

Annual Report

2021 - 2022

September 1, 2021 – August 31, 2022



YMCA-YWCA
of Winnipeg



A Year for Renewal

The YMCA-YWCA of Winnipeg has been serving the community since 1879. Much has changed over that time, but our commitment to nurturing the potential of children and youth, promoting healthy living and fostering social responsibility continues to drive our focus. The 2021-2022 year has been one of hopefully emerging from past challenges and adapting to build positive opportunities that support our purpose, celebrate the diversity of our community and make a difference in people's lives.



A Message from our Leadership



Jeff Cochrane
Chair, Board of Directors (left)

Cordella Freisen
President & CEO (right)

The YMCA-YWCA of Winnipeg is a safe, connected community where people are welcomed, accepted, healthy and inspired. It is a hub where people of all ages and cultures thrive – from infants to seniors, newcomers and long-time residents, our community is rich with diversity and inclusiveness.

This was evident throughout the pandemic and as we moved forward in recovery this year. Although we continue to deal with the financial consequences and community impacts of this historic time, we have learned to adapt, learn and provide new opportunities for our members and families.

During this year, we celebrated many successes. As Manitoba's largest childcare provider, we were able to keep our 38 centres open so that parents could participate in the workforce while their children were safely cared for, learning and having fun. We provided services and programs, both virtually and in-person, for over 16,000 members to benefit their physical and mental health. Campers returned to Camp Stephens, EGYM was launched and the Y app was introduced. We provided membership assistance and subsidized costs for youth leadership and seniors, and provided language training and mental health services for newcomers to help them thrive in a new environment. Over 4,500 kids participated in swim lessons and 220 recreation programs in all four quadrants of the city.

As a new Board Chair and a new President and CEO, our vision for our community builds on consultations with our partners and stakeholders and the efforts of past chair, Edward Acuna, and retired president and CEO, Kent Paterson. Our ability to help and innovate is dependent on our successful local and national partnerships, membership fees, and philanthropic donations, and through municipal, provincial, federal and public grants. With these collaborative efforts, our impact is broad and meaningful.

At the heart of Y Winnipeg is our people. As a charity and non-profit organization, we are very proud of how we support the community. Our board, administration and facility staff, volunteers, instructors, lifeguards, and early learning educators are all dedicated to delivering quality services and programs to help our community members reach their full potential. We all want your experience with the Y to be optimal and exceed expectations in a safe space to come together and foster social connections.

Sincerely,

Jeff Cochrane
Chair, Board of Directors

Cordella Friesen
President & CEO



Our 2021-2022 Board Members

Jeff Cochrane (Chair)

Kaitlan Buchko (Vice Chair)

Edward Acuna (Past Chair)

Angie Wittmann

Daniel Sherbo

David Klein

Kevin Freedman

Lucas Campbell

Russell Rollins

Virginia Dueck

Our Core Purpose is to Help Grow Great People by:

- Supporting people in achieving their goals of healthy living and well-being
- Fostering active citizenship through participation, learning and leadership development
- Eliminating barriers to inclusion and fostering belonging and connection

Our Vision

We are building a safe, connected community where people are welcomed, accepted, healthy and inspired.

Our Values

Our core values include acknowledging and cultivating **Individual Potential**, actively contributing to and supporting our **Community** and building belonging and connection with **Organizational Excellence**.

Health, Fitness and Aquatics

Pursuing Health in Mind, Body and Spirit

Helping our members reach greater levels of health and fitness with the goal of helping to build a healthy community is at the core of the work we do at the Y.

Members can choose from various classes including Gentle Fit, Total Sculpt, Deep Water Running and so much more as they work towards achieving and maintaining physical health. Read on to see how our members are impacted by some of the Health, Fitness and Aquatics programs we offer.

Highlights

- Nearly 16,000 members served
- Over 3,500 live fitness classes
- 334 FitME program appointments
- Over 4,500 children in swim programs
- Nearly 550,000 total visits

“ It’s refreshing to come here. It’s helped me stay healthy and the facility has the stuff I want to use. It’s good for my mental health. And the staff is friendly. ”

- Norm

“ The pool and the aquasize is what brought me here. I find it helpful and I feel relaxed and happy to be here. ”

- Joanne

“ The desk staff and cleaning staff are fabulous. I’m appreciative of how they tried to keep us safe (throughout the pandemic). I like the sense of camaraderie and friendship. ”

- Linda



Health, Fitness and Aquatics

Pursuing Health in Mind, Body and Spirit



“ EGYM is so efficient and I love the simplicity. I’m a retired nurse and fitness and maintaining muscle is essential as I get older. Nothing I have at home can replace EGYM. It’s reliable, comprehensive and I feel like I accomplished something good each time I did it. I’ve tried other gyms but ultimately, I always come back to the Y. I feel proud to be going here. There’s a friendly feeling and it’s affordable. ”

