



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
- Tusket 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	Tusket 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
<u>Lottery Fundraiser</u>	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
<u>Unrealizes gain (loss) on marketable securities</u>	53	11,000
Excess (Deficiency)	(95,612)	69,490

Statement of Financial Position

Current Assets	372,026	434,894
<u>Property Plant and Equipment</u>	1,797,951	1,863,682
Total Assets	2,169,977	2,298,576
Current Liabilities	371,071	358,953
<u>Deferred Capital Contributions</u>	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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