



Shine On

2025

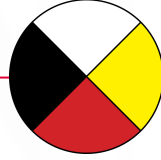
YMCA of Eastern Ontario

# Annual Report

[eo.ymca.ca](http://eo.ymca.ca)

# STATEMENT OF TRUTH & RECONCILIATION

---



*We acknowledge that the work of the YMCA of Eastern Ontario takes place on the lands and waters of the Anishinaabe (Ah- nish-in-ah-bay), Haudenosaunee (Ho-den-o-show-nee), Algonquin and Huron-Wendat people. We are grateful to be able to live, learn and play on these lands.*

*To acknowledge this traditional territory is to acknowledge its significance for the Indigenous Peoples who live and gather here, and whose practices and spiritualities are tied to these lands and waters.*

*Let us also acknowledge the longer history of this territory – a history that predates the establishment of the earliest European colonies. And one that - since colonialism – has been imbued with systemic displacement and harms to First Nations, Metis, and Inuit Peoples. These atrocities caused continual intergenerational trauma that cannot be ignored.*

*We invite you to reflect on this acknowledgement and what you can do – in your own lives, and in the work you do with the YMCA, to advance the promise of Truth and Reconciliation .*



The Four Sacred Medicines:  
Sweetgrass, Tobacco, Cedar and Sage

# Table of **Contents**

- 01** Letter from our CEO & Board Chair
- 07** Board of Directors & Leadership Team
- 08** Y Stories
- 09** Our Impact
- 16** Donors & Grantors
- 22** Financials



Leading with Purpose,

## Inspiring the Future

Dear Friends of the  
YMCA of Eastern Ontario,

Reflecting on 2025, we look back on a year defined by growth, responsiveness, and a deepened commitment to the communities we serve. Across Eastern Ontario, the need for accessible, inclusive, and supportive spaces continues to evolve. In the face of this, the YMCA of Eastern Ontario remains grounded in our purpose, to ignite the potential in people and communities, responding with care, intention, and impact.

Guided by our values of inclusiveness, caring, respect, responsibility, and honesty, our work this year was anchored by our annual campaign, Inspire the Future. This theme reflects both a call to action and a shared belief: that by investing in people today, we help shape stronger, more connected communities for tomorrow. Thanks to the generosity of our donors, the strength of our partnerships, and the dedication of our staff and volunteers, we continue to remove barriers and expand access to programs that support health, belonging, and opportunity, creating moments that matter for individuals and families across our region.

## Creating a Community for Everyone

Our strategic priorities remain central to this work. Guided by our Bridge Strategy, we are creating a community for everyone by embedding equity, diversity, and inclusion into our practices, leadership, and community engagement. We continue to forge purposeful partnerships that extend our reach and deepen our impact, while striving for excellence by investing in our people and strengthening the quality and accessibility of our programs and services.

In 2025, we made meaningful progress in expanding both our reach and our infrastructure. We officially broke ground on a capital project to expand and update the Brockville YMCA, an important investment that will enhance our ability to serve the community for years to come. In Kingston, we are proud to continue a partnership with the City on the development of a new Centre of Community at the INVISTA Centre, helping to shape a new shared space that will foster connection, wellness, and belonging.

We also expanded early years programming with the opening of a new childcare centre in Gananoque, creating 39 new spaces for children and families. This addition demonstrates our ongoing commitment to increasing access to high-quality, nurturing care in the communities we serve.

Our commitment to meeting communities where they are was further reflected in new and expanded municipal partnerships. In the Township of North Dundas, we are operating two outdoor summer pools, increasing access to recreation and water safety for residents across the region. Because of these collaborations, individuals and families, regardless of where they live, have access to welcoming spaces and opportunities to stay active and connected.



Pictured above: Rob Adams, CEO; Corinna Smith-Gatcke, Warden, United Counties of Leeds and Grenville; Steve Clark, MPP; Vicki Leakey, Deputy Mayor, Town of Gananoque; and Jill MacDonald, Senior Director, Association and Child Care Services.



