

**YMCA of
Kingston**



Community Impact

2017 REPORT

Community Starts Here

This is a time of exciting change and opportunity for the YMCA of Kingston. We are moving into a new phase with a commitment to work more closely with the YMCA of Brockville and Area, starting with a new shared CEO. This is an opportunity to bring together two strong community YMCA's and better develop and align the great talent that we have.

It has been my privilege to lead the Kingston YMCA in the past ten years. There have been so many highlights but there are also so many exciting opportunities ahead. We are exploring the possibility of a new building to replace Wright Crescent and we are pleased that several community partners are interested in joining with us. We are grateful for the ongoing interest of the City, Sophie Kiwala and Mark Gerretsen in the work of the YMCA. Continually the Y is supported by the work of other non-profits in Kingston and their work inspires us.

I am exceptionally grateful for the support of staff and volunteers – they work so very hard and with such passion for the work that the YMCA does each and every day. I'm grateful for the support of the Board of Directors of the YMCA and of RKY Camp and I appreciate their vision and commitment. And finally, I'm grateful for the trust and interest of the members and clients of the YMCA.

Retirement will allow me more time with family, especially my four grandchildren, but know that I will always be a supporter of the YMCA. Thank you and God bless.

Mary Kloosterman
CEO

Board Chair

This year's Annual General Meeting is truly a signal of change for the future. In many ways it is bittersweet as the Y says farewell to Mary as she heads into a much-deserved retirement – and perhaps new challenges as her life moves into this new chapter. The halls will be just a bit quieter as the sounds of Mary's voice isn't heard echoing as she encourages a staff member or engages with a member about the latest happenings at the Y. Her vision for the Kingston Y has taken it from an organization working hard to move forward from a significant expansion completed just as she arrived in the job, to a point where we are exploring exciting opportunities to extend the Y presence across eastern Ontario. Her leadership has been pivotal throughout her time here – and I am comforted knowing that she will be bringing her considerable talents to the work of engaging with the Brockville Y to create a broader and stronger YMCA presence in the region.

The work that has been accomplished over the past year would not have been possible without an engaged and committed Board of Directors. I want to take this opportunity to recognize and express my sincere appreciation for their ongoing work and support of me in my role as Chair and in guiding the work of the organization through our many Board and committee meetings.

It has been a privilege to lead the Board during a very busy year, and look forward to continuing to support the work of Y Kingston in the coming year.

Richard Christie
Board Chair

Mission

The YMCA of Kingston is a “community-centred” Canadian charity where members, volunteers, and staff work together to foster the development of spirit, mind, and body of individuals and families.



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Anita Mercier,
Manager, Funds
Development

Jessica Robson,
Manager, Funds
Development

Jill MacDonald,
Manager, Child Care
Services

Nelson Pereira,
Manager, Plant &
Facility

945 children and youth received financial assistance for Membership and Recreation Programs at the YMCA of Kingston



Family Health starts here.

711 days of care and
17,064 hours of care provided to participants in our YMCA Pre-School and Toddler Programs

Family health starts here at the YMCA of Kingston. Our YMCA offers something of interests for everyone. Our services cover a broad range of ages (newborn to seniors), recreational to education, different skill levels, individual or group and from physical fitness to socializing, your family has access to overall wellness. The idea is that our members grow with us both in age and mind, body and spirit. Equally as important as it is to eat well, sleep soundly and be happy, I believe it is important to feel a sense of community and health, and that starts here for me and my family.

— Ashley Milligan, School Age Care and Licensed Camp Team Lead



\$15,101.27 in financial assistance was accessed through the YMCA for Child Care and Before & After School Programs

Belonging starts here.

Message from Child Care Services

The YMCA of Kingston begins building a sense of belonging from the first moments a family thinks about enrolling their child in one of our child care programs. We begin by offering them a tour of our facilities so we can meet with them and begin establishing the partnership needed to work together to care for their child. We engage families about the practices that make the YMCA a safe and wonderful place for their child to grow and encourage them to be a part of our programming. We act as a resource sharing our knowledge of child development and work with families to identify any concerns that can be supported by our network of partner agencies. Once a child is in our program, our staff take the time to engage with each child as a play partner, getting to know each child's interests. We build relationships that support each child's current stage of development. We make an effort to connect with each family at drop off and pick up to share information or fun stories about their child's day, which offers the child the sense that they are cared for by all. Our programs are inclusive and the YMCA works to limit barriers, welcoming children of all abilities.

