

Ignite the Future

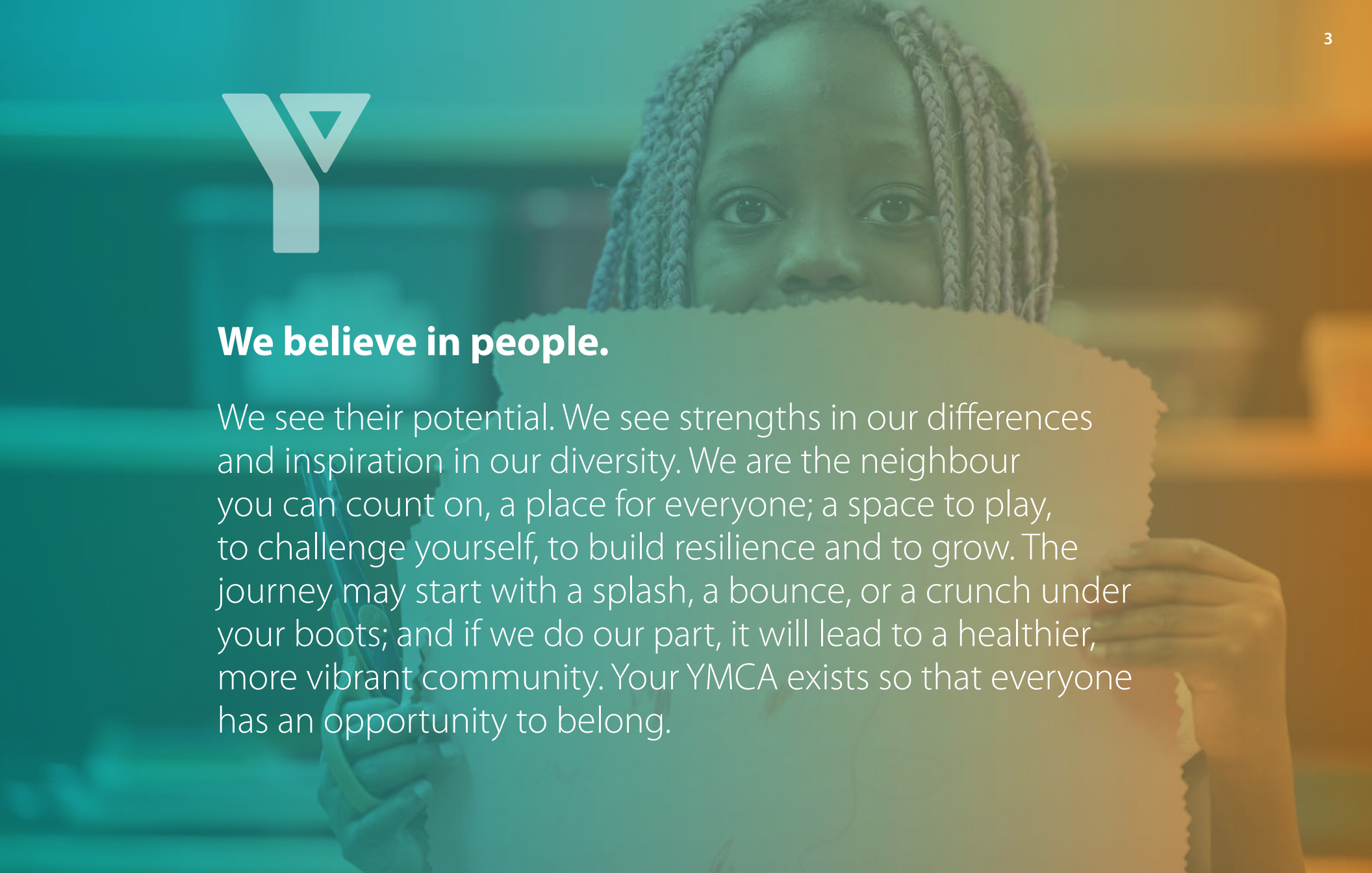
YMCA Calgary Report to Community 2022





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 that everyone has an opportunity to belong.



