



YMCA
of
Fredericton

COMMUNITY
IMPACT
REPORT

2022

OUR MISSION

We are a charitable organization that works in partnership with our community to help everyone reach their full potential through the promotion of a healthy body, mind and spirit.

OUR VISION

Healthy People for Healthy Communities

OUR VALUES

The YMCA of Fredericton is guided by values that inform the way we act and the decisions we make:

Caring

Inclusiveness

Fun

Accountability

Respect

Community IMPACT

2022

On behalf of the entire YMCA of Fredericton, I would like to thank you for making 2022 a really amazing year for our community. I arrived at the YMCA just in time for the final closure due to the COVID pandemic which became a symbolic turning for us all. With the uncertainty of lingering mandates and trepidation among many community members about what lay ahead in our operations, our staff and volunteers rallied to bring our operations to another heightened level of excellence.

The pandemic taught us many lessons in new best practices for operational health and safety and with a renewed joint health and safety committee our YMCA is continuously striving to be the safest place for our members and staff to workout, gather and make a difference. We have also made many adjustments to our operations to ensure our programs and services are not interrupted due to significant work-force shortages and recruitment barriers. As a result, we have become more lean, agile and prepared for future development and growth opportunities.

The financial outlook for 2022 projected a deficit of approximately \$300k which was mainly the result of operating expenses outpacing the revenue from memberships, childcare services and youth programs. The previous two fiscal years were supplemented heavily by federal grants for the COVID-19 Pandemic. As those funding opportunities expired we were able to responsibly plan for this financial shortfall in 2022. I am pleased to report that our final financial statements show a modest surplus of \$30k, thanks to the excellent work done by our staff to re-fill programs, promote membership and reduce expenses where possible.

Due to three strong financial quarters, we were able to make another significant investment in wellness centre equipment to finish off the fiscal year. We have also re-invested in better automation equipment for our aquatics facility, and new equipment for our early learning and after school programs. We will continue to listen to member feedback to make additional investments in the facility to improve your experience.

Fall of 2022 brought our senior management team together with our volunteer board of directors to begin a strategic plan which will be the foundation of our operations through the fiscal 2025 year. The plan will be formally adopted in spring 2023 with strategic priorities that include Sense of Belonging, Community Wellbeing and Creating Agents of Change. I am truly excited for what the near and distant future holds for the YMCA and greater Fredericton Community.

Thank you all for being a part of the YMCA, your support is changing lives in our community.



Darcy Delaney
President and CEO



What a year it has been for the YMCA and our Volunteer Board of Directors! In spring of 2022, we put out a call to the community for new Board applicants and Wow! Did you all respond! We received over 20 applications to join the Board in providing fiduciary and governance oversight of the YMCA and were able to on-board five excellent elected directors. I am happy to introduce our five newest members: Stephanie Carter, Noha Nada, Deb Nobes, Sonja Perley and Jensen Thomas.

2022 also marks the final year for some of our board members. I want to share my heartfelt gratitude and best wishes to departing members: Tony Vienneau and Paul Bowman. In addition, Mark Weis completed his term as Past Chair. Their service has impacted many individuals and families in Fredericton.

In fall of 2022, the Board of Directors worked with the YMCA of Fredericton management team, along with consultants from YMCA Canada to develop a new strategic plan for the YMCA. I am excited about the inclusive nature of the plan, as it will dictate the operational direction of our beloved YMCA for years to come.

I'd like to take this last moment to invite you to join us at the YMCA. We are successful because of our loyal membership, donors, volunteers and hardworking and committed employees. We are building a stronger community and we want you to be a part of it.

Our YMCA is a place where you belong.

Erin Smith

President of the Board of Directors



YMCA OF FREDERICTON 2022 - 2023 BOARD OF DIRECTORS

Directors

Chair: Erin Smith
 Past Chair: Ben Coles
 Treasurer:
 Cheryl Scholten

Phil Burton
 President & CEO:
 Darcy Delaney

Executive

Stephanie Carter
 Maria Conroy
 Emily Forestell
 Mark Hazlett

Noha Nada
 Deb Nobes
 Sonja Perley
 Don Roy

Linda Speedy
 Jensen Thomas
 Tony Vienneau



The Pool Is Her Happy Place Meet Cheryl Gillespie



Meet Cheryl Gillespie, a regular YMCA member since June, 2022. As a piano teacher and published author, Cheryl stays active in the Fredericton community despite her early childhood diagnosis of Juvenile Rheumatoid Arthritis and associated blindness. “Living with arthritis means you don’t know how you’re going to feel when you wake up in the morning,” she relates, “or from hour to hour for that matter. You just accept it and learn to adapt the best way you know how.”

