



# Potential Inspired

With YOUR support



**YMCA of Oakville**  
2016 Community Impact Report





## Five paths of extraordinary potential

It's a phrase often used, but rarely understood.

To "achieve ones' potential" implies there is an end. But to me, potential is just the beginning. We all start with potential, but it's what we do with it that matters. Potential, if inspired, will flourish and evolve – and build a stronger, healthier community.

Last year, we saw potential inspired all around us. It shined bright in the eyes of Juan, a young boy with special needs who found acceptance and a place to belong. It grew from a bond created between William and his instructor, who made him feel safe and secure. For Grace, a woman recovering from heart surgery at 46, it was sparked by discovering connections and a welcoming

sense of community. And for both Tyler and Andrew, it was finding opportunity in the most unexpected ways.

### **These five paths of extraordinary potential were inspired with your support.**

Thanks to you, Juan, William, Grace, Tyler, Andrew and thousands more, have discovered who they are and what they are capable of. With your continued support, we can ensure that every individual in our community gets this same chance.

Looking ahead, there are many more paths of extraordinary potential just waiting to be inspired. I hope you will join us in helping more people reach higher, find their passion and discover their strengths.

**Kyle Barber**  
President and CEO

A handwritten signature in black ink, appearing to read "K Barber".



## Inspiring potential is an important step in the evolution of a vibrant, healthy community.

When we give individuals the opportunity to discover their own unique strengths, passion and purpose, they become inspired to create new ideas and act to build a better community.

As neighbourhoods in Oakville and Halton Region evolve, inspiring potential remains vital, and together we are the catalyst for inspiration.

To equip ourselves and our community for this anticipated growth, we strengthened our Board in 2016. We added a variety of expertise, specifically chosen to tackle some of our community's most pressing issues.

With the end of our current strategic plan, we also took an inventory of our progress last year and looked at what we needed to create momentum for the future. This included examining program impact and our reputation as a leader in convening people,

groups and organizations to raise awareness of social issues in our community. We looked at the current landscape of the charitable sector, with increased competition for funding, government agencies contracting out services and our expertise in recreation, health and child care being requested more and more.

As Board Chair, I am proud of our new strategic plan, which for the first time, is a rolling plan with responsive capabilities. It looks ahead to the next five years, yet has a rolling ten-year vision for growth. This means as our community evolves, so will our plan.

Looking ahead, I'm inspired by the potential of what we can do together. With your continued support, and that of our valued community partners, we can ensure that Halton is home to the healthiest communities.

**Michael Shaen**  
Board Chair



## Board of Directors 2016

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**Belonging realized,  
with your support.**



**“Now, people call him by name.  
The first time I heard it, I cried.”**

Back home in Argentina, my son Juan was not allowed to go to school.

Diagnosed with Asperger’s, he was not accepted and there were no activities for him to take. I felt isolated; like a prisoner in my own house. As a mom, I knew I had to do whatever I could to help him. So, when Juan was nine, I left everything – my home, career, house and family – to move to Canada.

When we first arrived in Oakville, all we had was two mattresses, a fork and a knife. To make it fun for Juan, I pretended we were having picnics.

Then, a friend of mine told me about the Y. I reached out for support and the Y helped us with membership assistance so Juan would have things to do.

I couldn’t believe it. Juan was accepted and integrated right away.

People like Kat and Derek have taken care of him beyond any expectation. When Juan is here, he feels like the Y is “his house”. He’s able to do rock climbing, swim lessons, sports, and Youth Leader Corps. And he smiles all the time. People call him by name. The first time I heard it, I cried.

I have seen huge changes in Juan. He’s more mature, self-confident and loves to volunteer in youth fitness classes. Here, he has the right to go to school and is thriving. He’s happy and has made so many friends. I have also made friends, and Juan and I love to take classes together, like Zumba.

If it weren’t for the Y, Juan would never have been as accepted as he is, or able to participate in activities just like anyone else.

That’s the best thing about the Y. It’s a place where no matter who you are, you belong.

-- Debbie

***Your impact***

The number of low-income families in Oakville continues to rise. In 2016, we had more requests for financial assistance than ever before. Your generous gift can help us be there for families when they need it most and give everyone the chance to belong and thrive.



## **“From that very first meeting, they connected.”**

From the time William was four, he had trouble with transitions.

My husband and I wanted him to learn to swim, but he had difficulty interacting with the other kids in his group.

Meltdowns with his instructors were common and he often refused to go into the pool.

