

# 2024 Annual Report



Shine On  YMCA  
BC

## LETTER FROM THE CHAIR AND CEO

**The solid foundation upon which YMCA BC was built during its first year as a unified association served as a jumping-off point for significant growth and even greater impact over the course of 2024 through expanded programming and support to the communities we serve.**

YMCA BC programs and offerings reached tens of thousands of British Columbians this past year, showing that we are truly igniting belonging, making an important difference for people across the province and delivering on the promise of being stronger together.

The greater role that the Y is taking on in our communities can be found in the numbers, with significant, year-over-year increases in our membership totals and how many participants are accessing our community and health-focused programs.

At our seven YMCA centres of community, our membership base grew by more than 2,000 people, eclipsing 35,000 members at the end of 2024. Altogether, programming at our Health, Fitness and Aquatics centres reached approximately 64,000 people in BC when factoring in several municipal facilities whose operations are entrusted to the Y.

Our Newcomer Services team assisted nearly 5,000 people in connecting with their community, building confidence and developing skills to thrive in a new home country—a 20% increase compared to 2023. An even greater jump in participation was realized by our Y Mind mental wellness programming, which served 45% more teens, youth and adults seeking tools to cope with stress and anxiety.

Already British Columbia’s largest operator of licensed child care, YMCA BC also expanded its reach in the sector by being selected to operate 13 new centres across the province. The Y’s involvement in many of these locations resulted from partnerships with BC municipalities and school districts seeking our trusted expertise in this area, extending excellent care and peace of mind to families in communities such as Port Moody, Kamloops and Princeton for the first time. Our Child Care Resource & Referral program also experienced growth, with new offices in Merritt and Ashcroft offering support to parents, child care operators and workers.

This past year also provided an opportunity for the Y to further affirm its commitments to important principles and values that guide our association. That included our pledge to ensure that Equity, Diversity, Inclusion and Belonging (EDIB) is a key consideration across our programs and spaces, with a formal ‘commitment statement’ in 2024.

We appreciate the dedication and guidance of our volunteer Board, which welcomed Aimee Cheung, Patrick Davis and Cathy Ulrich as incoming Directors in 2024. Lastly, a thank you to our donors, who contributed to the over \$1.77 million YMCA BC provided in financial assistance, ensuring everyone has access to our life-enhancing programs—your generosity deepens our impact and aids the members of our communities in need. Together, we can improve the health of those in community, helping us all reach our potential.



Greg D'Avignon,  
Board Chair



Heidi Worthington,  
President & CEO



## 2024 ACHIEVEMENTS



**Child Care Centres**

YMCA BC was selected as the operator of **13 new child care centres** across the province. Among these centres were the Moody YMCA Child Care and Kids Club in Port Moody, Douglas Crescent YMCA Child Care and Kids Club in Langley, and YMCA Station Plaza Care & Learning Centre in Kamloops. As a result of a partnership with School District 58 Nicola-Similkameen, YMCA BC was selected to operate the Riverside Learning Centre—a **new 122-space child care centre** in the Princeton community. We also **celebrated the opening of several new child care centres** including the Queensborough YMCA Kids Club and Sea Otter YMCA Child Care sites in New Westminster, and the addition of an Infant Toddler program at the YMCA Chetwynd Care & Learning Centre.

Our **Child Care Resource & Referral (CCRR)** programs experienced exciting growth with the opening of the **Merritt and Ashcroft CCRR** locations.



**Y@Home**

Our Digital Experiences team welcomed **7,220 members** to our Y@Home+ platform, which included 149 free memberships to individuals based in vulnerable communities across the province. Over **1,000 people** attended and participated in our Y@Home Wellness Webinars in 2024 and **10,051 individuals** completed YMCA BC's Responsible Adult Course through the YMCA Ignite Platform, which is generously supported by RBC Future Launch.



**Foundry Centres**

Building upon the successful work that YMCA BC has led at Foundry Prince George, we were invited to extend our expertise to **two new Foundry centres in Fort St. John and Quesnel**. Foundry centres are a vital resource for youth in BC, offering core health and wellness services for people aged 12 to 24. We've seen first-hand how significantly Foundry centres impact communities and are excited to take the lead at these future locations.



## 2024 ACHIEVEMENTS



**YMCA BC Kids Walk**

The YMCA continued to make a difference in communities thanks in large part to the contributions of our employees, volunteers, generous donors and supporters. Over 4,000 kids from all YMCA child care locations took part in the **YMCA BC Read-a-thon**, sponsored by Canadian Tire Prince George (Regional Community Builder) and Dexterra Group (Regional Champion), and raised over \$36,700 in support of their reading journeys. In the spring, the children in our child care programs dressed up as superheroes, donning capes and masks, and participated in the annual **YMCA BC Kids Walk presented by Odlum Brown**, also sponsored by Lavanco (Regional Champion). Through their efforts, over \$58,300 to help provide children and families with access to the Y’s life-enhancing programs.