It was Cheryl’s sister, a Manager at the Y, Joan Gillespie, who encouraged her to take up swimming again. “I love to swim.” Cheryl says. “It’s low impact on my joints, I feel stronger and it has given me more energy overall.” With Joan keeping a close eye on her sister, Cheryl follows along the wall for added guidance and security. Cheryl often notes how accommodating the other lap swimmers are, rearranging their patterns to maneuver around her. “They’re all pretty friendly, and seem to watch out for me as well.” We extend a huge thank you to those lane swimmers who have made Cheryl feel welcomed as a fellow member of the Fredericton YMCA.

THE FREDERICTON YMCA INC.
Statement of Revenues and Expenditures
Year Ended December 31, 2022

	2022	2021
REVENUE		
Memberships	\$ 1,880,661	\$ 1,680,500
Childcare	1,067,965	988,679
Grants <i>(Note 13)</i>	818,186	936,174
Program fees	139,494	206,297
Cultures retail sales	-	27,610
Donations and fundraising	221,765	200,500
Administration fees	91,158	110,235
Facility rental	31,745	24,117
Other	3,321	-
	<u>4,254,295</u>	<u>4,174,112</u>
EXPENSES		
Salaries and benefits	2,478,542	2,220,139
Building and maintenance	559,146	486,454
Programs and services	421,221	327,080
Administration	369,408	303,080
Interest on long term debt	48,332	70,685
Cultures purchases	-	22,535
Bad debts	14,968	7,385
	<u>3,891,617</u>	<u>3,437,358</u>
EXCESS OF REVENUE OVER EXPENSES FROM OPERATIONS	<u>362,678</u>	<u>736,754</u>
OTHER INCOME (EXPENSES)		
Amortization of deferred contributions - capital assets	470,667	467,227
Gain on disposal of assets	800	-
Amortization of capital assets	(803,984)	(800,434)
	<u>(332,517)</u>	<u>(333,207)</u>
EXCESS OF REVENUE OVER EXPENSES	<u>\$ 30,161</u>	<u>\$ 403,547</u>

THE Y BY NUMBERS!

\$1,147

Raised at the
Nashwaaksis Y's Men's
Club Community
Breakfast for Strong
Communities.



146

Members received
financial assistance.



14

Single parents with
children in the
Family Friend
Program.



20

New staff members in
the Aquatics
Department.



\$22,162

Amount of money
raised on Giving
Tuesday.



COMMUNITY IMPACT 2022

THEY BY NUMBERS!



10
 Monthly Fitness Challenges!



\$901
 Raised from the Epsilon
 Y Service Club
 Women's Bake &
 Craft Sale!

