 calendar year

<b>349</b>	Single Memberships Received Financial Assistance
<b>648</b>	Family Memberships Received Financial Assistance
<b>\$104,052</b>	Value of Financial Assistance Provided
<b>21,626</b>	Day Passes Users
<b>2,372</b>	Participants in All Registered Programs
<b>148</b>	Participants Using Registered Child Care
<b>38</b>	Participants Registered in Preschool
<b>60</b>	Participants Registered in Before and After School Care
<b>128</b>	Total Number of Community Rentals







## **Cor Van Raay** 1936 - 2021



I am proud to support this organization because the YMCA has allowed me to remain healthy for many years. I have seen firsthand how families and individuals are strengthened as a result of the work that the YMCA does.

# YMCA of Lethbridge

## Statement of Financial Position

### As at December 31, 2021

#### ASSETS

##### Current

	2021	2020
Cash	2,364,556	2,719,155
Investments	1,068,895	993,366
Accounts Receivable	260,587	256,645
Inventory	47,263	-
Prepaid Expenses	36,112	32,700
GST Receivable	-	149
	3,777,413	4,002,015
Long Term Investments	-	1,000
Capital Assets	2,855,186	3,548,503
	6,632,599	7,551,518

#### LIABILITIES/NET ASSETS

##### Current

	2021	2020
Accounts Payable and Accrued Liabilities	447,224	442,800
Due to the City of Lethbridge	285,533	957,919
Deferred Revenue	1,068,450	1,157,710
Deposits	20,000	22,600
	1,821,207	2,581,029

##### Deferred Capital Contributions

2,587,397	3,261,744
4,408,604	5,842,773

##### Net Assets

Unrestricted Net Assets	1,056,207	837,212
Net Assets Invested in Capital Assets	267,788	286,759
Net Assets Restricted for Endowment Purposes	-	34,774
Net Assets Internally Restricted	900,000	550,000
	2,223,995	1,708,745
	6,632,599	7,551,518



# YMCA of Lethbridge

## Statement of Operations

For the Year Ended December 31, 2021

REVENUE	2021	2020
Covid-19 Supports	1,528,415	2,120,192
Memberships	1,391,535	1,435,982
Programs	1,368,589	778,387
Grants and Contributions	1,070,687	1,739,870
Day Passes	371,617	301,431
Facility Rent	242,449	67,651
Donation Revenue	123,022	40,102
Fundraising and Sponsorship Income	38,577	31,325
GST Revenue	20,155	27,335
Miscellaneous	10,814	5,893
Total Revenue	6,165,860	6,548,168
EXPENSES	2021	2020
Wages and Benefits	2,437,942	2,376,256
Salaries and Benefits	2,018,376	2,120,160
Office and Telephone	248,695	197,283
Supplies	197,743	119,596
Contracted Services	148,480	43,268
Rent and Utilities	142,186	120,845
Affiliation Fees	91,591	59,111
Bad Debt Expense	81,015	709
Interest and Bank Charges	65,673	61,866
Staff and Volunteer Development	60,782	77,614
Professional Fees	50,950	87,293
Insurance, Licenses and Memberships	35,786	27,600
Advertising	32,123	27,730
Repairs and Maintenance	25,691	132,930
Board Expenses	5,686	2,793
Philanthropic Development	2,916	6,958
Foreign Exchange Loss	336	744
Volunteer Development and Training	120	1,162
Total Expenses	5,646,091	5,463,918
Excess of Revenue Over Expenses Before the Following Items	519,769	1,084,250
Amortization of Capital Contributions	674,347	618,882
Investment Income	50,827	67,804
Amortization	(680,876)	(641,972)
Community Foundation Donation	(34,774)	-
Unrealized Gain on Investments	45,058	60,544
Loss on Disposition of Capital Assets	(46,156)	(3,463)
Management Fees on Investments	(14,084)	(7,256)
Gain on Sale of Marketable Securities	1,139	170
Excess of Revenue Over Expenses	515,250	1,178,959

\*The report includes selected financial information extracted from statement audited by BDO Canada LLP.  
Complete financial statements are available at [www.lethbridgeymca.ca](http://www.lethbridgeymca.ca)

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# Thank You

## to all of our 2021 Donors

Abby Johnson  
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Aidan Johnson  
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Kristina Larkin

During a time of adversity like no other, we are humbled by the commitment of our donors who stand beside us in our mission and vision, collectively supporting our community to live healthier lives and have a place to belong.

On behalf of the thousands of children, youth, adults, and seniors who have benefited from your donation...thank you. You truly are making a difference in the lives of others.

Lacie Wylie  
Larrissa Najjar  
Laurel & Greg Van Vaerenbergh  
Laverne Dzuren  
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