- Jill MacDonald, Manager Child Care Services



1194 assisted Camp Days were provided to children and youth in our communities

477 School Age Children participated in our YMCA After School Programs

Inclusive starts here.

My 9 year old daughter has been involved with the Before and After School Program with the YMCA since she was just shy of 4 years old. She has also attended The YMCA Summer Camps. We have always had such great experiences with both the staff and children being respectful, kind, and inclusive. The staff are always engaging the children in some sort of activity, whether it's crafts, board games, reading stories, or playing in the gymnasium. Many times, I have witnessed the staff speaking with the children about the importance of manners, being empathetic, honesty, and making sure everyone feels included.

- Parent



40 young people learned how to inspire others through leadership programs, preparing them to be the role models our communities need.

Leadership starts here.

1400 children learned to swim at the YMCA of Kingston in 2017

Youth Leadership

The Youth Leadership Program, or YLP as we call, it is an enrichment program that we offer to youth ages 13-16 years. It allows youth in our community to develop not only leadership-based skills but also life skills. This program is important for youth, our YMCA and our community. Our youth learn a variety of skills and important lessons. Starting from what is a leader, and what does leadership mean, to discussing respect and ownership, how to write a resume and applying for a job. These lessons allow youth to be active and become positive role models in their own social communities, at school and with their extra-curricular activities. The youth in YLP benefit our own YMCA as we consider this a great training program for them to become volunteers in many of our youth recreation programs. This allows them to mentor kids in various sports and art-based activities where they can further develop their leadership skills and tool boxes. Finally, YLP is important for our community. Our youth become strong, confident and prosocial Kingstonians. They are able to take their newly developed skills with them for the rest of their lives and implement them in new ways every day.

- Amanda Dyson, Membership Services and Youth Recreation

Courage Starts Here

“The Y changed the direction of my life.” That’s how Tracy Vallier describes what the YMCA of Kingston means to her.

When Tracy’s ex-partner started abusing her, she was paralyzed with fear. It’s hard to trust your reality, when someone has the ability to make you believe you are wrong. Thankfully, Tracy was able to escape from the violence. As a young, now single mother, Tracy explained that at that time, “I lost my confidence. My sense of self had disappeared. I had no money. I lived in fear. Then I found the Y and everything changed.”

Tracy was left suffering from aftershock of abuse and diagnosed with Post Traumatic Stress Disorder (PTSD). She was directed to attend programming at the YMCA of Kingston by her counsellor, who knew that physical activity can be essential in promoting psychological well-being during times of stress.

Although financially unable to pay the full membership rate, Tracy was able to join the YMCA of Kingston by accessing the donor supported financial assistance program. It’s because of the support of community members like you that financial assistance is available at all three of our YMCA locations to those who feel they would benefit from joining the YMCA but are financially unable to pay the full general membership and/or program fees. Because of donor support, the Y was there to help Tracy rebuild her life.

Each day, Tracy found the courage to lace up her running shoes and take step after step at the Y in an effort to reconnect with herself and undo the damage. She watched as her stress became more manageable. Tracy began to feel like she was back in control and eventually even felt empowered.

Exercise helped Tracy cope with the prison of fear and anxiety her PTSD symptoms created. By the end of her first year as a Y member, Tracy not only found an inclusive, supportive community to belong in, but also found a new career path – taking internal YMCA training to become a fitness professional.



