

Better together.

# Better together.

The YMCA is a charity dedicated to the growth of all persons in spirit, mind and body, and to their sense of responsibility to each other and the global community.

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**Better Together** 

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# Your YMCA Building Healthy Communities

Each and every day, amazing stories are unfolding in this community as people of all ages, abilities, social and economic backgrounds grow in spirit, mind and body through involvement with YMCA programs and services; stories of people taking responsibility for their own health, people overcoming physical, emotional and social challenges, and people helping other people.

Throughout 2011, your YMCA has strategically focused on the delivery of high quality programs and services that truly have an immediate day-to-day impact in the lives of Nova Scotians. Additionally, your YMCA has planned for investment in a new capital infrastructure to serve our community for many more generations. Hundreds of YMCA leaders, volunteers and professional staff members, give their time and talent to benefit others and to help strengthen the foundations of our community.

We are proud that in 2011 more than 50,000 citizens in our community have experienced personal growth and development through direct and indirect involvement in YMCA program areas and services such as:

#### **Early Childhood Learning**

Investing in the healthy development of children up to the critical age of five years. (i.e. Playing to Learn, Little Sneakers and Preschool Picassos)

#### **Health Promotion and Active Living**

Encouraging both long time citizens and new Canadians to take responsibility for their own

health. (i.e. Change of Heart, Abilities in Motion (A.I.M.) and Active Living for Immigrants)

#### Youth and Adolescent Health

Supporting the healthy development of children, youth, teenagers and young adults through a holistic approach to physical activity, mental health and emotional well being. (i.e. YMCA Alternative Suspension Program, XerDance and Y-PHD [Y Physical Healthy Development])

#### **Employment and Education Training**

Offering support, advice and counsel to young people who are unemployed and underemployed. (i.e. YMCA Youth Gambling Awareness Program,

Resume Writing, and Immigrant Centre Saturday Homework Club)



Bette Watson-Borg, President & Chief Executive Officer and Robert Richardson, Chair, YMCA Board of Directors

#### Day and Residential Camping

Building confidence and self-esteem for young people of all ages, abilities, social and economic backgrounds. (i.e. Big Cove YMCA Camp and Community YMCA Leaders Corps)

#### **Capital Investment**

Your YMCA is committed to ensuring that citizens have access to modern, accessible, and weather protected facilities. We are proud to share with you that over the past year, the following progress has been made with respect to investment in capital infrastructure:

- Fundraising and initiating construction for the complete renewal of the Community YMCA gymnasium including a new roof, floor, bleachers and scoreboard;
- Completing the interior construction of the new Four Seasons Building at Big Cove YMCA Camp allowing for year-round programming; and,
- Consulting and continued planning with our community and Municipal Council to bring a new YMCA Centre of Community to Peninsular Halifax and the surrounding region, a Legacy Project to serve this community for the next 50 years.

Any citizen who is willing, yet unable, to afford the fee for service, may access financial assistance in a respectful and confidential manner. In 2011, the YMCA Strong Kids Campaign provided over \$300,000 in financial assistance to ensure that more than 2,200 children, youth, young adults and their families did not face financial barriers to participation in YMCA programs.

In closing, we would like to recognize the contribution of YMCA volunteers, donors, client members, participants, program partners, and professional staff members. It is only through the steadfast commitment and collaboration of all involved that we are able to make a positive impact in the lives of the citizens in our community. We truly are *Better Together*.

**Robert Richardson** 

Chair, YMCA Board of Directors

Bette Watson-Borg

President and Chief Executive Officer

# Better together.



# Everyone who wants to live a healthy lifestyle should have the same opportunity.

- More than 8,800 people got physically active at our YMCA Health, Fitness and Recreation Centres
- 366 children and youth got moving through the Y-PHD (Physically Healthy Development) after school program
- More than **200 older adults** across the HRM participated in Elderobics Forever-Fit classes

#### Every child deserves a safe place to learn, grow and thrive,

- 617 children, youth and teens had an unforgettable summer experience at Big Cove YMCA Camp. 1,900 students visited Big Cove through spring and fall programs offered by their schools
- More than 300 children, youth and teens called the Community YMCA a home away from home
- More than 70 young people were given structure and support after a suspension from school through the YMCA Alternative Suspension Program

### More than 50,000 people have grown through spirit, mind and body at the YMCA of Greater Halifax/Dartmouth over the past year.

# Every parent should have a circle of people who care, understand and support them.

- More than 165 children experienced healthy early childhood development through YMCA Child Care while their parents worked or furthered their education
- More than 1,500 people received a YMCA Health, Fitness and Recreation membership through confidential financial assistance
- **32 children** and **40 older adults** participated in Grand-Friends, an intergenerational program where children visit with veterans at the hospital

#### Every family should feel at home in their own community.

- More than **12,000 immigrant youth** benefitted from YMCA Immigration Programs
- 8,480 spectators came through the doors of the Community YMCA for basketball and other sporting events
- More than 600 people received employment training and support to get a job or return to school

#### Every leader should feel inspired to make a difference.

- More than 492 volunteers contributed their time and talent to the YMCA
- More than 250 staff worked tirelessly to build healthy communities
- **853 donors** gave generously to the YMCA Strong Kids Campaign and to special projects



# 2011 YMCA Leadership

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Robert Richardson, *Chair*Stuart Maclean, *Vice Chair*Mary Ellen Gurnham, *Past Chair*Helena Lotherington, *Chair, Audit Committee*Bette Watson-Borg, *President & Chief Executive Officer*Arlene Seto, *Chief Financial Officer*Lydia S. Bugden
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Every kid deserves a chance.

