



YMCA of Yarmouth

2015 Annual Report



What We Do

We're tackling many of the barriers people face when trying to improve their health. With a focus on children, youth and families, our comprehensive set of programs addresses many of the social determinants of health that can have a profound impact on your well-being.

How We Do it

Our YMCA is a charitable organization, open to all, dedicated to the enrichment of our community by fostering lifelong growth and development of people in body, mind and spirit. The following directions currently guide our work:

Build Our Brand

Our YMCA will be a trusted Charity of Choice. We will develop a strong philanthropic culture ensuring that no person due to financial circumstances will be turned away. Our community will gain greater understanding of our charitable work and the role we play in strengthening community.

Financial Development

Our YMCA will work to ensure financial sustainability by being bold and innovative. We will create opportunities to diversify our revenue streams and engage the broader community.

Expand Our Reach

Our YMCA will serve more people by responding to the needs of our community. We will explore and develop new collaborative opportunities while continually strengthening our current partnerships.

Strengthen Our Impact

Our YMCA will build our staff and volunteer capacity to ensure we achieve excellent in all of our programs and services. We help individuals both young and old discover and realize their full potential.

building healthy communities



YMCA of Yarmouth review of 2015

accessed
54,500+
times in 2015

1700+
Members

114
members
benefitted
from Financial
Assistance

1,000+
community
members accessed
our pool

**Nearly
600**
children
and youth
learned to
swim in our
pool

Every Friday a **free**
night of games and
swimming was
offered to
35 children

2,500+ youth
under the age of 18
were users of
our facility

Tim Horton's sponsored
a weekly swim that was
open to **50 children**
each week

On average, **40** fitness
classes were offered each week

400 children
and adults
enrolled in our
**Aquatics Swim
Lessons**



Community Connections

The YMCA is connected to different organizations within our community that help members reach their fitness and recreation goals. Key organizations that benefited from our service include:

- 84th Independent Field Battery
- Acadia First Nation
- Argyle Recreation
- Dalhousie Nursing Students
- Kidzact Association
- Nova Scotia Lifesaving Society
- NSCC School of Fisheries
- Split Rock Learning Centre
- South West Health
- Mental Health and Addiction Services
- Tri-County Women's Centre
- Tri County Regional School Board
- Weight Watchers
- YARCO
- Yarmouth Life Skills
- Yarmouth Recreation



1,200 likes

Keep up to date on everything that happens at the YMCA of Yarmouth and follow us online!



350 followers
1,700 tweets



+ 40,340 page views
+ 11,795 visitors



Daniel Moulaison's Y-Story

Prior to joining the YMCA of Yarmouth Daniel had a catastrophic emotional breakdown. He had a life-changing episode with Schizophrenia which landed him in the East Coast Forensic Unit for almost six months. This happened just before his 21st birthday.

Daniel began getting violent with his mother triggered by delusive thoughts that overcame him. It escalated to the point where his mother had to call the police. It was then that he was taken to the ECFU. This facility houses mentally ill offenders who require court ordered assessments there upon treatment is provided to the offenders diagnosed with mental illness. Daniel spent his 21st birthday in this facility and it was 3 months of rehab before he was allowed same-room visitation with his parents. After five and a half months he was discharged. As you can imagine this was a highly traumatic event for the entire family. With the support of his parents, and his doctor, he began his recovery process. Part of that process was becoming a member at the YMCA of Yarmouth.

While Daniel was in ECFU he began the courageous road of emotional and spiritual recovery but left the unit over 50 pounds heavier. The YMCA gave him structure, friendships and of course physical health. For the past 2 years he has used the facility four times a week or more. In the gym he loves to focus on free weights and his favourite machine is the bench press. Not only has Daniel become a welcome and dedicated member, he has also become one of our Y family. To illustrate this he has been known to bring the staff vegetables from his parent's garden. He always has a smile on his face and is one of the most endearing members who we are proud to call a friend.