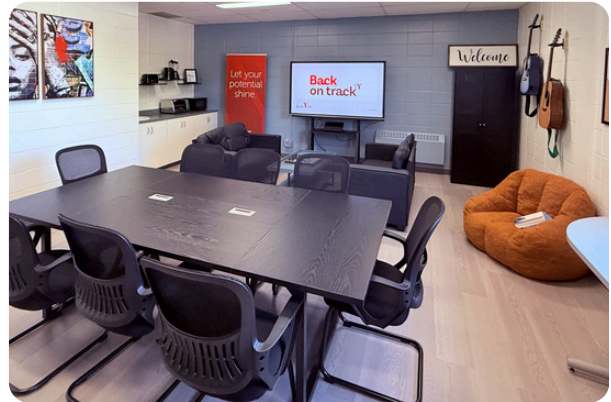
## Forging Purposeful Partnerships



Pictured above: Rob Adams, CEO; Krishna Burra, Director of Education, Limestone District School Board; and other senior staff from the Limestone District School Board and YMCA attending a Frontenacs game with J.G. Simcoe students.

Youth programming continues to be a cornerstone of how we Inspire the Future. In Kingston, we expanded the Work Hard, Eat Well (WHEW) program to J.G. Simcoe Public School in partnership with the Limestone District School Board, reaching younger youth in the Rideau Heights community with consistent access to nutritious food, positive role models, and supportive programming.

We also continued to strengthen our support for students through the evolution and expansion of our Back on Track program (formerly the Alternative Suspension Program). In 2025, the program grew to include the Algonquin and Lakeshore Catholic District School Board and expanded into Brockville through a new partnership with the Catholic District School Board of Eastern Ontario. By broadening access to this program, we are helping more young people stay connected to their education, build resilience, and move forward with confidence.



This past year once again demonstrated the strength of community. Whether through partnerships with school boards, municipalities, or local organizations, or through the generosity of those who support our mission, we are reminded that lasting impact is never achieved alone. It is through collaboration and shared purpose that we are able to respond to emerging needs and create spaces where everyone can thrive.

As we look ahead, it is the resilience, potential, and stories of the individuals and families we serve every day that will continue to Inspire the Future. Together, we are not only responding to today's challenges, we are helping to build a stronger, more inclusive future for Eastern Ontario.

With gratitude,

Handwritten signature of Rob Adams.

Rob Adams,  
CEO, YMCA of Eastern Ontario

Handwritten signature of Kristin Smith.

Kristin Smith,  
Chair, YMCA of Eastern Ontario  
Board of Directors

## Leadership Team

**Rob Adams**  
Chief Executive Officer

**Maribeth Graham**  
Director, Finance and IT

**Jill MacDonald**  
Senior Director, Association and Child  
Care Services

**Nelson Perieria**  
Director, Facilities

**Brittiney Poffley**  
Senior Director, Programs and  
Community Impact

**Judy Sakell**  
Director, People Development and  
Employee Wellness

**Emily Wimpenny**  
Director, Philanthropy and Brand

## Board of Directors

**Kristin Smith**  
Chair

**Roger Romero**  
Vice Chair

**Mike Gaylord**  
Treasurer

**Don Lewis**  
Secretary

**William Beattie**  
**Deanna Bennett**  
**Christopher Clarke**  
**Scott Gee**  
**Pamela Havery**  
**Mandana Liao**  
**Sarah Morton**  
**Cameron Nevay**  
**Margo Watson**

Retired in 2025  
**Elaine Armstrong**  
**Patricia Kerth**  
**Charlotte Patterson**  
**Ariel Wambaugh-Larocque**



Ashley McQuay,  
Program Staff;  
and Tiana



## Finding My Confidence at the YMCA

Tiana's Story  
Work Hard, Eat Well Program



My name is Tiana, I'm 12 years old, and I've been part of the YMCA's Work Hard, Eat Well program for five years.