2022: Year at a Glance

Ignite Belonging

As a community hub,
our spaces welcomed:

214,480

Drop in visits

28

Large scale events

17,305

Hours of lane rentals

4,607

Hours of ice rentals

116

Theatre events

5,183

Participants in the
Calgary Flames Foundation
Grade 6 YMCA membership

9,000

Day and overnight camp attendees

1,885

YMCArts Presents patrons

Ignite Growth

6,200

Vulnerable youth served in our
community through:

- Indigenous programming
- YMIND • Alternative Suspension
- Tutoring Table • Kids In Motion
- YMAP • Teen Vibe

749

Newcomers learned English,
Canadian culture and how to find
a support network through the
Language Instruction for Newcomers
(LINC) program

527

Participants in Indigenous Programs
• More than 150 high school
credits earned

836

Participants in YMCArts classes and
programs:
• 806 Youth • 30 Seniors

280

Tutoring Table participants:
• 129 volunteers
• 87% of students increased their
marks since attending

Ignite Wellness

2,936,532

Member visits

9,400

Individuals and families that received
financial support towards their
programs and services

\$853,698

Total value given for child/youth
support (memberships & programs)

6,696

Subsidized child & youth
memberships

\$2,085,629

Total value given for adult support
(memberships & programs)

6,730

Subsidized adult memberships

Ignite Leadership

29,569

Number of experiences supported
through the generosity of our donors

\$2,970,634

Total donations

\$2,000,000

Government of Alberta support for
the Love, Camp Campaign

1,228

Number of donors

38%

Donor retention from 2021
(11% increase)

1,683

Number of volunteers
• Over 95,000 hours of service

2022

Ignite the Future

When YMCA Calgary opened
its doors, the Eiffel Tower was
the tallest structure in the
world, the average Canadian life
expectancy was 50 years, and
the most common method of
transportation was still the horse
and carriage.

120 years later, things look
a great deal different, but our
commitment to serving our
community remains the same;
we exist so everyone has the
opportunity to belong.

We chose the theme of this
report, *Ignite the Future*, because
we believe YMCA Calgary is
lighting the path forward. For
12 decades, we have played an
important role within the fabric
of our city, offering programs that
lead to a healthier, more vibrant
community. We create spaces to
play, grow, learn and connect.

To continue delivering
for decades to come, we're
working hard to serve the
community needs of today,
changing and innovating as
needed to meet Calgarians
where they're at.

As you will see through
the stories in this report, our
programs enrich and improve
the lives of thousands of
Calgarians each year, from
young children first learning
about the world through to
older individuals who are
honing new skills. We are
proud to provide programs and
services for almost everyone!

On behalf of our Board of
Directors and Senior Leadership
Team, I'd like to offer sincere
thanks to the staff, volunteers,
members and donors who help us
deliver on our promise each day,



and who keep us looking forward
to the future. Here's to another
120 years!

Shannon Doram
President & CEO, YMCA Calgary

2022 Board of Directors

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Zain Velji

Vice-Chair:

Ed Rihn

Ex-Officio:

Shannon Doram

Lifetime Director:

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Kristine Robidoux

Pat White

Liza Worthington

Since 1902, YMCA Calgary has been committed to serving our community. From building social connections, increasing physical activity, and improving health outcomes, we have been an organization Calgarians can count on.

As we look to our future, we will retain our position as a trusted charity that our community can call upon. We will continue to offer exceptional experiences to all. We will align with partners that share our vision, and we will explore our assets and initiatives based on where and how people choose to live, work, and play. And lastly, we will ensure we remain a place for everyone, where no one is turned away.

We believe that through these efforts, we can better serve the needs of the community and continue our legacy for years to come.

Stories that inspire

Futures are brighter when our passionate team nurtures, teaches, challenges and connects with our community.

Here are four stories of our people and the inspiring work they do every day...



Connection and care help children and families belong and grow



Damanjeet Khamba
Preschool Supervisor
Saddletowne YMCA

It was love at the first “hello” when Damanjeet stepped into the Saddletowne YMCA to drop off her two young children for the preschool program nearly a decade ago.

She began volunteering with the preschool program, and after a few years she was hired as a Preschool Instructor. Today, as Preschool Supervisor, Damanjeet is always there to welcome children and their parents to the Saddletowne YMCA.

Damanjeet strives to make all families and children coming through the doors feel as welcome as she did when she first started her YMCA journey.

“We’re so pleased that our preschool program registration has once again returned to pre-pandemic levels,” she says. She explains this is in large part due to the relationships YMCA caregivers have with the whole family.

“The Y is different from other places in that respect – we know the parents and siblings of each child. Our team members are caring and they welcome the entire family. It is a very close community.”

The YMCA bases our programs on the needs of each of our communities. These quality programs help individuals connect in our communities so everyone can grow, thrive, lead and belong – the vision of YMCA Calgary.



“The Saddletowne YMCA team are willing to put in extra effort for the interest of the children. I hope Damanjeet and her team continue to believe in children as they’ve believed in mine, and make their school experiences happier and better.”