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An independent charitable foundation established to receive and steward charitable donations that ultimately will be used to advance the charitable work of the YMCA of Greater Halifax/Dartmouth.

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Five Bridges Jr. High School

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In memory of Clair Buckley

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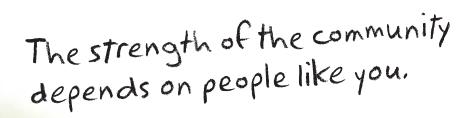
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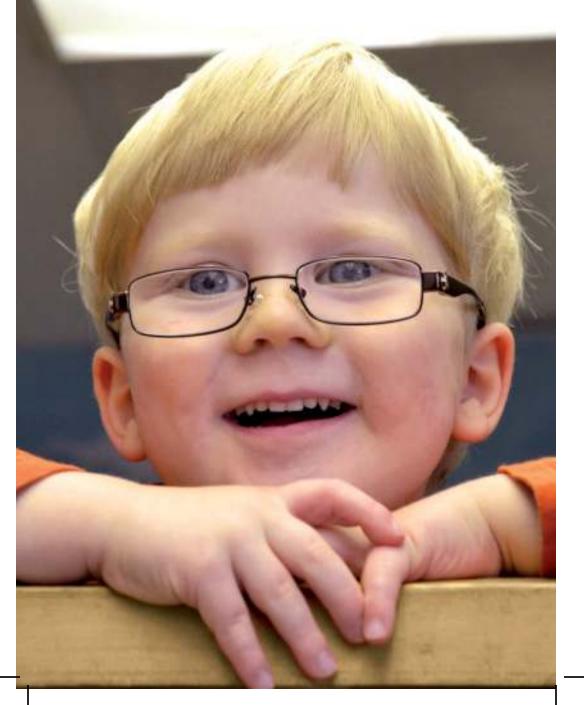
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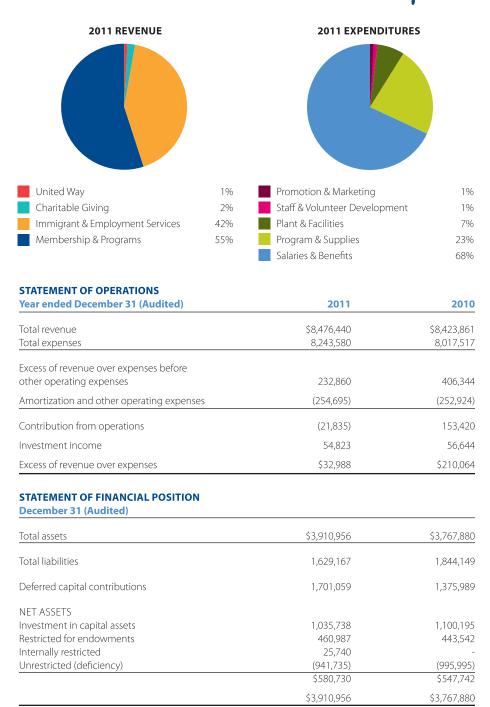
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# Financial Report





YMCA Health, Fitness and Recreation Centres

Dartmouth Family YMCA 469-9622 South Park YMCA 423-9622

**YMCA Child Care Services** 

Purdy's Wharf Child Care Centre

Child Care Centre 492-3622

South Park Child

Care Centre 496-1885 x270

Y-PHD (YMCA Physical Healthy Development) in Metro Schools

422-9622 x241

Community YMCA 422-9622

YMCA Centre for

**Immigrant Programs** 457-9622

**Big Cove YMCA Camp** 425-9622 x235

**Employment & Education** 

YMCA Employment
Centre of Dartmouth 461-2513

YMCA Employment

Centre of Halifax 425-3464

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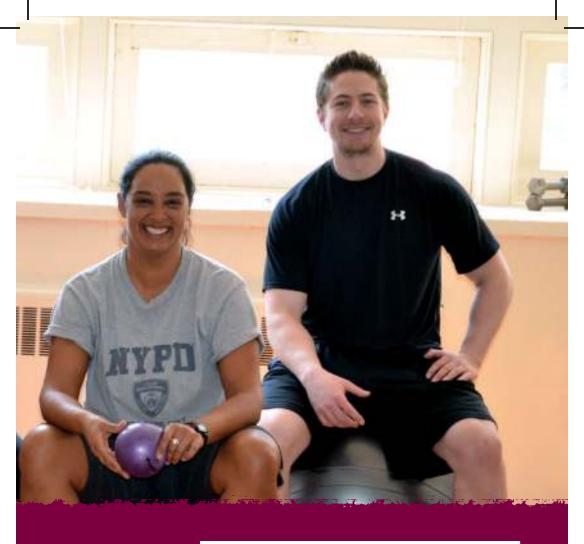
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Your YMCA locations across the region.







# Building healthy communities

ymcahrm.ns.ca



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