When I first joined, I was really nervous. Trying something new felt scary, and I didn't know what to expect.

*"After my very first day, something changed  
—I started to feel safe."*

At first, I was also a picky eater—especially when it came to fruit. But through the program, I learned about fitness and healthy living in a fun way, through games and shared meals. I made friends and built confidence playing games like dodgeball and octopus.

*"After that first session,  
I knew I wanted to come back."*

Over time, the program became more than just somewhere to go after school—it became a place where I could grow. The staff were kind and supportive, and they made me feel like I belonged.

Now, I can see how much I've changed. I'm more confident, more independent, and more willing to try new things. I also love helping others.

Because of what I've learned, I've started giving back by helping with the Crafty Kids program at Wright Crescent, and I stay active in my community through sports.

*"The YMCA believed in me before I fully believed  
in myself—and that made all the difference."*

One day, I hope to become a YMCA volunteer, and maybe even a staff member, so I can help other kids feel welcomed and supported too.

*"Because of the YMCA, kids like me have the  
chance to grow into who we're meant to be."*



## **When People Shine, Communities Thrive**

These numbers tell the story of the YMCA's impact in 2025 — moments of care, growth, and connection made possible by community support.



## Early Years & Child Care

*Building strong starts for children and families across Eastern Ontario*

**720**

Families supported with trusted YMCA child care

**960**

Children received care through YMCA programs

**138,488**

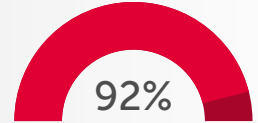
Total days of child care delivered

**371**

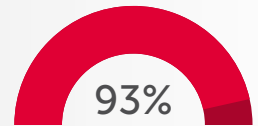
Young learners participated in early years development programs

**13**

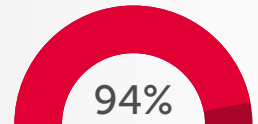
Licensed home child care providers across our region



of caregivers say staff are responsive and actively engaged in meeting their child's needs.



of caregivers feel that educators at our centre truly know and care for their child



of caregivers feel accessing YMCA Child Care has improved their child's wellbeing

*"It's comforting to know our child is in a place where they feel secure and excited to learn each day.*

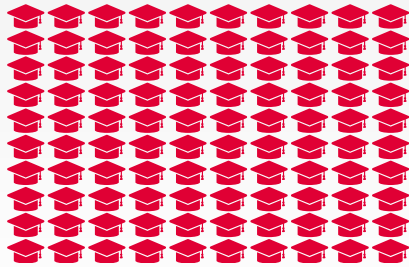
*The care from the educators truly shows, and it gives us real peace of mind."*





## Youth Engagement & Support

*Creating safe, supportive spaces for youth to connect, grow, and thrive*



**120**

High school credits earned through YMCA Student Impact Program

**5,600+** After School Drop-In visits

**320** Summer program experiences at the Bermout

**100+** Students supported through the Alternate Suspension Program

**6,825** Days of meaningful youth engagement through the Student Impact Program





## Health, Fitness & Aquatics

*Promoting wellness, confidence, and inclusion for all ages and abilities*

**23,000**

YMCA members

**37,800**

Swim lesson days delivered

**400+**

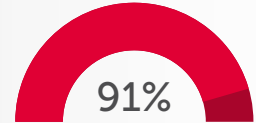
Aquatic leadership certifications earned – developing future lifeguards and role models

**535,000+**

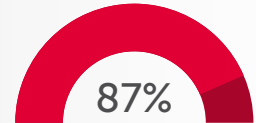
Visits to YMCA facilities

**12,400+**

Total Summer Camp days delivered



of members believe their YMCA is inclusive, safe, and welcoming, where they and their families feel accepted and supported by caring staff and volunteers.



of members say the YMCA has improved their well-being, supported their fitness goals, and that staff and volunteers genuinely care about their member experience.