Finally, at the end of grade three, we received our diagnosis: William was on the autism spectrum with ADHD. Now it all made sense.

William’s swim instructors tried their best to help. They would cue me if William was having a hard time, and they allowed me to come onto the pool deck if he was upset. Nadiya, one of the team leaders, checked in with me regularly with new ideas to try. Despite all of this, William still struggled.

But then he met Oliver, the instructor for his next group session. From that very first meeting, they connected. William smiled for the first time and a special bond developed between them. So when we made the decision to switch to private lessons, there was no hesitation – Oliver would be his instructor.

Within a short time, I could not believe the transformation. Watching them swim together, there was something almost magical about the comfortable banter between them. William talks about his week at school and delights in sharing his favourite “food” riddles with Oliver. The highlight of his week is his swim lesson with Oliver.

There was a time when William was not comfortable with people he didn’t know, but now, he’s happier and calmer, with a bounce in his step. The skills he’s learning with Oliver in the pool are being transferred to other areas of his life. Oliver is not just teaching him to swim; he’s teaching him about life.

-- Patty

### **Your gift**

At the YMCA, inclusion is woven into the fabric of our very being. We believe that giving all children the chance to participate, no matter what challenges they may face, inspires them to discover their unique potential. Your support helps prepare our next generation of kids to become confident, resilient and successful members of our community.





**Life skills acquired,  
with your support.**





**Healing inspired,  
with your support.**



## **“I’m surrounded by warmth, positivity and friendship.”**

Like most people, I never thought it could happen to me.

I was 46, running my own business as a leadership coach, and feeling tired. Then I got the news. I had an aortic aneurysm and needed to have open heart surgery. It was hard to grasp, even though heart disease runs in my family.

My initial recovery was not easy. It took months to get the green light from my cardiologist to start cardiac rehab. That’s when I met Amrita, a Kinesiologist who worked in the Cardiac Rehab program at the Y. Amrita and the other trainers helped me realize I could recover in a safe way and gain the confidence I needed to heal quickly.

But it wasn’t just the program that helped me heal. It was the sense of community I found. I met some fellow cardiac patient survivors in the cardiac

program, and although I was the youngest in the group, age doesn’t come in the way of bonding with others who have been through similar life events.

After I graduated from the program, I knew I needed to focus on my health and I officially became a Y member where I continued to work with Amrita, who inspires me with her warmth and positivity every day.

I also come here early in the morning sometimes and sit quietly by one of the windows near the track. I listen to a meditation app, breathe and prepare for my day.

I often meet friends, colleagues and clients who have made the Y their “sacred place” too. Not a day goes by that I don’t see a familiar face or smile. I’m surrounded by warmth, positivity and friendship.

-- Grace

### ***Your contribution***

When unexpected health challenges come our way, a supportive and positive community can make all the difference. YMCA health and wellness programs help individuals in all stages of life gain the tools and resources they need to get healthier. Your support can inspire better health by giving more people access to membership assistance through the YMCA Strong Kids campaign.



2016 High

30,287\*

children, teens, adults  
and families were inspired to  
discover their potential in 2016

\* Total number of people who participated  
in YMCA programs.



1,940

children, youth and adults  
learned how to be safe and  
confident in the water with  
YMCA swim lessons



3,714 children were  
and before



2

more outdoor classrooms to  
inspire connection with nature  
built at YMCA child care centres



1,583 donors impacted the lives of  
2,276 people with contributions to  
the YMCA Strong Kids campaign



# Highlights



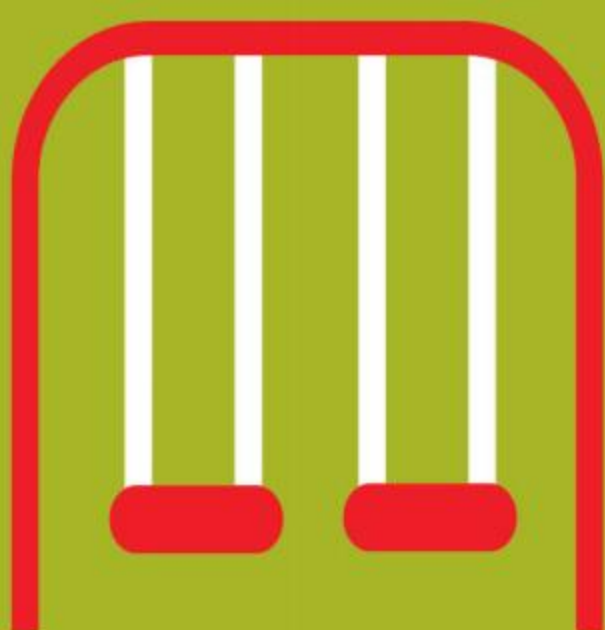
People achieved greater health and well-being through YMCA memberships