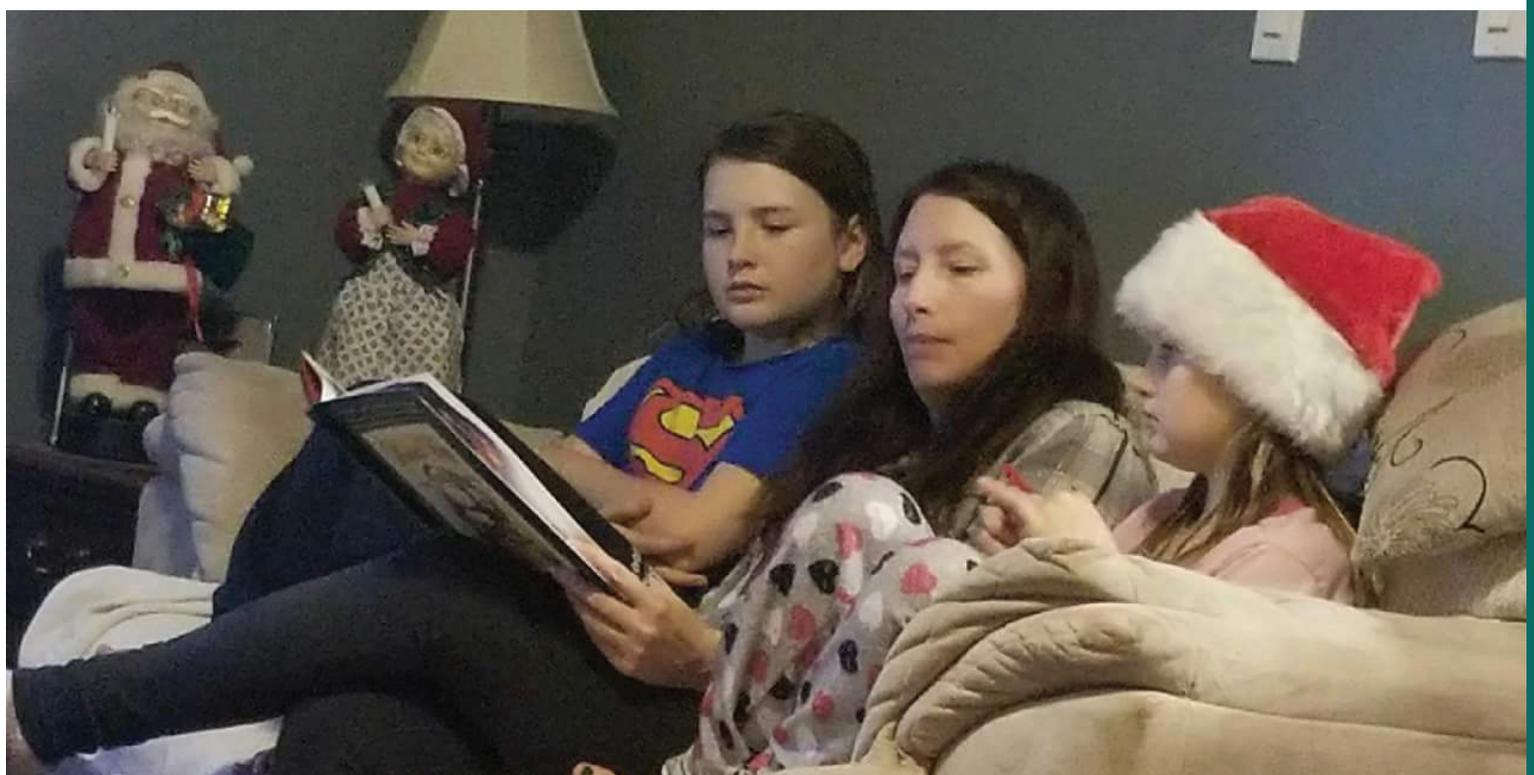
Courage Starts Here

As Tracy moved from a Y member into a new role as a staff member, she knew that she wanted to help others find health through joining the safe and supportive community at our Y.

Unfortunately, hardship found Tracy and her family again, when in 2015 her youngest daughter, Alison, was diagnosed with Acute Lymphoblastic Leukemia. It was at that time that the power of the Y community came out in droves.

As a vital part of our neighbourhood and community, the Y's safe, supportive network of staff, volunteers and members helped Tracy and her family. Tracy's eldest daughter, Nicole, found herself grounded in the Y community as her mother attended to the health needs of her sister. Nicole joined the Y Jump Rope program and eventually took on a leadership volunteer role with the Jump Rope team. Once Alison's treatments ended, she enjoyed returning to the Y for swim classes and engaging in the Jump Rope team.

"Everything was in turmoil, you have a critically ill child, you're no longer working, you're spending all your time at the hospital, with me I also had another child - it's been an interesting road to say the least," described Tracy. "But the Y and our Kingston community was there for our entire family every step of the way."





