

YMCA Calgary Report to Community 2021

A driving force for good



2021: Year at a Glance

36,479

hours of service provided by our committed volunteers is equivalent to more than **four years!**

\$3,033,216

raised in philanthropic support, directly enabling experiences for vulnerable children, youth and families

19,651
hours of virtual community programming, serving **1,360** participants



1.3 Million visits to YMCA facilities and **226** hours of virtual health and fitness classes



New programs and partnerships in the areas of youth leadership, mental health, food security, nature and the outdoors

A Driving Force for Good

Since our inception in 1902, YMCA Calgary has been a hard-working charitable organization, responding to the needs of Calgarians. Guided by four core values of honesty, caring, respect and responsibility, YMCA Calgary offers quality programs and services that give children, youth and adults the opportunity to belong, grow, thrive and lead.

YMCA Calgary has six health and wellness facilities, six child development centres with licensed childcare, two outdoor camp sites and more than 60 community program sites serving all quadrants of the city. These spaces and programs allow YMCA Calgary to deliver health and wellness programs, leadership, community outreach programs and other services to help Calgarians connect with others, build life-long skills, and stay active and healthy.

Adding to our community hubs, programs and classes, YMCA Calgary is a movement of people who are committed to making the lives of Calgarians better, every day.

2021 was another year YMCA Calgary was able to meet the needs of the community due to the unwavering support of our members, donors, volunteers, staff and participants.

In our 119th year of operation in Calgary, the YMCA faced more uncertainty and with it, some hard decisions. We opened and closed several locations for periods in response to changing public health directives. Thankfully, we were able to provide uninterrupted childcare, and deliver many programs and classes virtually, keeping our members connected through the changes.

We continued to adapt and innovate, positively impacting our community and positioning ourselves to serve future generations. A changing downtown core, exacerbated by the pandemic, resulted in the difficult decision to close, and ultimately sell, our



Eau Claire YMCA. We will remember this YMCA with pride and gratitude for all that it gave Calgarians. We will also continue to seek new and innovative ways to maintain a presence in our city's core.

Looking forward, we are celebrating 120 years in 2022 as an important member of the fabric of our communities. We will continue to deliver key services for our Calgary YMCA members and program participants, as well as the greater community, guided by our Roadmap to 2030 - Navigate.

On behalf of our Board of Directors and Senior Leadership Team, a huge

thank you to our staff, volunteers, donors, members and participants. Now, more than ever, we are excited to embrace the future, being a driving force for good, knowing we can face even the toughest challenges if we do it together.

Shannon Doram
President & CEO, YMCA Calgary

2021 Board of Directors

Meenu Ahluwalia

Anna Alderson

James Anderson

Ross Bentley

Roger Chaffin

Rod Heard

Tom Horvath

Kim Jones

Adam Pekarsky

Ed Rihn

Damon Tanzola

Liza Worthington

Paul Wright

Pat White - Chair

(Outgoing Chair)

Zain Velji - Vice Chair

(Incoming Chair)

Shannon Doram

- Ex Officio

James K. Gray

- Lifetime Director

ACCEPTANCE

HEALTH

**Stories about growth
and positive change.**

the good

LOVE

IDENTITY

CONFIDENCE

CONNECTION



Grade 11 student Rebecca came to the YMCA Alternative Suspension Program (ASP) through a school referral after she was repeatedly caught smoking, drinking and doing drugs at school.

Rebecca initially refused to speak with her ASP youth worker, but slowly began to warm up when she noticed his mug had a video game character

on it that she liked too. They began to connect over movies, TV shows and video games.

During the program, Rebecca and the youth worker talked about choices, respect, responsibilities, and substance abuse. Rebecca shared her struggles with substance use and the stresses in her life that caused her to begin to cope using substances.

With a renewed commitment to sobriety, Rebecca returned to school and a program set up for kids struggling with substance abuse. Today, Rebecca continues to keep her promise to herself and, though she still has challenges, has embraced the support from her school program and is optimistic about her future!