- Donna

“ I didn’t know EGYM existed. I have a treadmill at home but I’m not self-disciplined enough with it ... EGYM is different. It’s very structured, time limited and you can’t cheat. I find it incredibly valuable. It keeps my mind focused and gives me a full body workout. There’s a real sense of satisfaction and accomplishment. It’s really, really good for me and I have recommended it to a number of people. ”

- Ray

Gaining Strength with EGYM

EGYM is a full-body strength training system that can be customized to each member to help them reach their individual fitness goals. With the added benefit of an app and the option to upgrade to a premium training experience, EGYM is user-friendly and suitable for all levels of fitness. Once set up on EGYM with their personal training plan, members enjoy tracking their progress and challenging themselves to reach greater levels of resistance and endurance.

Highlights

- Y Winnipeg is the first fitness centre in Canada to offer EGYM
- Launched at the South Branch (2020), West Portage (2021) and now at Elmwood-Kildonan (2022)
- Member orientations: 1,814

A Helping Hand with our Member Access Program

Identifying obstacles and removing barriers to accessing the benefits of Y membership is one way we help our community members thrive. Our Member Access Program helps those experiencing financial hardship take part in our programs and services at reduced fees so that they can prioritize their physical and mental health without struggling financially to achieve it.

Highlights

- Over 2,500 members helped with Membership Assistance

Introducing the Y Winnipeg App

Launched in August 2022, the Y app allows members to scan in at the branch with their virtual membership card, view branch schedules, access our Virtual Y on-demand classes and more. Finding new ways to improve access to our services helps us further the goal of building a healthy community and helps make the Y accessible to all.

Highlights

- Nearly 1,800 member downloads
- Access to 67 free virtual fitness classes

“The Y is a couple of blocks away and, with the affordable membership, there’s no excuses not to go. I want to work out. It’s helping me so much. I reached out for help with my mental health and now I’m basically feeling great mentally. Everything goes in a row; when I’m mentally healthy, my body is feeling good, I’m feeling good about myself.”

- Lino



The Y App mobile member experience



Child Care Programs

A Bright Future Ahead

The pandemic shone a spotlight on the critical role our childhood educators play in the health of our community. Through various mandates and shutdowns, our team rose to the challenge and continued to provide a safe place for our youth to learn and play. We are grateful to have been able to provide an essential service for our community.

The health and safety of our educators and the children entrusted in our care was our top priority. We recommended mask usage beyond the lifting of the mandate, kept families informed of Covid cases within their centre by providing a biweekly e-newsletter and made masks and rapid antigen test kits available to families free of charge.

Highlights

- Manitoba's largest child care provider
- Weemarkable app launched at Creative Play (child care centre at our Downtown Branch)
- Nearly 1,600 child care spaces provided
- 38 child care centres
- Programs include Infant, Preschool, Nursery/ Kindergarten and Before & After School

“(My daughter) absolutely loves her time at the Y and is always excited to show off the dozens of crafts/drawings she makes each day.

With all the Covid restrictions, opportunities for playdates have been minimal. I honestly don't know what we would do if she didn't have a chance to come and hang out with her friends every afternoon. She is learning so many valuable skills by having time and space to interact with other kids and adults.

You guys are rock stars. Thank you so much for making such a huge difference in the lives of these little people. We really appreciate you.”

- Ashton



National Day for Truth and Reconciliation

September 30 provided an opportunity to recognize and commemorate the tragic history and ongoing legacy of residential schools. Acknowledging a need to further our team's understanding of Indigenous cultures, a Cultural Committee was formed to discuss ways in which to support the child care community. This committee explores opportunities to present cultural workshops for all staff and to learn more about other cultures that are prominent within our community to better serve our members and child care families.

Highlights

- A 3-year funding grant was secured to help strengthen cultural programming within our child care centres
- 11 resource kits (right) were created to help educate our child care community. These kits highlight the traditional teachings, language, foods and music of our First Nations, Inuit and Métis communities



Building Relationships with the After School Program

Designed for youth with additional needs, the After School Program supports students between 13 and 21 years old and helps them reach their full potential. Throughout the program, students gain a greater sense of self-worth and build independence while participating in activities that promote social interaction.

Highlights

- Operating 4 programs in high schools across the city
- 5 students graduated in June 2022
- 2 day camps are available (Spring and Summer break)

“There’s a family dynamic in our program. Connections are being built between staff and students. Seeing them grow through the program and grow in their passions is rewarding. Our students consistently surprise us. The program’s future is bright.”