Children were nurtured in child care and after school programs

**5,054**

children developed new skills, character and confidence at summer camp



**10,180**

people developed stronger ties to each other through community programs

**299** youth were inspired to lead in youth leadership programs



**11** youth gained employment skills through The Halton Sport Leadership program







**Learning inspired,  
with your support.**

## **“I felt like everyone had become a family.”**

When my mom first told me about the Youth Exchange Travel program, I didn't want to go. Turns out, it was the best thing I ever did.

As we began to plan activities for the Prince George and Oakville participants, I started to change my mind. Being able to brainstorm ideas was a great way to get involved and I enjoyed getting to know the other youth in the program.

As I boarded the plane for the Prince George leg of the trip, I was excited for this new experience, and the thought of getting to know my twin, Alex whom I would be paired up with in B.C. When we arrived, I felt nervous but I was curious to meet the other youth participants from Prince George. We all hit it off immediately, as if we had known each other for years.

As the days went on we did team building activities, visited an ancient rainforest, prepared food at a local cultural drop-in centre and learned that Prince George was once a reserve. We even participated in traditional Aboriginal song and dance as we discovered more about history.

When it was our turn to welcome the B.C. participants to Oakville, I got to see our community through their eyes as we travelled across southern Ontario and volunteered at local charities such as Kerr Street Mission. Looking back, I never expected to make such impactful friendships. We had only been together two weeks, yet it felt much longer. And when the trip ended, no one was ready.

Being able to participate in this exchange changed me. If I had the chance, I would do it again tomorrow.

-- Andrew

## ***Your generosity***

At the YMCA, we believe that investing in the potential of our youth benefits our entire community. Thanks to partial funding provided through the Oakville Community Foundation in 2016, 40 youth participated in the YMCA Youth Exchange. They developed leadership skills, experienced another culture, made new friends and realized their role in working together to create a stronger community.





**Determination inspired,  
with your support.**

## **“He got me on my path to getting healthier.”**

It was my greatest challenge. As I stood at the starting line of the Around the Bay 30K Road Race last April, I never dreamed this could be me.

I had experienced health issues off and on for years, starting with a burst appendix followed by surgery for a hernia, increasing inactivity and weighed 272 lbs. Eventually I was embarrassed by how I looked and I knew I had to do something. That’s when I met Ladi, a wellness coach at the Y.

It was a meeting that changed my life. I had been using the rowing machine for weeks and just hoping for results. Ladi noticed me and came over to offer some tips on how to improve my position and use some of the other machines like the treadmill and free weights.

From that day forward, whenever I came in, Ladi would work with me and encourage me to keep going. He always made time for me and was there to listen and guide me. And as we got to know each other more I not only gained tips; I gained a friend and a mentor.

Ladi was my wake-up call and he got me on my path to getting healthier. His support inspired me. Since I began working with Ladi, I’ve lost 77 lbs and I feel stronger and healthier than ever before. I’m proud of how I look.

I love coming to the Y. It’s a place where everyone knows your name, and as soon as you walk through the door there’s a friendliness and warmth. I know many people by name and they know me. It’s that feeling of community that keeps me coming back every week.

-- Tyler

### ***Your investment***

Being physically fit is only one part of being healthy. At the YMCA, we provide welcoming spaces where people are inspired to make connections, find support and discover the tools and resources needed to achieve their goals. By contributing to the YMCA, you’re investing in your community and creating opportunities for everyone to be healthier in spirit, mind and body.