This person's name has been changed to respect their privacy.

rebecca

With a renewed commitment to sobriety, Rebecca returned to school and a program set up for kids struggling with substance abuse





“What I observed looked and felt like acceptance for whatever the situation, whomever the person.”

Tanis Cochrane,
Chief Strategy Officer at YMCA Calgary

malcolm

Four-year-old Malcolm, who attends childcare at the ECCO Child Development Centre at the Remington YMCA in Quarry Park, was temporarily in a wheelchair following a skiing accident that fractured his tibia. “The accident was really hard for Mack, who required a full leg cast from toes to hip for six weeks, followed by two more weeks in a half cast,” explains his mom, Sarah.

The silver lining were the kids in Mack’s childcare group. “After he returned to childcare, his little buddies immediately showed up to help him, pushing his wheelchair around and cheering him up,” she says. “Being back with his friends and as active as possible helped him so much.”

Tanis Cochrane, Chief Strategy Officer at YMCA Calgary, observed

Mack’s childcare group in the gym one day and was amazed how he was fully integrated into the activities they were doing, even while managing his wheelchair. “He was totally engaged with his friends in play. The childcare director told me the children were great with him. What I observed looked and felt like acceptance for whatever the situation, whomever the person.”

Daria, a teenager from Iran, arrived in Canada two years ago. Newly graduated from high school and learning English, she was struggling with her confidence.

Daria participated in the YMAP Summer Moments program for new Canadians and, during a hike, mentioned to a counsellor she was having a hard time finding a job.

The counsellor offered to look at Daria's resume and suggested how to improve it.

Several months later, when Daria was still having trouble securing a job, the counsellor performed a mock interview with her and realized Daria's lack of confidence was getting in her way. The counsellor provided detailed suggestions about how Daria could

improve her interview responses.

Daria diligently took notes and practiced her answers with her counsellor. A few weeks later, she happily accepted a Customer Services Associate position.

"I really looked confident about my answers, and it made me feel great," Daria shared. "I wasn't nervous at all!"

This person's name has been changed to respect their privacy.

"I really looked confident about my answers, and it made me feel great"



daria

Levi was a shy grade three student who was new to the city when he first joined a YMCA Indigenous program. There, he says he began to feel more connected to his Blackfoot culture and identity.

As he grew, Levi continued with different programs through the Y, and became a leader in his school

and Indigenous communities by volunteering at events, participating in sports and being a strong advocate for Indigenous youth in his schools. Levi was a volunteer and youth mentor at both Catherine Nichols Gunn and Sir John A Macdonald, helping other youth get active. He also became an Elder Helper and participated in many

cultural events in Calgary.

Levi has a passion for sports and is now pursuing a Bachelor of Kinesiology at the University of Calgary.

"We all know Levi as an outgoing, smart and a hard-working student athlete who continues to try hard every day, no matter the obstacles


or struggles he may face," says Melissa Lyons, Indigenous Youth Coordinator for YMCA. "We wish Levi the best of luck in his education and hope to continue to see him grow academically and as an athlete."

This person's name has been changed to respect their privacy.

Levi continued with different programs through the Y, and became a leader in his school and Indigenous communities.



levi



“...it’s obviously the perfect introduction to this style of music for kids.”

piper

Before the first COVID-19 shutdown in March 2020, four-year-old Piper attended a show called *Tough Turkey in the Big City* at the Brookfield Residential YMCA at Seton, a co-production between the YMCA, Calgary Pro Musica Society and the Green Fools Theatre Society. Afterward, Piper’s mom sent us an email.

“To say Piper loved *Tough Turkey* would be an understatement. She especially loved watching the musicians play live and the instrumental/classical style of music. In fact, she loved it so much, she has given up watching Netflix in the evening and instead streams [the Pro Musica] YouTube channel. She particularly enjoys pointing out the

musicians on the TV that were the same ones she saw playing at the YMCA.