**- Laura,
Program Director**

Camp Stephens

A Return to the Island



When Camp Stephens opened its doors to welcome campers in Summer 2022, it was hard to tell who was more excited – the staff or the campers! After a challenging couple of years that required us to temporarily shut down our regular camping programs, we were thrilled to return to summer days of swimming, canoeing and having fun under the sun while new friendships were forged and old pals reunited.

To get campers excited about their return to the island, we sent out approximately 950 3D pop-up cabin mailers. This 3D cabin was well-received by our campers who loved receiving the unique item to display and to remind them of their previous and upcoming experiences at camp.

The new tripping depot (next page) opened to rave reviews from our campers and staff who were delighted by the welcoming space, amazing views of the lake and functional areas. Construction on the new tripping depot was completed due to funds raised in large part by individual donors, alumni and volunteers.

Highlights

- 869 youth participated in summer programs at Camp Stephens
- New tripping depot opened to campers



“ People who don’t go to Camp think I’m out of my mind. I sleep in the bush! It sounds horrible. I plan on going back as much as I possibly can. There’s so much to think about while paddling. It’s such a passion of mine, makes me so happy. I grow so much when I’m there. ”

- Happy Camper

Mental Health

Mental Health Matters at the Y



Learning & Leisure Mental Health Program

After pandemic-related restrictions were lifted, most mental health workshops, groups and classes returned to in-person delivery. Designed to help participants who experience mental illness, the Learning and Leisure program provided support and skill-building opportunities, helping members work towards their personal mental health goals.

Y Mind

Y Mind, an evidence-based psychoeducational prevention program for young adults dealing with anxiety, was brought to Winnipeg in Spring 2022 after a successful launch at YMCA BC. The free seven-week mental wellness program (for youth ages 13 to 30) gave participants the opportunity to learn and practice strategies to better manage symptoms of anxiety. Y Mind was led by trained mental health professionals and gave members much-needed support and opportunities to connect with others going through similar experiences.

Wellness Retreat

Participants of our mental health programs had an opportunity to apply to attend our first-ever overnight Wellness Retreat and, in June, 68 participants, staff and guests headed out to Camp Stephens to take in yoga, art therapy, skills workshops and more. This successful pilot program allowed participants to access nature-based recreation in support of their overall mental health.



Highlights

- Successful Wellness Retreat pilot program at Camp Stephens
- Helping over 150 adults with mental illness
- Y Mind is launched in Winnipeg adding support for youth 13-30



“ I went into this trip (Wellness Retreat) anxious and excited. Feeling safe in this environment, I decided to go and try everything I can. I was feeling alone in a crowd at first, but thankfully the spirit of everyone was encouraging and welcoming. I gained confidence to really push myself to try new things. ”

- Wellness Retreat Participant

“ The future looks a whole lot brighter for me now ... I am now truly enjoying my whole new life. ”

- Wayne, Learning & Leisure Participant



YMCA-YWCA of Winnipeg
Learning and Leisure Centre Presents...

Wellness RETREAT

Camp Stephens, Lake of the Woods, Ontario

JUNE 17 - 19, 2022

CAMP ACTIVITIES
YOGA & MINDFULNESS
ENTERTAINMENT NIGHT
CAMPFIRES AND MORE!

Submit application form in person or via
email to rebecca.trudeau@ymanitoba.ca.
Questions? Call 204.989.4194



All transportation, meals and lodging provided

Adult Day Program

A Place for Social Connection



Keeping active both mentally and physically is critically important to the health and wellbeing of our senior population. Through group outings that are structured and fun, participants of our Adult Day Program are given the opportunity to socialize and interact with friends and members of the community. The positive impact the program has on the participant's physical, cognitive and social health is difficult to overstate.

Pandemic-related lockdowns over the past couple of years were difficult for most people but maybe especially so for our seniors who were already limited in their activity and outings due to age, mobility and other factors, which is why they were delighted when the Adult Day Program reopened to in-person programming in May 2022. Community outings resumed shortly after that in July 2022. In an ongoing effort to keep everyone as safe as possible, the program continues to run at a reduced capacity and members are asked to social distance where possible.

“ Everyone is really happy to be back and interacting with their friends again. ”

**- Tannis,
Program Director**

Highlights

- Community outings include visits to St. Vital Park, Pine Ridge Hollow and Fort Whyte Alive
- The program runs 3 times per week

Recreational Opportunities for Children

Connecting Youth to Opportunity

Designed specifically for low-income families, the Recreational Opportunities for Children program gives youth ages 6-18 a chance to explore their interests and develop new skills. Whether they're budding artists, musicians or athletes, the program provides paths for children to delve into their existing passions and discover new ones.