# Financial Highlights

(as of December 31, 2016)

	2016	2015
<b>Statement of Financial Position</b>		
Current Assets	\$ 5,268,281	\$ 4,029,010
Capital Assets	8,376,745	8,266,671
<b>Total Assets</b>	<b>\$ 13,645,026</b>	<b>\$ 12,295,681</b>
Current Liabilities	\$ 907,398	\$ 746,802
Deferred Capital Donations and Grants	3,898,939	4,230,915
Net Assets	8,838,689	7,317,964
<b>Total Liabilities</b>	<b>\$ 13,645,026</b>	<b>\$ 12,295,681</b>
<b>Statement of Revenue and Expenses</b>		
<b>Revenue</b>		
Programs & Services	\$ 21,210,099	\$ 19,377,278
Donations, Grants & Fundraising	470,682	493,083
Amortization of Capital Donations & Grants	370,435	368,985
<b>Total Revenue</b>	<b>22,051,216</b>	<b>20,239,346</b>
<b>Expenses</b>		
Programs, Services, Administration & Amortization of Capital Assets	20,530,491	19,193,706
<b>Total Expenses</b>	<b>20,530,491</b>	<b>19,193,706</b>
<b>Excess of Revenue over Expenditures</b>	<b>\$ 1,520,725</b>	<b>\$ 1,045,640</b>

The summarized financial information is extracted from Annual Financial Statements audited by BDO Canada LLP, Licensed Public Accountants. A copy of the complete financial statement is available online at [www.ymcaofOakville.org](http://www.ymcaofOakville.org). Requests for a copy can be made by email to [info@oakville.ymca.ca](mailto:info@oakville.ymca.ca), by phone 905-845-3417 or by written request to YMCA of Oakville, 410 Rebecca Street, Oakville, Ontario L6K 1K7.



# Thank you to our partners

We are proud to work alongside so many outstanding community partners, charitable foundations and granting agencies. Thank you for your generosity, support and investment in inspiring the potential of our community.

## Funders



## Gifts through the Oakville Community Foundation:

The Amarna Fund  
The Adrian and Mary Coote Family Trust  
The Jackson Family Fund  
LeVan Family Foundation  
The Ontario Endowment for Children and Youth in Recreation Fund  
The Shorey Family Fund

A.W.B. Charitable Foundation  
JP Bickell Foundation  
Canadian Tire Jumpstart Charities  
CIBC World Markets Children's Miracle Foundation  
FCT Charitable Foundation  
Halton Community Investment Fund  
Peter Gilgan Foundation  
The May Court Club of Oakville  
RBC Foundation  
The Regional Municipality of Halton

## Program Partners

ArtHouse  
Clearview Christian Reformed Church  
Community Youth in Action Network (CYAN)  
Halton Catholic District School Board  
Halton Community Housing Corporation  
Halton Healthcare  
Halton Poverty Roundtable  
Halton Public District School Board  
Halton Regional Police Service  
Halton Region Public Health  
Halton Multicultural Council  
Kerr Street Mission  
Oakville Galleries  
Oakville Public Library  
Our Kids Network  
Town of Oakville  
Whole Foods Market Oakville



*Graduates of the 2016 Halton Sport Leadership program.*



# Potential, passion and purpose, inspired by you

Last year, **2,276** people in need in our community turned to us for support. Thanks to your generous gifts, more children, youth and families discovered who they are and what they are capable of.



**1,719** people became inspired to achieve better health with assistance for a YMCA membership.



**511** children in need developed new skills with financially assisted summer camp programs.



**46** children from families facing challenges had the chance to learn, grow and thrive thanks to affordable child care.



## Volunteers

In 2016, **378** caring volunteers gave **9,349** hours of their time to help more people in YMCA programs achieve their goals. We are so thankful for their contributions.



*"Being able to afford camp for our boys helped our family during such a difficult time, and they had such an amazing experience. Many times, when I picked them up, I cried with happiness to see them having fun and making friends. We will never forget this." -- Bianca*



# Inspired generosity

We are extremely grateful for the generosity of the many individuals and organizations whose contributions make our work possible. Your support inspires our mission to strengthen our community every day, in every way.

## **\$15,000+**

A.W.B. Charitable  
Foundation  
Canadian Tire  
Jumpstart Charities  
Peter Gilgan  
Foundation  
Iovate Health  
Sciences  
International Inc.  
Kristian and Anita  
Knibutat  
Oakville Community  
Foundation  
Ontario Trillium  
Foundation  
The Amarna Fund

## **\$14,999-\$5,000**

JP Bickell Foundation  
Michael Bowick and  
Joanne Peters  
The Adrian and Mary  
Coote Family Trust  
Diana Howard  
Terry and Bonnie  
Jackson  
Peter and Joanne  
Kenny  
LeVan Family  
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The Ontario  
Endowment for  
Children and Youth  
in Recreation Fund

Optimist Club of  
Oakville  
RBC Foundation  
The Regional  
Municipality of  
Halton  
Warren and  
Alexandra Somers  
The Taylor Group