Thank you for partnering with the company that puts on these shows, it’s obviously the perfect introduction to this style of music for kids this age.”

We are thrilled Piper has a new love for classical music!

In summer 2021, the YMCA introduced Family Getaways at Camp Chief Hector YMCA in response to pandemic restrictions, providing a weekend of unplugged outdoor fun for families.

"It was a positive change in format for us, and a program we could offer safely," explains Jana Reed, General Manager, Camp Chief Hector. "It also allowed us to keep some great staff employed through the pandemic."

Jana says families fully embraced the idea.

"Sometimes families go together to a camp facility but do different activities from one another. This approach really brought families together."

Taylor Hodson, who ran the family camps, says it was a great introduction for kids who were nervous to try camp on their own. "This allowed them to test out camp in a comfortable, family-friendly setting."

Family camp also expands the diversity of the people who attend YMCA camp programs. "It removes barriers for people who want to enjoy camping but may not have the equipment," Taylor explains.

About 15 families attended each

"Getting out into nature for a weekend of canoeing, archery and other activities was the perfect mental health break for us."

weekend, from young families with small children to older families with teens.

"Camp was a very accommodating, pandemic-safe activity for our family," explains Kristy, who attended camp with her husband John and daughter Brooklyn. "Getting out into nature for a weekend of canoeing, archery and other activities was the perfect mental health break for us. We have two more weekends planned this year!"

In 2022, Camp Chief Hector will re-open for regular summer camps again. However, family programs will continue in the spring and fall.

"We're already fully reserved for 2022!" says Jana.



**kristy,
brooklyn,
john**

Mohammad was driving his regular route as a city bus driver when he started feeling poorly. He called 9-1-1 and ended up at the hospital where tests revealed he had severe artery blockage. He was whisked into surgery and began his road to recovery.

Mohammad joined the Saddle-towne YMCA to improve his fitness and, with the help of the weight floor staff and the compassion of the then-General Manager Tanya Connelly-Scott, slowly started to get stronger and healthier.

“Even now when I see Tanya at the Y, she asks how I’m feeling. I feel so

thankful for this support,” he says.

Mohammad’s appreciation for the YMCA led him to start volunteering at Saddletowne. Many years later, he is still volunteering and sharing his positivity and strength with members, staff and other volunteers.

“YMCA gave me my health back,” says Mohammad.

mohammad

“YMCA gave me
my health back”





"We are very happy to be monthly donors for Camp Chief Hector. Camp is a home away from home for so many campers, staff and alumni. It is where most of us first met our life partners, best friends and the outdoors. Camp facilitates the creation of lifelong relationships with people, the environment, and the culture of caring. We give because we care and Camp teaches others to care."

**Terry and Alana Barron
TEAM UP Donors**

Ways to be a driving force for good:

Through the generosity of our donors, we offer a welcoming place in community and ensure support for our neighbours who may be experiencing financial hardship. However you choose to become involved, your donations are actively supporting children, youth and adults to belong, grow, thrive and lead.

A little goes a long way!

\$25/month

can send a child to swim classes, ensure an adult remains active, or broaden the reach of community-based leadership programs.

Become a LEAD UP Donor

(minimum \$5,000 over three years)

LEAD UP donors stand beside us in our mission and vision, collectively supporting our community to live healthier lives and have a place to belong.

Thank you for your generosity and belief in YMCA Calgary and our community.

Join our TEAM UP Donors

(minimum \$15 per month)

Our TEAM UP donors are committed to building a healthy and inclusive community now and into the future. Their monthly donations help build a sustainable source of funding to support us and ensure no one is turned away from participating in YMCA programs.

We are so grateful to our TEAM UP donors for their support. A huge thanks - we simply cannot do it without you!

Inspire your company to be a Corporate Donor

Corporate donors become program funding partners who are critical to our delivery of life-changing programs for youth and adults.

Visit our website to see our 2022 Donor Honour Roll.