**Respectful Acknowledgement Ceremony**

A very special **Respectful Acknowledgement Event** was held at the Prince George Family YMCA to mark the five-year anniversary **of our Truth and Reconciliation Agreement with the Lheidli T’enneh First Nation**. When this partnership was struck in 2019, it recognized the unjust health outcomes for Indigenous peoples as a direct result of colonization, and included an agreement to facilitate access to the Y for Lheidli T’enneh members. This event allowed us to reaffirm our respectful acknowledgement of YMCA BC’s activities on the Nation’s unceded territory where we are guests, announce that all 14 buildings that comprise our Prince George operations will have plaques installed that remind our visitors, staff and volunteers of this acknowledgement, and was just one step on our path to meaningfully take action to advance reconciliation.



**EDIB**

The principles of **Equity, Diversity, Inclusion and Belonging (EDIB)** are among YMCA BC’s core values. YMCA BC and our EDIB Advisory Committee enshrined this concept through an **organizational EDIB statement**. The development of this statement is a key milestone in our work to ensure EDIB across all of YBC’s workplaces, programs, facilities and services.



(scan the QR code to read the statement)



## 2024 HIGHLIGHTS

At YMCA BC, we know that individuals cannot be well and communities cannot be strong and resilient without equitable access to overall health and wellness opportunities. Through the contributions and dedication of our YMCA BC staff and volunteers, our Y's life-enhancing programs continued to create meaningful impact in over 55 communities across the province—demonstrating our commitment to ignite belonging by enabling everyone in our communities to have equitable access to healthier outcomes.



**63,907 valued community members** served by programming at our Health, Fitness and Aquatics centres.

Programming at our health, fitness and aquatics centres\* supported **63,907 children, youth, families and older adults**, helping them to live happier, healthier lives. This included 8,709 children who developed confidence and critical life skills through our swim lessons.

*\*These centres include YMCA-owned facilities and those operated by YMCA BC on behalf of municipalities.*



**4,984 newcomers to Canada** built meaningful connections, received critical support and accessed valuable resources through our Newcomer Services program.

**215 residents** found safe refuge at the Y Women's Emergency Shelter located in Kamloops.



Our Child Care program provided over **5,850 children ages 0-12** with valuable experiences supporting their skill development, learning and growth, and ensured thousands of families received the quality child care services they deserve.



**5,013 children** participated in our day and overnight camp programs where they had the opportunity to develop valuable skills, foster meaningful connections, stay active and experience memorable moments.



Our YMCA mental wellness programs provided **1,083 children, teens, youth and adults** with valuable mental health resources. This included Growing Mindfully—a prevention and early intervention mental health program for youth ages 8-12 years, which helped 70 program participants, and their parents, learn healthy coping strategies and the benefits of staying active.

Our YMCA Healthy Heart program supported **590 people** living with or at risk of developing cardiovascular disease through valuable education and supervised exercise.



## OUR IMPACT

As part of YMCA BC's commitment to supporting individuals at every stage of their health journey, our Cardiac and Pulmonary Rehabilitation program welcomed over 100 individuals in 2024, helping them reduce risks and improve overall health and quality of life.

### **Donna MacLuskie: Finding the encouragement to come back at the Y**

"Let's put it this way: I wouldn't be here if it wasn't for the Y. My story starts in 1986, when I was diagnosed with unstable angina and hospitalized. I ended up needing to have quadruple bypass surgery at the age of 39, which was a bit upsetting to say the least. I had two daughters in middle school; I wondered if I would make it home to see them again, and so did my husband. The YMCA's Cardiac Rehab Program was recommended to me, and soon I was regularly walking the track at the Y to build back my resilience. I found a community of friends to walk with and keep fit, which I continued to do for many years.

Then, in 2019, my heart was acting up again. This time, doctors told me I was ineligible for open-heart surgery due to my previous procedure. I came home from that appointment feeling like I might just as well give it up and wait until I die, because there's no hope. I was sent back to the Y and walked in scared and feeling like there was nothing they could do for me. But the smiling faces and encouragement of the staff and volunteers made me believe I could come back again. I would last on the treadmill or recumbent bike a little bit longer each time, and their positive vibes gave me hope.

Now, I volunteer with the Cardiac and Pulmonary Rehab Programs, and I absolutely love the opportunity to be the one providing encouraging words to the participants. I credit the Y with allowing me to live my life to the fullest."

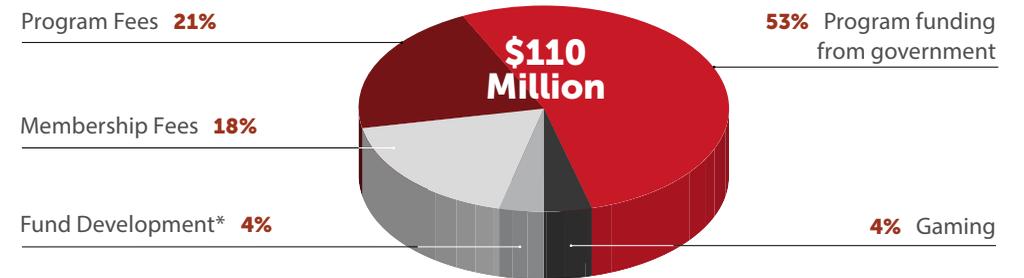
## FINANCIAL STATEMENTS

Summary of the YMCA BC Financial Statements. Years Ended December 31, 2024 and 2023.