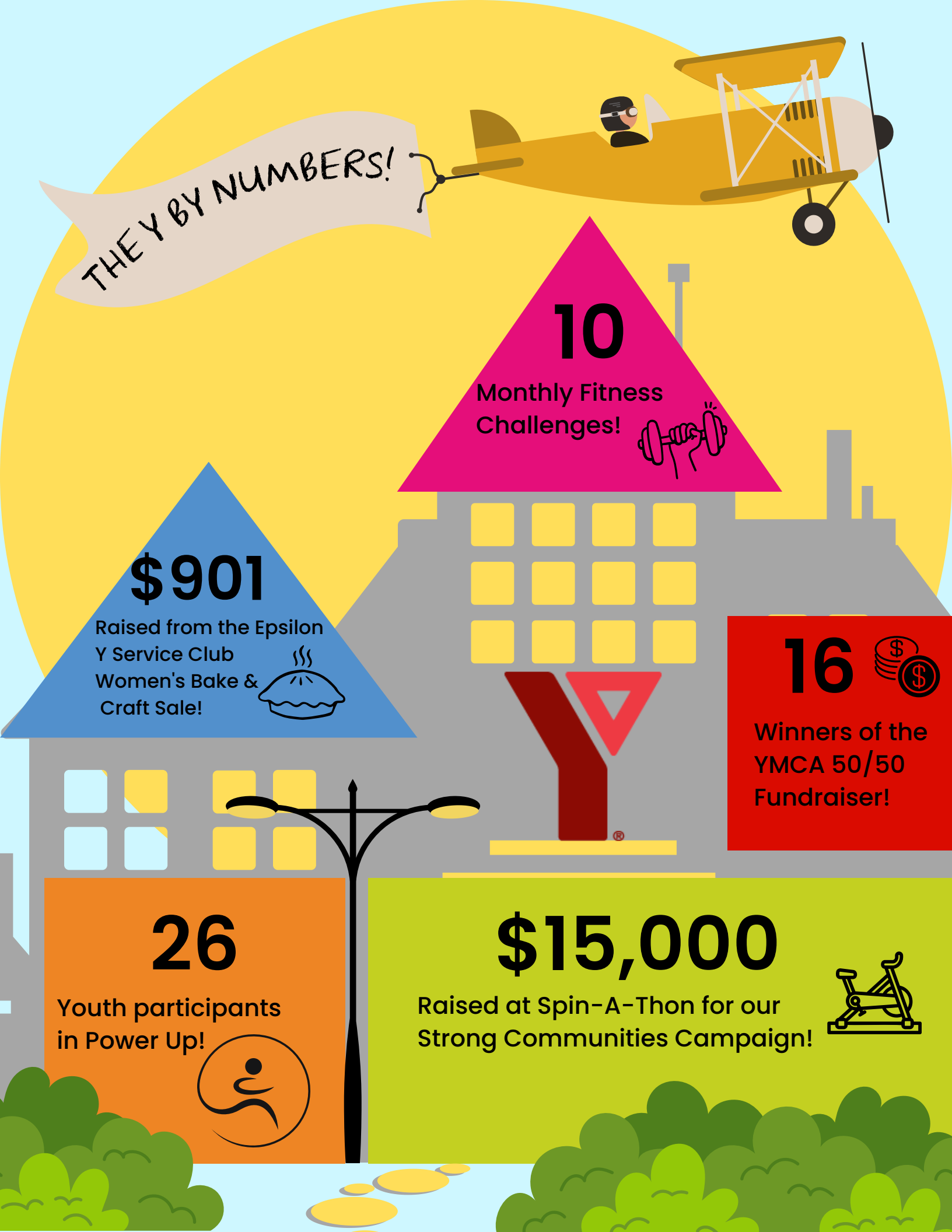


16 
 Winners of the
 YMCA 50/50
 Fundraiser!

26
 Youth participants
 in Power Up!



\$15,000
 Raised at Spin-A-Thon for our
 Strong Communities Campaign!



POWER UP YOUTH PROGRAM

POWER UP YOUTH PROGRAM EMPOWER YOURSELF. BECOME INSPIRED.

POWER UP is a youth outreach program designed to engage youth (grades 6 – 12) by helping them grow and become a part of their community. This YMCA of Fredericton initiative brings youth together to participate in activities while gaining life skills that will empower them to reach their full potential. **POWER UP** is a unique program that provides youth the chance to choose the activities that they will participate in as a group. This will offer freedom of choice and provide youth the opportunity to build leadership skills. With a focus on community and personal development, this program is an ideal resource for all high school students.

POWER UP is an inclusive program and welcomes youth of all abilities, genders, and physical activity levels.

What we do:

- Meet weekly on Friday evenings throughout the year
- Provide participants with opportunities to take part in personal development
- Provide an inclusive environment for youth of all abilities, genders, and physical activity levels.

Youth Benefits:

- FREE YMCA Membership
- FREE food at every session
- Offers a safe-space for youth and makes them feel a part of community
- Offers an inclusive environment
- Personal development and volunteer opportunities



Opportunity Abounds At the YMCA Meet Heidi and Claudia

Heidi Johnston is hosting Claudia as an exchange student. As a newcomer to Fredericton, Claudia was keen to get out and make friends, both at her new school and in the community! Even though Heidi and Claudia were on the same page, Heidi had concerns about Claudia's safety in a new city. Heidi's friends convinced her that the YMCA would be a perfect place for Claudia. "My friends told me about all of the good things the YMCA is doing to provide youth with fun and engaging opportunities." Heidi later found out about the "Power Up!" program for youth, and realized this would be perfect for Claudia!

A huge bonus to the Power Up! program is the free membership to the Y that's included! Claudia has gotten into volleyball and keeping fit in the Wellness Centre. Claudia tells us, "The YMCA provides different opportunities for me and people my age. Especially, as a student on an exchange program, I get to meet people in the community, make new friends outside of my school and I have the chance to exercise. It is safe and the building is newer. And the people here are so nice!"

The YMCA is a safe, warm and welcoming place for all young people in our community, and we're so happy to have Claudia join us for the school term!

Registration for the POWER UP program takes place every September at the start of the school year. Please visit our website for more details.

<https://fredericton.ymca.ca/global-community/power-up-youth-program/>