## Community & Social Impact

*Fostering belonging and resilience across our communities*

Days of safe housing provided

**2,500+**

Local youth participated in our free Work Hard Eat Well programs

**477+**

Local community partners working with us to spark change

**75**

Communities connected to YMCA services through municipal partnerships

**11**



**30,000+**

Meals served to local youth



Pictured above: City of Kingston council members, senior staff and Kinsmen Club of Kingston members helping to serve Christmas dinner for WHEW program participants and their families.



## Sparking Belonging

### *Connecting Communities*

The YMCA of Eastern Ontario is proud to serve and support the vibrant communities we call home. Whether through child care, employment programs, health, fitness & aquatics, or community outreach, we help individuals and families shine – because when one of us shines, we all do.

# Thank you!

To all our donors and grantors.

Your gift provides support to kids, youth, families, adults and seniors in our communities so they can access healthy programs, safe spaces and positive social connections. 100% of funds raised are directly reinvested into local communities, helping ensure everyone has the opportunity to belong, grow and thrive.

Great care was taken to ensure accuracy of donors who gave in 2025. We apologize for any errors or omissions and ask that you let us know.



1 in 4 members  
received financial  
assistance to access  
programs



1 in 3 campers  
received financial  
assistance to access  
programs

**\$50,000+**

Beatty Family Charitable  
Foundation Inc.

Foundation of the  
YMCA of Eastern Ontario

Canarm Ltd.

The Kinsmen Club Of  
Kingston Dream Home  
Lottery

The Estate of Larry G. Gibson

Community Sport &  
Recreation  
Infrastructure Fund

Government of Canada/  
Canada Summer Jobs

---

**\$10,000+**

up to \$49,999

Anonymous - 1  
Brockville and Area Community  
Foundation Fit Kids Fund  
Britton Smith Foundation  
Brockville Hyundai  
Burnbrae Farms Foundation  
LiUNA Local 183 Charitable Foundation  
McDonalds RKJL Foods Ltd.  
Ontario Trillium Foundation  
T.A. Andre & Sons (Ontario) Ltd.  
The May Court Club of Brockville  
United Way of Leeds & Grenville  
United Way of Kingston, Frontenac,  
Lennox & Addington

**\$5,000+**

up to \$9,999

Northern Cables Inc.  
Orogenic Inc.  
Taggart Parkes Foundation

## DONORS & GRANTORS

---

# \$1,000+

up to \$4,999

Healthy Eating Better Living  
Hornblower Cruises  
Houle Plumbing and Heating/ 1910659 Ontario Inc.  
JCA Electric Account /2844256 Ontario Inc.  
Kingston Community Credit Union  
Kingston Plate & Window Glass  
McDougall Insurance Brokers Ltd,  
MicroAge Kingston  
R & M Mechanical/ 2498090 Ontario Limited  
RBC Dominion Securities/ Wealth Management  
Secureway #2494077 Ontario Ltd.  
Strategic Charitable Giving Foundation,  
Mcphee Family Fund  
The Foundation of Greater Montreal,  
Chilward Foundation  
The Hudson Burnbrae Foundation  
The Neighbourhood Sharing Centre  
The Sandbox Project

# \$1+

up to \$999

Charities Aid Foundation Canada  
Chawla Family Charitable Foundation  
Crossroads United Church  
Fotenn Planning + Design  
Jacma Foundation  
Kinsmen Club of Brockville  
Lovers atWork Office Furniture  
NATIONAL Public Relations  
Parish of the St. Lawrence Anglican  
Church Women  
Pricedex Software Inc.  
Private Giving Foundation,  
Talbot Allan Family Fund  
The Cataraqui Golf & Country Club  
United Way East Ontario