In Daniel's words, "I have met lots of people and made new friends. I have lost 40 pounds and feel so much more positive and have structure in my life. I love seeing the results from my weight lifting and this is a very social place for me too. I get lots of encouragement from the staff at the Y and they are the most wonderful people!" We feel the same way about Daniel. He is important to the YMCA because he uses the facility for both physical and mental health positivity in his life. And that's exactly what a community charity organization is all about; support, improvement and enhancement of our amazing community.

Did you
know that
YMCAs in
Canada...

51,000
STAFF AND
VOLUNTEERS

...support Canadians on their
journey to better health and
well-being.

265,000
PEOPLE
ASSISTED
FINANCIALLY

...to ensure everyone has the
opportunity to achieve better
health at the YMCA.

2.1
MILLION
MEMBERS

... are getting healthier in
body, mind and spirit at
YMCAs from coast to coast.

2015
Volunteer of the Year

Amanda
Maillet



I started teaching at the YMCA in 1995... which makes this my 21st year volunteering! I have always had an interest in fitness and visited other gyms before joining the YMCA. What I've always loved about the YMCA was the classroom environment and feeling of belonging. I felt this the very first time I walked through the door. Because of my interest I was encouraged to start teaching a fitness class and discovered that I loved it. Today I am able to teach a variety of classes with the training I have received through the YMCA. I have several routines for each class and strive to keep people interested and engaged. Music is a big motivator during a workout so I keep my tunes up to date.

For me, volunteering at the YMCA is a part of my life and fulfilling in many ways. I enjoy meeting new people and motivating others. When people are smiling after finishing one of my classes, it feels good to know that I have been a positive part of their day. This success also keeps me accountable with my own workouts; if I am scheduled to teach a class I will be there. As much as I am an instructor who motivates others, I get lots of motivation and support from the participants.

The people I have met throughout the years make it all worthwhile and I have formed friendships with fellow instructors, members and staff. Even though I have seen a lot of people coming through the doors of the YMCA of Yarmouth it always feels like a big family where new members are always welcome to join us. I can understand how it might be intimidating to walk through our doors for the very first time but I always encourage anyone and everyone to come try a class. I see progress from participants every day and remind new members that we've all had to start somewhere.

It is an honour to be named Volunteer of the Year for something that I truly love doing!

FINANCIAL REPORT

Year Ended December 31 (Audited)

Statement of Operation

2015

2014

(Restated)

Total Revenue	558,993	642,226
Total Expense	629,677	710,960
<u>Lottery Fundraiser</u>	<u>96,995</u>	<u>104,287</u>
Operating Excess (deficiency) before undernoted	26,311	35,553
Amortization of deferred capital contributions	52,064	56,362
Amortization of capital assets	96,509	101,831
<u>Unrealized gain (loss) on marketable securities</u>	<u>(8,663)</u>	<u>1,474</u>
Excess (deficiency)	(26,797)	(8,442)

Statement of Financial Position

Current Assets	210,377	242,654
Investments	42,688	50,033
<u>Property Plant and Equipment</u>	<u>2,013,813</u>	<u>2,099,454</u>
Total Assets	2,266,878	2,392,141
Current Liabilities	348,399	394,802
<u>Deferred Capital Contributions</u>	<u>1,045,164</u>	<u>1,097,227</u>
	1,393,563	1,492,029
<u>Net Assets</u>	<u>873,315</u>	<u>900,112</u>
	2,266,878	2,392,141



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YMCA of Yarmouth

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Location

Charitable registration # 123648594RR0001

YMCA of Yarmouth

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ymcayarmouth.net

2015 Board of Directors

Matt Fraser, President

Melanie Mooney, Vice President

Mike Sanford, Treasurer

Denny Morrow, Secretary

Jim MacLeod

Vance Rodney

Kathleen Mooney

Ben Churchill

Dick Davis

Gloria Goodwin

Jordan Bain

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