Gurvinder Jheetey
Saddletowne YMCA
preschool program parent

Art ignites new passions and confidence, contributing to community wellness



Terese Mullin
Arts Program Director,
Shane Homes YMCA
at Rocky Ridge

As a young person, Terese Mullin used art as her voice. She learned art can be a meaningful contributor to individual and collective wellbeing and connection. It was this belief that led her to share art with the greater community.

As Arts Program Director, Terese brings arts programming to the community, including programs and camps in drama, dance, visual arts, and choir. Participants learn about belonging and about themselves through expression and exposure to different art forms and styles.

“These programs really open up arts exploration for kids who might not otherwise get this kind of exposure,” she says.

Throughout the spring and fall of 2022, Terese also inspired seniors at Silvera to find their artistic voices. She created a 12-week program to help Silvera residents focus on the process of making art, emphasizing the joy of creating. Both sessions ended in an art exhibit.

“We hosted an exhibit of residents’ works last spring. When residents saw their art in a new light, professionally and respectfully displayed in a public space, they

had a perceptible sense of pride and excitement.”

The abundant, sincere encouragement residents provided to each other demonstrated the meaningful connections they formed. “This program has been a significant highlight and brought so much meaning to my work here at the YMCA.”



“Thank you so much for the art showing. I have schizophrenia and find that I am isolated. Art has really helped me express myself. . . it has helped me feel unique and worthwhile.”

Silvera/YMCA art program
participant

Indigenous youth move toward the future, with strong foundations of their culture



Teigan Smith
South Indigenous Youth Coordinator

As one of only three Indigenous kids in his high school class of 600 students, Teigan Smith says he felt disconnected and alone during his high school years. When he started working with Indigenous youth at a YMCA camp, he was learning alongside them.

"The more I found out about my culture, the more I felt connected," he explains.

Now, seven years later, Teigan is an Indigenous Youth Coordinator, managing the Indigenous youth program that takes place at Henry Wisewood and Joane Cardinal-Schubert High Schools.

Students receive land based, Indigenous teachings and build a community of support with people from the same cultural background.

"Sometimes these kids don't have the cultural knowledge or experience in their home lives," Teigan says. "Much of this knowledge was lost at residential schools. Our program provides Indigenous youth with a sense of self while building a connection to their culture."

At Joane Cardinal-Schubert school, the youth in the YMCA program created their own Indigenous space and smudge room.

"The students connect what they are learning with practices in their own homes," he says. "They are part of the reconciliation process, doing reconciliation work at their own schools."



"Brave Dogs helped me start my path to reconnecting with my culture and provided me with a safe community within the school where I could have fun and be myself during and outside of Brave Dogs."

Teya,
Joane Cardinal-Schubert High School student and Brave Dogs Indigenous youth program participant

Mentorship and tutoring program results in confidence and personal development for students



Christina Pape
South Tutoring Supervisor,
Shawnessy YMCA

Christina helps run the Tutoring Table program that supports high school students in math and science. Each of the students demonstrate both academic and financial need, and many are at risk of not completing high school.

"Our tutoring program really innovated through the past few years, developing hybrid classes that help students who have transportation challenges or work conflicts," she explains. "We are able to help new Canadians who are upgrading, or students who need the extra support and can't make it to a physical location."

The program currently has 129 volunteers and 280 students across Calgary, including online learners. Demand for tutoring services is extremely high, with more than 500 applicants in line for support next semester.

Her team has seen significant learning challenges that have developed through the pandemic.

"We prioritize students who have no other options for tutoring access," she says.

This demand has resulted in a significant need for financial support from donors and people power from volunteers.

"Many of our volunteers are professionals, retired people, pre-med, engineering and advanced placement students," she says. "Volunteers really help develop these students' confidence, motivating and mentoring kids who are struggling."



"The support I received through the YMCA Tutoring Table program has had a positive impact on my education and future career opportunities. I would love for this program to keep helping people as much as it helped me."

Georgina R. Nzang
former YMCA Tutoring Table participant

Donor support makes an impact!

Through the generosity of donors, the YMCA continues to be a place people turn to when they experience hardship. Every donation matters and supports children, youth and adults to belong, grow, thrive and lead.

Become a LEAD UP Donor
(min. \$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
(min. \$15/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 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 partners are critical to our delivery of life-changing programs. Through charitable support, sponsorship and volunteering, the corporate community can expand the impact of YMCA programs in our city.

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: ymcocalgary.org/donate-today



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.

YMCA Calgary Program Funding Partners

Calgary Flames Foundation

The Calgary Flames Foundation funds the Calgary Flames Grade 6 YMCA Program.

Canadian Tire Jumpstart Charities

Supporting Indigenous Day Camps, the Jumpstart Sport Relief Fund helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities.