# Donations

## In Honour of

Tanya & Scot Birnie  
Eric Bogstad  
Ron Mcphee  
Joan Molnar  
Cameron Nevay

## In Memory of

Richard Dumbrille  
Colleen Gareau  
George Smith



*Thank you!*

# Individual Donors

Anonymous (2)	Margaret Clark-Lamarche	Jim Hamilton	Nancy MacLean
Jasia Abbas	Christopher Clarke	Jan Hartgerink	Tabatha Maloney
Doris Adams	Maria Clarke Wimpenny	Carroll Hartry	Robyn Martinez
Rob Adams & Jean McFeely	Neil Clarke	Pam Havery	Barbara Mason
Stephanie Allard	Eloise Coleman	Brenda Haystead	Murdoch Matheson
Tim Alton	Jennifer Compeau	Cynthia Helsby	Breanne Matthews
Johane Anderson	Melody Crites	Johnny Ho	Reina McDowell
Patricia Appleyard	Pamela Cullen-Anderson	Roger Hodgkinson	Ian & Mary Jean McFall
John Armitage	Kruti Dalvi	Gordon & Cheryl Hough	Neil McFeely
Elaine Armstrong	John Daly	Anna Hudson	Gerald McGrath
Michelle Arsenault	Danielle Daviau	David Hunter	Maureen McGuire
Lorraine Arthur	Diana Deakin-Thomas	Chima Ihekwoaba	Elizabeth McIntosh
Lois Austin	Lawrence Dempsey	Kathryn Innes	Brent McIntyre
Farshad Babadi	Judith Dennee	Pierrette Janzen	Neil & Karin McVean
Shirley Bailey	Sandra Devaney	Jose Jimenez-Fondeur	Anita Mercier
Beverley Barr	Varun Dhawan	Nipin John	Susan Miklas
Cynthia Beach	Eileen Doner	Dusty Johnston	John Mirski
Bill Beattie	Linda Dougall	Nancy Jowett	Sarah Molnar
Ron Bell	Dwayne & Joanne Dudgeon	Matthew Kelsey	Fiona Montgomery
Deanna Bennett	Sarah Jane Dumbille	Marian Kendrick	Shelley Montgery
Scott Bennett	Lesley Dunning	Terri Kennedy	Andrew Morton
Brian Berghuis	Loan Duong	Jennifer Keogh Martel	Sarah Morton
Francesca Bergschneider	Margaret Elliott	Patricia Kerth	Barry & Lori Moss
Franceen Berrigan	James Fairfield	Tim Kingston	Richard Myers
Martin Blaser	Stephanie Feltmate	Richard Kizell	Cameron Nevay
Peter Bly	Amy Ferguson	Zhiping Kovich	Dan Nguyen
Eric Bogstad	Mike Ferris & Jennifer Burns	Jay Kyle	Catherine Nooyen
Patricia Bogstad	Crystal Fitzpatrick	Ann & Ken Lacey	Mark & Barbara Norton
David Bolger	John Flannigan	Laura Lake	Derek OBrien
Cameron Brown	Kyle Ford	Wendy Lang	Elaine & Gordon O'Byrne
Hilary Brown	Kyle Frank	David Latour	Juliet Okene
Anne Brunner	Keith Fraser	Stephen Lauridsen	John Pattemore
Chris Butler	Bryan Fry	Evelyne Laurin	Karen Pattemore
Isabel Cameron	Andrew Gajadhar	René Lemieux	Charlotte Patterson
Barry Campbell	Michael Gaylord	Brian Levitt	Emily Patterson
John Cardinal	Scott Gee	Don Lewis	Steve Pecoskie
Michelle Cardinal	James Gilbert	Mark Lewis	Martha Pelton
Anita Carley	Wayne & Nancy Gollogly	Mandana Liao	Robert Pereira
Bob Castle	Shirley Gonu	Vishnu Lilhardar	Cheryl Peterson-Moon
Ada Chambers	Sherry Gowdy	Qin Lin	Brandon Pilch
Denis Champagne	Brian & Kim Grady	Joanne Lockyer	S Pn
Danielle Charbonneau	Maribeth Graham	Hermie Lorio	Brittiney Poffley
Jenna Charman	John Grenville	Larry Lunman	Susan Power
Edward Chown	Jim & Mary Haddow	Anne Lusby	Richard Prendergast
Margrit & Lawrence Choy		Jill MacDonald	David & Judy Publow
Jane Ciszewski		Kathy MacDonald	Adam Pye
		Greg Machado	Yogesh Rattan

