



YMCA of Yarmouth



2018

Annual Report

*Building Healthy
Communities*



The YMCA of Yarmouth has had an active presence in the community for 161 years, starting way back in 1858. Our program offerings have changed over the years, but our core purpose has stayed the same.

In 2018 we continued our work to help the community grow and thrive through our commitment to helping individuals develop in body, mind and spirit.



More play
every day!

2018 Highlights

- **1810** clients made **65,554** total visits to use the YMCA facilities over the course of the year
- Each month, more than **970** individuals had monthly YMCA memberships
- A total of **490** individuals under the age of 18 held memberships
- Our Membership Assistance Program provided financial assistance to **141** members, removing financial barriers to access
- **384 youth** (6-15) and more than **522 students** (16+) used the facility on a day pass
- An average of **27** fitness classes were held each week
- **27** participants went through the Cardiac Rehab Program
- Every Friday a free night of games and swimming was offered to **35** children.
- Over **700** children and youth learned to swim in our pool in lessons and another **138** kids took part in our swim program through their schools
- **165** kids participated in the Swim to Survive program
- Over **2078** people (mostly children/youth) used the pool on a day passes
- **Tim Hortons** sponsored a free swim every Wednesday for **35** children and **Pet Valu** sponsored a free swim for **50** people every Sunday throughout 2018

Community Connections

In 2018 we were privileged to have partnerships with many great organizations. Our partnerships came in a variety of forms, from using our facilities to run their own programs to donating funds so the YMCA of Yarmouth could offer free events to the public. The partnerships and support the YMCA of Yarmouth receives from the community are integral to our success and the availability of quality programming.

Thank you to all of the amazing organizations who support our mission!



- Brilliant Labs
- Dalhousie Nursing Students
- Kidzact Association
- Laing House
- Nova Scotia Health Authority (Cardiac Rehab)
- Nova Scotia International Student Program
- Nova Scotia Life Saving Society
- NSCC School of Fisheries
- Pet Valu
- SHYFT
- St John's Ambulance
- Tim Hortons
- Tri County Regional School Board
- Tri County Women's Centre
- Tusket Ford
- Whitecaps Swim Team
- YACRO

Shelia Jacquard and **Roy** Fraughton have been coming to the YMCA of Yarmouth for 11 and 12 years respectively. It all started when Roy collapsed in Superstore due to an Arterial Venous Malformation. Essentially an artery gave out above the brain stem and left Roy speech impaired and without control of his muscles. He was completely bed ridden and depended on others to do everything for him. After seeing Roy for the first time after his collapse, Shelia, a friend of the family, asked Roy's wife "How are you going to do this?" Shelia was a nurse in a past life, and a year later came on board as Roy's carer.

Roy does physiotherapy at the YMCA with Shelia's help, most days of the week. One would never know the hard times each of them have seen, due to their sunny dispositions and constant smiles. They get their work done, while having a laugh and a chat with whoever is around.

Roy is doing extremely well these days, and is often stopped by others who tell him what an inspiration he is and how he has helped them to push through their own difficult times.



Donna Newell has been a long time member of the YMCA of Yarmouth. She has been volunteering to teach classes for a number of years, starting out with low impact aerobics. She became interested in Chinese healing practices and took up Tai Chi and Qi Gong. She then began teaching these practices at the Y.

Donna always brings a smile and a positive outlook, creating warm, welcoming classes for all.

We appreciate all of our volunteers who teach classes, run events and maintain our fitness centre for us. We couldn't do it without them!



MEMBERS and VOLUNTEERS

are at the heart of the





YMCA of Yarmouth Partnerships



Cardiac Rehab Participants

The Yarmouth Whitecaps swim team has been around since the early 1970's. It is another athletic organization that was created to provide activities for the local youth to get involved in, with the hopes that this would be a positive activity for kids and teens to direct their energy into. The Whitecaps are the only team in Nova Scotia run by volunteer coaches and they compete at provincial and national levels. We are privileged to have this awesome group based out of Yarmouth and using the YMCA pool.



Deanna McCarron, a trained dancer turned Respiratory Therapist, began Kidzact 15 years ago in response to a need for youth activities in the community. During her time working in the hospital, Deanna saw teens coming in with a lot of preventable conditions that were likely due to boredom and lack of direction. She decided to offer break dancing and hip hop lessons in an effort to appeal to the youth of the area.

Her efforts were well received and Kidzact has grown to offer a wide variety of dance types for all skill levels and ages. Youth from across the tri-county area (with help from their very supportive parents) travel to participate in these programs. This includes a number of competitive groups who compete nationally, and internationally. We are proud to have Kidzact choose to use the YMCA of Yarmouth as their practice space and we enjoy being able to support Deanna and her team in their amazing work.



YMCA of Yarmouth

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For those who **believe** that a successful community must be an inclusive community, the **YMCA** is a **powerful association** of people joined together by a shared passion to foster a sense of **belonging for all.**

The **YMCA** ensures that each individual has access to the essentials needed to **learn, grow, and thrive.**

Though the world may be unpredictable, the **YMCA** remains a constant: dedicated to **building healthy, strong, and connected communities**

where everyone belongs.



First-aid Training 2018

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