

YMCA OF OAKVILLE

IMPACT REPORT

2024



*Your Support Makes
Our Community Shine*





Sparking Change, Inspiring Lives

We are grateful for the support of our community and proud to highlight the following programs and projects delivered in 2024, made possible through generous donations, sponsorships and grants. *Thank you for being a part of our journey and helping to be the spark that ignites positive change in our community.*

\$320k Total Financial Assistance Awarded	1,713 Total People Received Financial Assistance	\$378k Total Grants
\$270k Health and Fitness Assistance Awarded	1,100 People in HFA helped with FA	891 Donors & Contributors

*Ontario Trillium Foundation, United Way Halton Hamilton, Peter Gilgan Foundation, Oakville Community Foundation, Jays Care Foundation, Halton Region, Optimist Club, Rotary Club, TD Bank, Swimming Recovery Program, Canada summer Jobs



HYPEE

Thanks to Halton Region's support, the Halton Peer Empowerment & Employment program addresses youth underemployment. HYPEE changes the trajectory of youth facing challenges by providing opportunities that might not otherwise be available. Through mentorship, skills development, and employment support, HYPEE helps youth build confidence and gain work experience.

17
Youth Joined
the Program

\$102k
Awarded



Y Mind

In 2024, 35 youth graduated from Y Mind, a program which helps youth aged 13 to 29 manage anxiety, stress, and low mood. Through Acceptance Commitment Therapy (ACT), youth learn mindfulness, self-compassion, and coping strategies. Thanks to the support of the Peter Gilgan Foundation, this program continues to make a critical impact on youth mental health.

35
Youth Graduated
from Y Mind

\$100k*
Awarded

*This value is part of a \$250k gift allocated over 3 years



Mynd Pump

Our mYnd Pump Program, funded by the United Way of Halton and Hamilton, provided youth with tools to manage stress, anxiety, and low self-esteem through workshops, fitness programming and group activities. In 2024, 44 youth gained confidence, social skills, and improved their mental well-being. Youth felt more comfortable in social settings, built positive relationships, and developed coping strategies for everyday challenges.

44
Youth Joined
the Program

\$27k
Awarded



Leadership Awards

The Peter Gilgan Leadership Award recognizes five YMCA of Oakville employees who demonstrate outstanding leadership and who contribute to the YMCA and the broader Oakville community. Each bursary, valued up to \$4,800, helps support post-secondary education expenses.

Thank you to the Peter Gilgan Charitable Foundation for their generous contribution.

5
Youth received
Bursary for Studies

\$25k
Awarded



Events

Events can create unique opportunities to bring our community together to celebrate the YMCA and raise fun and funds for our Annual Campaign.

Ignite Event

The Ignite event was created to help raise funds for our YMCA of Oakville programs, including Aquatics, Health & Fitness, Camp, and Sports. In June, more than 230 people came together to participate in exciting physical challenges like Cycling friendly competition, Zumba, Pickleball, Push-Ups and more, all to support our community!

\$16,711.50

230 donors

Ignite

Event

Little Sparks

In May, every one of our 42 Licensed Child Care Centres enthusiastically organized and hosted unique, engaging, and fun-filled activities for children, staff, and families. From exciting pie-throwing contests to creative craft-making sessions and delicious bake sales, the incredible effort, energy, and enthusiasm led to our best result ever!

\$36,782.58

431 donors

Little

Sparks



Newcomers

The Newcomer Connect Program at the YMCA of Oakville provided a complimentary 6-month membership for newcomers and their families in Oakville, generously funded by TD Bank and The Halton Region. This initiative was designed to support their integration and promote physical and mental well-being during their transition to a new environment.

180
Newcomers

\$69,600
Awarded



Child Care

Our Y was committed to ensuring that all families had access to quality child care, regardless of financial circumstances. Through our Financial Assistance program, we provided support for licensed child care, helping families access safe, nurturing, and enriching early learning environments.

18
Children received
financial assistance

\$ 29k
Awarded



Fill the Chair

Thanks to generous contributions, youth aged 15-19 received bursaries to pursue lifesaving Aquatic Leadership Certifications, leading to meaningful employment as lifeguards and swim instructors. More than just a job, these valuable skills offered confidence, career opportunities, leadership experience, purpose, responsibility, and financial stability.

21
Leaders for
the Future

\$14,460
Donated



Fill the Bus

A week at Summer Day Camp can be lifechanging. It can be a chance to experience some independence, learn new skills and make new friends. Our YMCA supports more than 1300 children and youth every year in Summer Day Camp Programs. By donating to Fill the Bus, even more children in our community get a chance to share in the fun.

42
Children received
financial
assistance

\$19k
Donated



Fill the Pool

This year, over 250 children and youth learned to swim at the Oakville YMCA. Swimming is a vital life skill, and as they learn, we also teach teamwork, collaboration, and how to support peers—all while having fun! Many go on to careers as lifeguards and instructors. Thank you to our generous donors for helping these youth develop a lifelong love for the water!

256
Children
Learned
How to Swim

\$15,112
Awarded

Program Testimonials

“My daughter started the YMCA HYPEE program in semester 1. She has struggled academically and socially for years, finding it hard to make friends and build positive social connections. The start of this school year was difficult, probably one of the worst times, until she joined this program.

Since then, I have seen amazing changes. She is becoming a more positive, happy, and confident young woman. For years, she beat herself up emotionally, but now she comes home daily excited full of confidence and positive language.”

Parent
HYPEE Participant

“I was very sad, and I felt hopeless and was looking for a way to help myself not feel that way anymore. I have been able to take in so many things that I never even thought of before, because it was kind of like a group with so many different perspectives to think about. I enjoyed how open and vulnerable we could be it was really special. I learned emotional regulation and how to stick to my values. Things are tough sometimes, but I feel like I have better skills to cope. It has lowered my anxiety a lot, my mindset has changed, and things don't feel so threatening to me.”

Chloe
YMind Participant

“Before joining the mYnd Pump Program, I struggled with anxiety and lacked confidence in social situations. Through the workshops, fitness activities, and group discussions, I learned to manage stress and step out of my comfort zone. I made new friends, gained confidence, and found healthy ways to cope with challenges. The facilitators were super supportive. Now, I feel stronger, more connected, and ready for new opportunities.”

mYnd Pump Participant

“After 25+ years of inactivity I started personal training at age 60. I have been working weekly for the past 10 months with my personal trainer. Her assessment, knowledge, construction of my training plan, motivation and enthusiasm has been awesome! I have remained injury free and made much more progress than I ever anticipated! I would highly recommend training programs at the Y to work towards a healthier version of yourself.”

Health, Fitness and Aquatics Member

“The Newcomer Wellbeing Program made it possible for our family to attend fitness activities, swimming, and soccer classes. It helped my son gain confidence and develop new skills in both swimming and soccer and make some friends. I am currently looking for a job, and without this program, it would be difficult for us to pay the fees. It has been a great support, allowing us to relax, relieve the stress of immigration, and ease our adaptation to Canada. THANK YOU!”





Thank You!

At the YMCA of Oakville, we believe in the **power of community** and the **potential in every individual**. Thanks to the generosity of our donors, sponsors, and funders, we continue to open doors, break down barriers, and create opportunities for people of all ages to grow, connect, and thrive.

Your support makes a real difference—ensuring that every child, youth, and adult can access the programs and resources they need to reach their full potential. If you haven't yet joined our community of supporters, **we invite you to be part of this journey**.

Visit ymcaofOakville.org/donate and help us build a stronger, more inclusive future together.



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