I've worn many hats during my 4 years here at the Y - worked in several different departments and locations - and I feel my vision of the Y is both diverse and organic. First on a personal note: The Y was an integral part of my life while I was completing my undergrad. A typical day for me looked something like this: 8:30am Cardio Intervals class at the Y, class between 10 and 2, then returning to the Y for an evening shift at the desk. It was the cornerstone of my day - my source of fitness, as well as employment. And my day wasn't complete without it. My fellow classmates at either Yoga or Cardio Intervals were exemplary Y members and my observation and participation in the daily workouts showcased to me the true super power of the YMCA: our ability to include. Our commitment to taking down walls between people and fitness is also very clear to me, women of all ages, sizes, and abilities came to these classes (and a few men). While I was flying by the seat of my pants to get ready and catch my bus I also witnessed one of the Y's other super powers: providing community. After class, many of the ladies from class sat down at the café for a coffee and a chat. My job at the desk lets me connect with so many people and I know I value that sense of community so I can only imagine how members feel coming to our building not only for a workout but for a sense of identity. We really take on our role as a community pillar that provides social connection, a sense of belonging, and a place to go for so many different kinds of people. People have Fun when they come to the Y. I heard somewhere that you can measure the health of a workplace by the amount of laughter and that is so true of the Y. Between staff, between members, the greatest barometer of fun and of health is in the laughter.

- Mercedes Morris, Membership Services and Youth Recreation



"As usual, a truly wonderful experience at the Kingston Y. It got me through some very hard times when my parents passed away at KGH in 2015. Still holds a special place in my heart - the Y and the Kingston community."

- YMCA of Kingston member

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Summarized Financial Results

	2017	2016
Assets		
Current Assets		
Cash	\$ 792,681	\$ 708,169
Accounts receivable	129,864	126,302
Prepaid expenses	11,914	6,104
	<u>934,459</u>	<u>840,575</u>
Capital Assets	<u>8,154,391</u>	<u>8,544,139</u>
	<u>\$ 9,088,850</u>	<u>\$ 9,384,714</u>
Liabilities		
Current Liabilities		
Accounts payable and accrued liabilities	\$ 556,219	\$ 568,277
Deferred revenue	173,052	89,592
Deferred revenue - St. Lawrence College	33,074	57,107
Scheduled repayments for long-term debt	326,971	387,602
	<u>1,089,316</u>	<u>1,102,578</u>
Current liabilities before callable debt	116,600	3,482,294
Callable debt	<u>1,205,916</u>	<u>4,584,872</u>
Long-Term Debt	3,039,131	-
Unamortized Contributions for Capital Assets	2,479,279	2,538,806
	<u>6,724,326</u>	<u>7,123,678</u>
Net Assets		
Investment in Capital Assets	2,192,410	2,135,437
Internally restricted	100,000	-
Unrestricted	72,114	125,599
	<u>2,364,524</u>	<u>2,261,036</u>
	<u>\$ 9,088,850</u>	<u>\$ 9,384,714</u>

Note - financial information has been taken from the association's financial statements audited by Secker Ross & Perry LLP

Summarized Financial Results

	2017	2016
Revenue		
Childcare services	\$ 2,892,371	\$ 2,634,874
Membership services	2,577,639	2,654,285
Donations and fundraising (excluding capital gifts)	369,145	270,622
Administration	365,746	353,895
St. Lawrence College Campus	356,755	365,393
Day camps and school break programs	322,278	337,836
Amortization of deferred contributions related to capital assets	147,596	133,353
Community and international outreach	126,015	62,748
Aquatic programs	92,019	87,987
Child and youth programs	38,699	22,263
Y Abilities programs	25,113	42,154
Adult programs	8,250	9,563
	<u>7,321,626</u>	<u>6,974,973</u>
Expenses		
Child care services	2,070,383	1,982,836
Plant and facility	1,281,904	1,261,737
Administrative	1,068,882	1,003,558
Membership services	771,411	764,337
Aquatic programs	536,578	508,427
Amortization capital assets	491,679	513,509
St. Lawrence College Campus	356,755	365,393
Day camps and school break programs	206,433	201,653
Interest on long-term debt	148,962	163,675
Community and international outreach	127,960	69,009
Child and youth programs	95,845	65,773
Y Abilities programs	52,328	66,242
Adult programs	3,670	3,893
	<u>7,212,790</u>	<u>6,970,042</u>
Excess of revenues over expenses before the undernoted items	108,836	4,931
Loss on disposal of capital assets	5,348	53,447
Excess (deficiency) of revenues over expenses for the year	<u>\$ 103,488</u>	<u>\$ 48,516</u>



Registered Charity # 10822-5418-RR0001



www.kingston.ymca.ca

YMCA of Kingston

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Y West

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Student Health & Athletic Centre

100 Portsmouth Avenue
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(613) 545-3939