After the past couple of years of various restrictions and shut downs, the Recreational Opportunities for Children program is now back to delivering services for over 90 children and their families.

Highlights

- Some families experienced performances by the Winnipeg Symphony Orchestra, Royal Winnipeg Ballet, Manitoba Opera and more
- Some of the lessons children enrolled in included ballet, piano and soccer
- Summer and winter recreation packages were assembled and distributed to newcomer families to help introduce them to outdoor recreational opportunities
- Delivered services to over 40 families representing 94 children/youth

YMCA-YWCA of Winnipeg Financial Highlights as of August 31, 2022

	2022	2021
Assets		
Current		
Cash	5,351,713	3,003,058
Accounts Receivable	802,579	1,249,677
Prepaid Expenses and Deposits	414,767	461,679
	6,569,059	4,714,414
Capital Assets	414,767	461,679
Restricted Cash and Investments	13,039,777	13,750,909
	2,471,063	2,444,518
	22,079,899	20,909,841
Liabilities		
Current		
Accounts Payable and Accrued Liabilities	2,222,025	1,601,866
Deferred Revenue	3,116,973	676,578
Current Portion of Long-term Debt	112,000	112,000
	5,450,998	2,390,444
Deferred Building and Equipment Capital Contributions	8,236	41,870
Deferred Contributions Related to Capital Assets	2,089,612	2,213,454
Long-term Debt	140,000	252,000
	7,688,846	4,897,768
Net Assets		
Net Assets Invested in and Committed to Capital Assets	13,160,992	13,576,103
Unrestricted Net Assets	1,230,061	2,435,970
	14,391,053	16,012,073
	22,079,899	20,909,841
Revenue		
Membership Fees	4,867,870	1,902,984
Program Fees	6,059,463	4,269,461
Government Purchase of Service	9,788,704	13,731,256
United Way	485,008	481,420
Amortization of Deferred Contributions	288,123	572,422
Other Contributions and Fundraising	168,591	130,580
Interest Income	57,475	20,657
Rentals and Other Income	150,468	70,964
	21,865,702	21,179,744
Expenses		
Salaries and Wages	12,578,815	10,785,319
Benefits	3,588,773	3,048,438
Repairs and Maintenance and Minor Refurbishments	1,124,572	856,295
Utilities	863,235	444,698
Amortization Of Capital Assets	1,569,069	1,525,445
Bank Charges	255,879	153,932
Interest On Long-Term Debt	10,708	12,509
Interest On Bank Indebtedness	-	310
Contracted Services	593,564	347,601
Maintenance Supplies	287,819	173,140
Program And Office Supplies	263,655	158,976
Provisions	195,305	26,996
Property Taxes	139,388	132,045
Insurance	409,326	381,940
Facility Rent (Note 10)	271,453	438,662
Equipment	489,530	334,229
Telephone	205,175	149,331
Postage	15,820	11,859
Promotion	80,259	23,332
Travel, transportation and excursions	198,747	70,221
Training	111,332	70,713
National allocations	314,318	156,810
Recovery of GST	(141,107)	(37,590)
Other	61,087	50,240
	23,486,722	19,315,451
Excess (Deficiency) Of Revenue Over Expenses Before Other Items	(1,621,020)	1,864,293
Other Items		
Gain on Disposal of Capital Assets	-	108,704
Excess (Deficiency) of Revenue Over Expenses	(1,621,020)	1,972,997

With Gratitude to Our Supporters

Organizations

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Venus, Linda	Cruikshank, Arli	Dorge, Claire	Hiebert, Vern	Levere, Oliver	Martin, Christopher
Robinson, Neil & Cathy	Czajka-Fedirchuk, Cynthia	Cachombo, Jessie	Holowka, Brenda	MacDonald, Kathleen	Gill, Gurpreet
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Rollins, Russell	Pedron, Gerald	Comeault, Luke	Thompson, Charlie	Richens, Sydney	Montanino, Adriano
Shaw, Norman	Pilawski, Annika	Cox, Peter	Thompson, Herb	Russell, Dylan	Porter, Glenna
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McRae, Nancy	Brunet, Roger	McConomy, Michelle	Barhoumeh, Yasmina	Oza, Manthan	Kiano, Kamau
Moro, Erin	Burdz, Paul	McPhee, Sharon	Bartle, Les	Garjabo, Bariso	Orisko, Anna
Boboski, Andrew	Chandler, Gordon	Nazar, Brian	Beauvilain, Hugo	Langelier, Joshua	Stone, Mia
Bryk, Tom	Debroni, Darrell	Pasosky, Justin	Bisson, Denis	Sheridan, Lindsey	Tampai, Josh
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YMCA-YWCA
of Winnipeg