



## THE STORY OF JOHN KEARNEY

Living with a heart blockage, John had been referred to the YMCA Cardiac Rehab program with the help of his doctor. Believing very much in the value of exercise, and not just for cardiac benefit, John became a YMCA member after the program had ended. Working with YMCA staff and volunteers to increase his stamina, John is now able to come to the Y almost every day.

Today, his routine focuses on cardio, but he also does some strength training for the overall benefit of regular exercise. Like others he meets at the Y, John values peer support members, staff, volunteers and program participants. He is keen to lend his support to help others to overcome any fears might happen while exercising, or to quell any fear that other people may be watching and passing judgement.

*John loves that there are people here to help when needed, and that everyone seems to notice when a regularly attending member is not here.*



## Community Connections

The YMCA of Yarmouth is proud to offer quality programs and services to meet the needs of its community. While our facility is equipped with a pool, gymnasium, fitness studios, cardio centre and resistance machines we were able to champion all that we did in 2017 with the help of the following groups:

- Dalhousie Nursing Students
- Kidzact Association
- Nova Scotia Life Saving Society
- NSCC School of Fisheries
- South West Mental Health
- Tri-County Women's Centre
- Tri County Regional School Board
- YACRO
- Yarmouth Life Skills
- Yarmouth Recreation
- Nova scotia international student program
- Tuskett Ford
- NS Health Authority

## Highlights from 2017

- 1250+ number of monthly YMCA members
- 64,263+ total scan-ins by YMCA members
- 140+ assisted members
- 23 fitness classes held per week (avg.)
- Total Adults/Youth (number can be combined) swims for 2017
- Community Swim was attended 3700+ times
- Free Swim was attended 3200+ times
- Senior Swim was attended by seniors 111+ times
- Parent Tot Swim was attended 1400+ times
- Toonie Swim was attended 1150+ times
- Ladies Swim was attended 75+ times
- Community members attended lane swim over 5200 times
- Swim Lessons attended by youth over 600 times
- 275+ Youth took part in Swim To Survive

## Funding Contributions

We were very fortunate to have received financial support from the following groups in 2017. ***A big thank you to our sponsors!***

- |                          |                        |                        |
|--------------------------|------------------------|------------------------|
| CIBCWG                   | McDonalds              | TD Canada Trust        |
| Drs C&K Murphy           | H2OShea Inc.           | THE GLASS MAN          |
| Incorporated             | Mermaid Hotel          | Tuskett Ford           |
| Gateway Fuels Ltd        | Pet Valu               | Vaughne Assurance LTD. |
| Graham Construction LTD. | R & L Insurance        | WEB.COM                |
| IMO Foods Limited        | Sea Star Seafoods Ltd. |                        |
| Kidzact                  | Shoppers Drug Mart     |                        |



## FINANCIAL REPORT

Year Ended December 31 (Audited)

### Statement of Operation

	2017	2016 (restated)
Total Revenue	598,541	606,102
Total Expense	700,385	698,266
Lottery Fundraiser	48,673	112,143
Excess (deficiency) before undernoted	(53,171)	19,979
Amortization of deferred capital contributions	45,105	48,346
Depreciation of property and equipment	(87,599)	(91,453)
Gain on sale of camp land	-	81,618
Unrealized gain (loss) on marketable securities	53	11,000
Excess (Deficiency)	(95,612)	69,490

### Statement of Financial Position

Current Assets	372,026	434,894
Property Plant and Equipment	1,797,951	1,863,682
Total Assets	2,169,977	2,298,576
Current Liabilities	371,071	358,953
Deferred Capital Contributions	951,713	996,818
	1,322,784	1,355,771
Net Assets	847,193	942,805
	2,169,977	2,298,576

### Board of Directors

Melanie Mooney, Chair  
Gabrielle Doucette, Vice-Chair  
Mike Sanford, Treasurer  
Matthew Fraser, Past-Chair  
Jordan Bain  
Ben Churchill

Dick Davis  
Chris Brown  
Jim MacLeod  
Greg Barro  
Jordan Stevenson  
Yvonne Smith



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