*Thank you!*

# Individual Donors

John Raymond  
R Reh  
Jeff Rice  
Dave Riddell  
Roger Romero  
Adrienne Rose  
Charles Ruigrok  
Melissa Ruigrok  
Louise Rust  
Joseph Ryan  
Jim & Norma Sabourin  
Patrice Sabourin  
Gloria Saccon  
Judy & Stephen Sakell  
Abbey Saunders  
Rebecca  
Schapelhouman  
Peter Schell  
Maria Schmidt  
Courtney Searson

Jennifer & Steven Sechi  
Sid Sharma  
Rosemary Sheahan  
Campbell Ian Sidders  
Samantha Sirois  
Neil Smigelski  
Jean Smith  
Kristin Smith  
Michael Smith  
Reginald Smith  
Margaret Storrier  
Liming Tang  
Carla Taylor  
Terence Thomas  
Carrie Thompson  
Matthew Truong  
Gillian Turnbull  
Kathleen U'ren Taylor  
John Van Oostrom  
Nancy Van Ulden

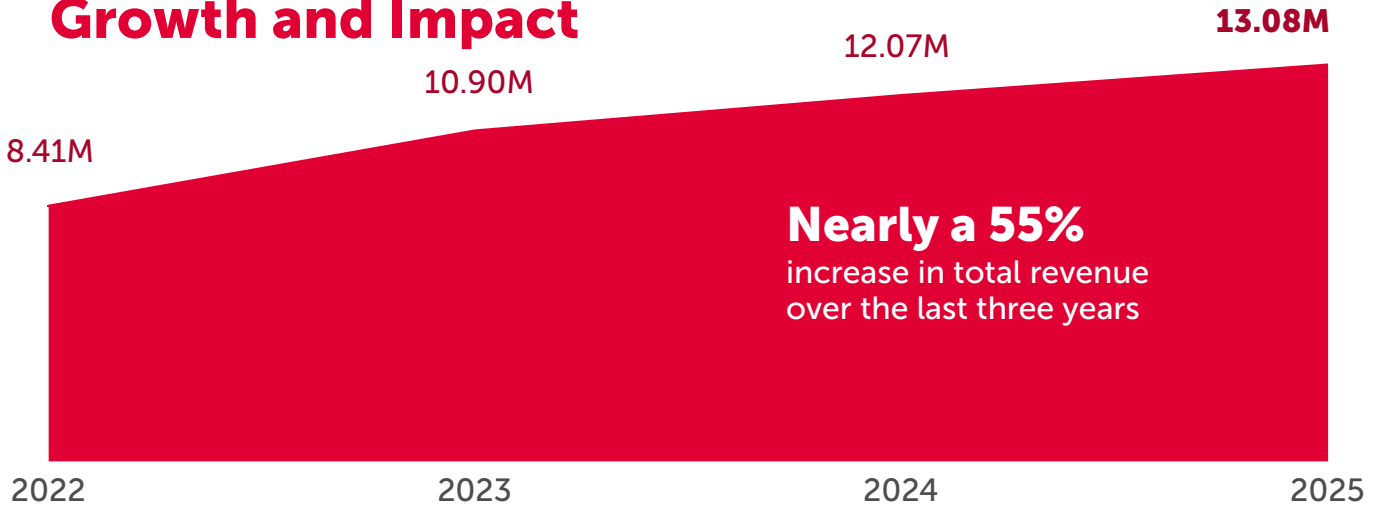
Jane VanderBaaren  
Luke VanderBaaren  
Richard Van Laren  
Karla Paola Villa Guevara  
John Waddington  
Margo Watson  
Erin Webster  
Chantal Wiggins  
Aaltje Wilson  
Emily Wimpenny  
Shelly Wing  
Susan Wooldridge  
Rosemary Wynott  
Tatiana Zurakiwsky