	<b>2024</b>	<b>2023</b>
	('000)	('000)
	\$	\$
<b>STATEMENT OF FINANCIAL POSITION</b>		
Current assets	7,666	11,060
YMCA facilities under development	4,931	5,412
Investments	10,396	11,312
Property and equipment	52,563	49,241
<b>Total assets</b>	<b>75,556</b>	<b>77,025</b>
Current liabilities	39,937	36,254
Long-term liabilities	39,117	37,974
Net assets	-3,498	2,797
<b>Total liabilities and net assets</b>	<b>75,556</b>	<b>77,025</b>

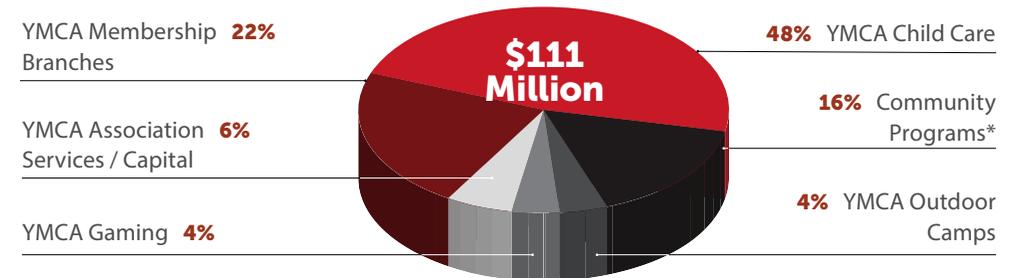
	<b>2024</b>	<b>2023</b>
<b>STATEMENT OF OPERATIONS</b>		
<b>Revenue</b>		
Program fees	23,332	20,748
Membership fees	19,915	16,312
Government sources	58,418	50,441
Grants from YMCA BC Foundation/ Properties Foundation	2,993	1,355
Gaming	3,965	4,800
Donations	1,443	1,667
Other Revenue	317	170
<b>Total</b>	<b>110,383</b>	<b>95,494</b>
<b>Expenses</b>		
Salaries and benefits	77,998	65,388
Rent	13,143	11,229
Other	20,518	19,716
<b>Total</b>	<b>111,659</b>	<b>96,333</b>
Other Income / (Expenses)	-5,019	-4,897
<b>Deficiency of revenue over expenses for the year</b>	<b>(6,295)</b>	<b>(5,736)</b>

### REVENUE FROM OPERATIONS 2024



\*Includes grants from YMCA BC Foundation / YMCA BC Properties Foundation & donations.

### EXPENSES FROM OPERATIONS 2024



\*Preventative Health, Youth, Employment.

Certain comparative figures have been reclassified to conform with current year presentation, after discussion with newly appointed auditors. Complete financial statements audited by MNP, and from which this summary is extracted, are available upon request.



Shine On  YMCA BC

**OUR VISION**

We envision vibrant, healthy and inclusive communities for all.

**OUR PURPOSE**

We ignite belonging by enabling everyone in our communities to have equitable access to healthier outcomes.

**OUR VALUES**

In pursuit of this purpose we will be inclusive, supportive, innovative and accountable.



 Accredited  
IMAGINE CANADA  
Charitable Registration: 805 976 075 RR0001

**YMCA BC BOARD OF DIRECTORS**

- |   |                                    |
|---|------------------------------------|
| <b>Greg D'Avignon</b> (Chair)             | <b>Gavin Hume, K.C.</b>            |
| <b>Jeanine Ball</b>                       | <b>James Mandigo</b>               |
| <b>Aimee Cheung</b>                       | <b>Melinda McKie</b>               |
| <b>Mary Anne Davidson</b><br>(Past Chair) | <b>Jeanette McPhee</b>             |
| <b>Patrick Davis</b>                      | <b>Lynn Pelletier</b> (Vice Chair) |
| <b>Karl deBruijn</b>                      | <b>Andre Powell</b>                |
| <b>David Gaskin</b>                       | <b>Sagar Saxena</b>                |
| <b>Keivan Hirji</b> (Vice Chair)          | <b>Megan Stowe</b>                 |
|   | <b>Cathy Ulrich</b>                |

**EXECUTIVE LEADERSHIP TEAM**

- |   |   |
|---|---|
| <b>Heidi Worthington</b><br>President & CEO                                       | <b>Nancy Farries</b><br>Senior Vice President -<br>Canada West Regional<br>Development Centre |
| <b>Amanda Alexander</b><br>Chief Health Equity<br>& Operations Officer            | <b>Roberta Haas</b><br>Chief People Officer   |
| <b>Carol Amaral</b><br>Chief Data, Technology,<br>Marketing & Strategy<br>Officer | <b>Darlene Hepburn</b><br>Senior Vice President -<br>Fund Development                         |
| <b>Tony Baena</b><br>Chief Financial<br>Officer                                   | <b>Marvin Rogers</b><br>Senior Vice President -<br>Asset Development                          |