If the YMCA has made a significant impact in your life, or if you'd like to change someone else's life, please consider donating. Each gift helps us continue to achieve our purpose.

Become a YMCA donor today at ymcacalgary.org/donate-today

"As a **30+** year member of the YMCA, we have been fortunate to see the positive effects the Y continues to have on our entire family. From our fitness membership, through camp programs for our three children, summer camp work for two of our children, and now support by the YMCA for one of our daughters and her Sistership Dragon Boat team, we are grateful for the YMCA and happy to be annual donors."

Monty and Linda Carter

LEAD UP Donors and Heritage Club Members
since 2003

YMCA Calgary Summarized Financial Statements

As at and for the year ended December 31, 2021 (with comparative figures for 2020)

STATEMENT OF OPERATIONS

	2021 (\$000s)	2020 (\$000s)
Revenue		
Memberships	7,094	11,714
Programs and services	8,245	4,719
Government grants	8,180	7,022
Government assistance	9,518	8,755
Donations	3,168	3,488
Rentals	1,934	1,786
United Way of Calgary and Area	624	829
Other	383	275
	39,145	38,588
Expenses		
Salaries and benefits	19,999	22,513
Building operations	8,315	8,841
Programs and services	2,074	2,418
Administration	4,230	3,842
Communications	384	375
Amortization	5,380	5,395
Asset lifecycle obligation	4,110	4,110
	44,492	47,494
Operating deficiency of revenue over expenses	(5,347)	(8,906)
Investment income	1,888	1,623
Gain on disposal of tangible capital assets	297	3
Deficiency of revenue over expenses	(3,162)	(7,280)

SUMMARIZED STATEMENT OF FINANCIAL POSITION

	2021 (\$000s)	2020 (\$000s)
Assets		
Current assets	18,970	14,771
Investments	20,637	19,288
Capital assets	23,423	33,485
Total assets	63,030	67,544
Liabilities and Net Assets		
Current liabilities	8,408	12,797
Deferred sponsorship revenue	3,972	3,994
Deferred capital grants	545	493
Long-term obligations under capital leases	478	1,656
Asset lifecycle obligation	15,140	11,030
Net assets	34,487	37,574
Total liabilities and net assets	63,030	67,544

SUMMARIZED STATEMENT OF CASH FLOWS

	2021	2020
	(\$000s)	(\$000s)
Deficiency of revenue over expenses	(3,162)	(7,280)
Items not affecting cash	6,512	7,272
	3,350	(8)
Changes in non-cash working capital	(3,301)	(392)
Operating activities	49	(400)
Financing activities	(936)	(471)
Investing activities	4,444	1,552
Net increase in cash	3,557	681
Cash, beginning of year	6,710	6,029
Cash, end of year	10,267	6,710

This summarized financial information is extracted from the annual financial statements audited by PwC. It has been prepared in accordance with criteria developed by management. A copy of the complete audited financial statements is available on our website at ymcocalgary.org.

“ We’ve enjoyed partnering with the YMCA for more than a decade, and appreciate their meaningful work in the community. We value partnering with them on the YMCA Calgary Youth Leadership Institute that aligns to our Future Launch program. The Institute helps youth by offering hands-on experiential learning, on-line programming, and a unique speaker series featuring prominent local leaders.”

Jerilynn Daniels,
Regional Director, Community Marketing and Citizenship, RBC

Our Promise to You

We believe in people.

We see their potential.

We see strengths in our differences
and inspiration in our diversity.

We are the neighbour you can count
on, a place for everyone; a space to play,
to challenge yourself, to build resilience
and to grow. The journey may start with
a splash, a bounce, or a crunch under your
boots; and if we do our part, it will lead
to a healthier, more vibrant community.

Your YMCA exists so everyone has an
opportunity to belong.

To learn more about how we deliver on our promise, visit ymcastrategicplan.ca



ymcocalgary.org

 @ymcocalgary

 @ymcocalgary

 @YMCA_Calgary

 @ymcocalgary