Cenovus Energy

The Healthy Living School Program is funded by Cenovus Energy.

City of Calgary

The City of Calgary supports YMCA Calgary's Pandemic Recovery Fund and YMCA Calgary Indigenous Programs through Family & Community Support Services.

connectFirst Credit Union

The connectFirst Credit Union is a proud funder and volunteer for the YMCA Achievement Program for youth new to Canada (YMAP).

Government of Alberta

Y Mind, a free youth mental wellness program is funded by the Government of Alberta Mental Health and Addiction COVID-19 grant.

Government of Canada

The Canadian Government is supporting seniors programming and the Y Mind youth mental wellness program.

Government of Canada Immigration, Refugees and Citizenship Canada

Immigration, Refugees and Citizenship Canada is a proud funder of Language Instruction for Newcomers to Canada (LINC).

RBC Foundation

The RBC Foundation is a proud supporter of the YMCA Youth Leadership Institute.

Scotiabank

Scotiabank supports the YMCA Alternative Suspension Program.

United Way Calgary & Area

United Way Calgary & Area provides funding for Alternative Suspension, Indigenous, Teen Vibe and math tutoring programs.

Thank you to all our partners and major donors!

(Gifts \$10,000+)

Alberta Recreation & Parks Association
ARC Resources Ltd.
Borger Group of Companies
Brookfield Residential
Calgary Seton Hotel Investment GRP Ltd.
Calgary Shaw Charity Classic Foundation
Jones Lang LaSalle Real Estate
Imperial Oil Limited
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Jane & Curtis Cook
Jack & Connie Cuppen
Shannon Doram & Allan Haigh
Trevor & Cindy Gardner
Sonia Heroux & Adam Pekarsky
Clarke & Adele Hunter
Lorne & Pat Larson
Cynthia Milsom
Donald Repka
The Sarjeant Family
Anonymous (5)

“Compared to other charities, the YMCA really showed our donation being put to use and the impact it was making in our community.”

Jane & Curtis Cook
Lead Up Donors

YMCA Calgary Summarized Financial Statements

As at and for the year ended December 31, 2022 (with comparative revised figures for 2021)

STATEMENT OF OPERATIONS

	2022 (\$000s)	2021 (\$000s)
Revenue		
Memberships	22,324	7,094
Programs and services	14,488	8,245
Government grants	6,930	8,180
Government assistance	1,156	9,518
Rentals	2,667	1,934
Donations	2,601	3,168
United Way of Calgary and Area	918	624
Other	1,464	383
	52,548	39,146
Expenses		
Salaries and benefits	29,014	19,999
Building operations	12,534	8,315
Administration	6,329	4,615
Programs and services	3,241	2,074
Amortization	4,212	5,380
Asset lifecycle obligation	2,721	2,750
	58,051	43,133
Operating deficiency of revenue over expenses	(5,503)	(3,987)
Investment (loss) income	1,584	1,888
Gain on disposal of capital assets	65	297
Gain on sale of assets held for sale	2,398	-
Deficiency of revenue over expenses for the year	(4,624)	(1,802)

SUMMARIZED STATEMENT OF FINANCIAL POSITION

	2022 (\$000s)	2021 (\$000s)
Assets		
Current assets	13,960	18,970
Restricted cash	8,216	-
Investments	18,197	20,637
Capital assets	23,716	23,423
Total assets	64,089	63,030
Liabilities and Net Assets		
Current liabilities	9,648	8,408
Deferred sponsorship revenue	3,899	3,972
Deferred capital grants	2,450	545
Long-term obligations under capital leases	349	478
Asset lifecycle obligation	12,871	10,150
Net assets	34,872	39,477
Total liabilities and net assets	64,089	63,030

SUMMARIZED STATEMENT OF CASH FLOWS

	2022 (\$000s)	2021 (\$000s)
Deficiency of revenue over expenses	(4,624)	(1,802)
Items not affecting cash	5,313	5,152
	689	3,350
Changes in non-cash working capital	90	(3,301)
Operating activities	779	49
Financing activities	1,008	(936)
Investing activities	(4,571)	4,444
Net (decrease) increase in cash	(2,784)	3,557
Cash, beginning of year	10,267	6,710
Cash, end of year	7,483	10,267

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 ymcacalgary.org.

“The YMCA is a charity with a purpose! The financial aid available for low-income households continues to remain one of the greatest and highly appreciated initiatives offered...It showcases the care and support the Y extends towards their communities.”

Veronica Beothy
Senior Sales Manager
Courtyard & Residence Inn
Calgary South



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