## **\$4,999-\$1,000**

Naylor Building  
Partnerships Inc.  
Mark and Vanessa  
Barr  
Kyle and Lori Barber  
BDO Canada LLP.  
Buck Productions Inc.  
Sandra Cabral  
The Canadian  
Kidney Trustee  
Corporation  
Cindy Chiu  
CIBC World Markets  
Children's Miracle  
Foundation  
CTI Working  
Environments  
Kimberley Dinsmore  
Andy Donovan and  
Family  
D'Orazio  
Infrastructure  
Group  
Fraser and Samantha  
Horn

Kelly Jennings and  
Jeff Ford  
KPMG MSLP  
William and Linda  
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Loblaw Companies  
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Oakville

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Mellon

Oak-land Ford  
Lincoln Sales

Daniel Poirier  
Jarvis and Susan  
Sheridan

The Shorey Family  
Gary Skene

Carolyn Spriggs  
Robert J. Sutherland

and Donna  
Urquhart-  
Sutherland

Sutton Group  
Quantum Realty

Eve and Peter Willis  
Glen and Lorraine  
Yates

## **\$999-\$500**

Kirk Biggar and  
Christie Henderson  
Bruce Bradley

Amanda John-  
Brennan

Louise Brownlee  
Sean and Jennifer  
Buckley

Andra Carpino  
Maria DeFaria

Stephen and Susie  
Diamond

Maria Di Blasio  
Kim Duffy

Katherine and Marion  
Dziedzic

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Jane Hawkrigg

Colleen and  
Christopher  
Hogarth

Hubbard Insurance  
Brokers

Chris and Erin  
Jackson

Peter Kolisnyk  
Ruth Landon

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Allen Magee

Steven Peros and  
Grainne McCurry  
PPG Canada Inc.



Robert and Brenda  
Ridgway  
Kathy and Rick  
Robinson  
Running Room -  
Oakville  
Tom and Julie  
Stanton  
Vitamart.ca  
Karl Wildi  
Clive and Sarah  
Williams

### **\$499-\$100**

1659670 Ontario  
Inc, O/A WS Global  
Export Services  
Linda Abavi  
ABM Inc.  
George  
Anastasopoulos  
Linda Anderson  
Anonymous  
Lee Anne Arkell  
Peter Askew  
B&R Electric  
Rhonda Bagnall  
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Calibre Design  
Peter and Cassandra  
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Joanne Duarte  
Durabond Janitorial  
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Foundation  
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Ariam Gomez Jr.  
Daniel Gonsalves  
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Melinda Gorgenyi  
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Stephen Haas and  
Margaret Bouillon  
John Hague  
Blake and Daniela  
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Phil Harris  
Catherine Haugrud  
Simon Hecks  
Nicholas Hoefling  
Carrie Jackson  
The Jansen Family  
Henry Ji  
Cindy Johnston  
Dean Karachi  
Zaki Kasmani  
Alka Kaushal  
Alison Kelford and  
Neil Smith

Steve Kelly and  
Caroline Baird  
Kelly Kerr  
Kona Ice Canada Inc.  
Hyun Joo Lee  
Jennifer Lee  
Dianne Lemieux  
Dave Leonard  
Kayla Leslie  
Patricia Lewis  
Liberte Lifestyle Inc.  
Yves Locas and Susan  
Hoeltken  
Patti Maarse  
Tricia MacDonald  
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Edward McBrien  
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Mandy Myronuk  
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Lisa Newton Denney  
Nadiya Ng  
Ng Architect Inc.  
Nancy Nunes  
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**Every gift is important and we  
appreciate the contributions  
of all our donors.**

Every effort has been made to ensure the accuracy of  
our lists and we apologize for any error or omission.

We invite you to contact us at 905-845-5597, ext. 401  
to correct our records.



# Help us inspire hope

Each year, thousands of people turn to the YMCA in times of great need.

They are children, individuals and families who have fallen on hard times, facing unexpected challenges, dealing with a crisis or battling illness. Your support can inspire hope for a better tomorrow.

*Join us in building a stronger, more vibrant community where everyone is inspired to reach their potential.*

## Stay Connected!



**Growing potential in our Youth Leader Corps program.**

### **Our Mission**

The YMCA of Oakville is a charity that strengthens community in Spirit, Mind and Body.

### **Our Vision**

The YMCA of Oakville will be at the forefront of positive change in the health and well-being of our community.

### **Our Core Values**

Respect, responsibility, inclusiveness, caring, health and honesty.