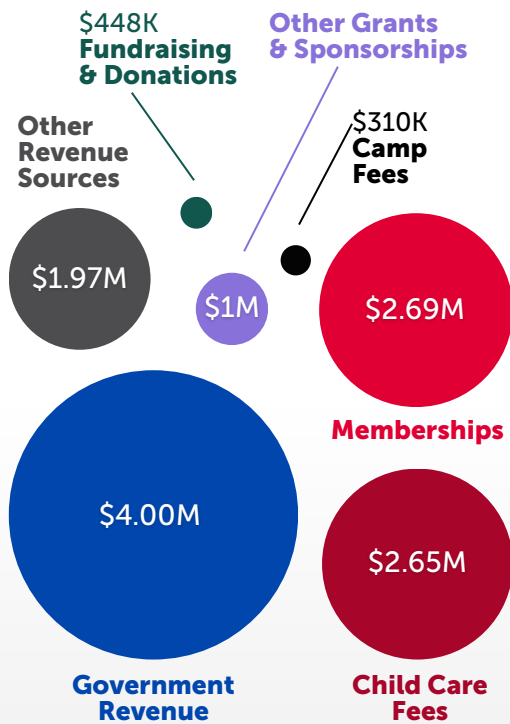
## **Strength in Numbers**

Tracking your dollars at  
work in our communities.

## Growth and Impact

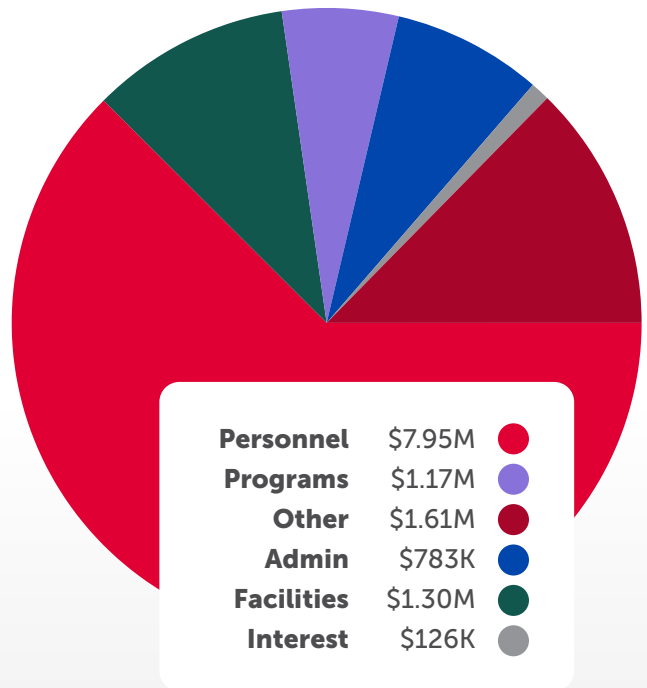


### Where Support Comes From Revenue by Source



Total Revenue \$13.08M

### Where Your Money Goes Expenses



Total Expenses \$12.72M

**Brockville**

345 Park Street, Brockville

613-342-7961

[brk.membership@eo.ymca.ca](mailto:brk.membership@eo.ymca.ca)

**Kingston**

100 Wright Crescent, Kingston

613-546-2647

[kng.membership@eo.ymca.ca](mailto:kng.membership@eo.ymca.ca)

**Kingston East Community Centre**

779 Highway 15

613-546-4291 ext 1907



Charitable Registration No.: 10822-5418-RR0001