



YMCA

We build strong kids,  
strong families, strong communities.

## 2005-2006 Cumberland YMCA Annual Report

*“The YMCA is dedicated to the growth of all persons in spirit, mind and body,  
and in a sense of responsibility to each other and the global community”*

*Cumberland YMCA Mission Statement*

### **A message from the Chair of the Board and the Chief Executive Officer**

This has been a great year of change and revitalization for the Cumberland YMCA. As we embark on our strategic planning process we will be looking ahead to 2010, and finding our way to a healthy future for all the members of our community. Membership is at an all time high, and we will continue to grow and expand for the next several years, as we reach out into communities in Cumberland county.

In the next year we are going to focus on youth and youth health. In this modern time of video games, computers, text messaging, cell phones, blackberries, fast food, HD TV, and TIVO, our youth are becoming completely inactive. Canadian cardiologists estimate they will start treating 18 year olds for heart attacks in the next five years. Nova Scotia has the worse child and youth obesity problem in the country according to stats Canada. We as a community need to get our youth engaged in activities that involve being outside, being active, and understanding healthy habits. The Cumberland YMCA will look at ways to get our youth back to being healthy happy kids. New initiative will start in the fall with a drop in center, new youth physical activity programs, increased Kid in the kitchen programs, more sports, and we will lower the age for the teen weight training program. It is our responsibility to engage our kids in an active healthy lifestyle. We hope you will join us in this endeavor.

Together we can blow the dust off of the Nintendo generation.

Duncan Dixon CEO, Divya Minocha Board Chair.

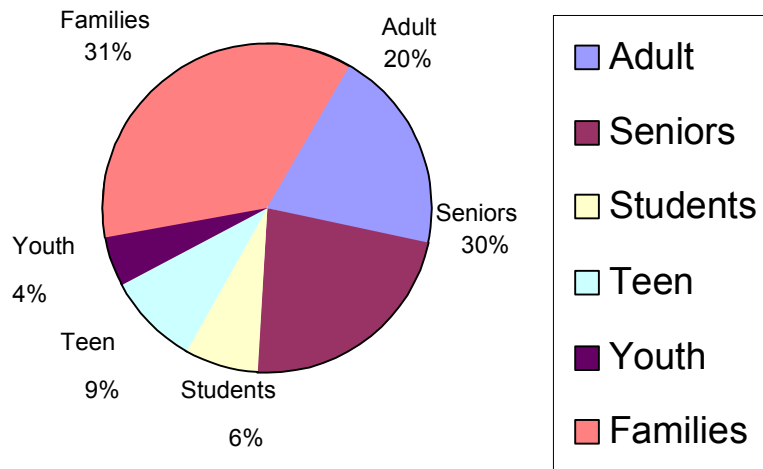


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## NEW INITIATIVES IN 2005-2006

- New Dance classes for adults
- Extended Pool hours as a service to our Membership
- Lunch and after school program extended to more students in more schools
- New health and wellness programs: Jive, salsa, and Latin dancing.
- Introduction of county programs on Saturday night, Teen Dance a thons, and a variety of swim camps
- Introduced afternoon babysitting service for members
- Facility improvements included lobby refurbishment, air flow in cardio room,
- Equipment upgrades, all new tread mills, new Arc Trainer, Kaiser Circuit in weight room.

## YMCA Membership 2005-06



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## **Statistics about Membership at the Cumberland YMCA in 2005 -2006**

**65% of our members are Female**

**% of members in each age category**

**4% under 25**

**16% are 25 to 34**

**26% are 35 to 44**

**13% are 45 to 54**

**18% are 55 to 64**

**22% are 65 plus**

**77% of our members are educated to college or University**

**22% of our members are subsidized in some form**

**50% of our members have been so for more than three years**

**87% of our members belong to get into shape**

**87% of our members reported good to Excellent health**

**40% come to the YMCA for the social contact**

**85% of our members use the pool**

**84% use the Gym**

**72% use the conditioning room**

**80% use the free weights**

**72% use the stretching room**

**65% use the areas for socializing**

**69% of our members use the facility 3-4 times a week**

**82% use the facility for 1-2 hours per visit**

**17% of members use the facility prior to 9am**

**25% use the facility between 9 –12 noon**

**13% use the facility between 12 –2 pm**

**7% use the facility between 2 –4:30 pm**

**18% use the facility between 4:30 – 7 pm**

**18% use the facility between 7 –10 pm**

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## THE YMCA BY NUMBERS

- 1700 individuals have memberships
- 190+ volunteers
- 257 children in YMCA childcare programs
- 98 children in YMCA preschools (Amherst, Oxford, River Hebert)
- 81 children in Lunch & After School care
- 192 children in YMCA Summer Day Camps (Amherst & Parrsboro)
- 2347 participants in Friday Night Youth & Teen programs
- 100 participants of all ages in Karate
- 138 swimmers in private lessons
- 512 swimmers in group lessons
- 12 National Lifeguards trained - 100% pass rate
- 13 full-time, 35 part-time staff

### ***Our outreach is growing:***

- 29% of YMCA Members are from outside the Town of Amherst, as well as.....
- 50% of children in YMCA Preschools & Kindergarten
- 38% of children in licensed YMCA Daycare
- 30% of Children in YMCA Summer Day Camps
- 42% of Participants in Swimming Lessons and Aquatics programs
- 34% of Participants at Youth and Teen Nights
- 55% of all pool rentals (schools, companies, and other organizations)



## STATEMENT OF OPERATIONS April 1, 2005 – March 31, 2006

Revenue	2006	2005
Aquatics	\$99,965	\$102,939
Childcare	\$130,085	\$161,881
Daycare	\$320,732	\$319,267
Donations /fundraising	\$132,446	\$146,425
Fitness	\$28,662	\$40,077
Membership	\$248,960	\$234,480
Youth/ Teen	\$53,139	\$27,984
<b>Total</b>	<b>\$1,013,980</b>	<b>\$1,033,055</b>
Expense		
Aquatics	\$79,360	\$90,086
Childcare	\$140,052	\$152,061
Daycare	\$244,156	\$247,061
Donations and fundraising	\$6,420	\$23,525
Depreciation	\$17,243	\$17,345
Fitness	\$45,729	\$58,420
Membership/Admin	\$206,974	\$209,748
Plant & Facility	\$226,817	\$222,282
Youth/Teen	\$57,581	\$34,952
Interest on long term dept	\$497	\$754
<b>Total</b>	<b>\$1,024,829</b>	<b>\$1,056,332</b>
<b>Excess (deficiency) of revenue over expense</b>	<b>(10,849)</b>	<b>(23,277)</b>
 <i>Audited Financial Statements attached</i>		

### 2005-06 BOARD OF DIRECTORS

Angela Best  
 Sharon Bristol  
 Lori Dow  
 Shelley Carter-Rose  
 Barry Helm  
 Joe MacLean  
 Divya Minocha  
 Gary Wilkie  
 Ron Patterson  
 Gerald Reid  
 Charlie Seymour

### MANAGEMENT TEAM

Chief Executive Officer – Duncan Dixon  
 Manager of Finance and Administration – Shelley Rector  
 Manager of Childcare / Daycare – Trina Clark  
 Manager of Youth & Teen and Aquatics - Charlene Macdonald  
 Manager of Health and Fitness – Catherine March  
 Asset Manager – Larry Gould

*For more information contact:*  
 Cumberland YMCA  
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 Amherst, NS B4H 4A1  
 (902) 667-9112  
[www.ymcaofcumberland.com](http://www.ymcaofcumberland.com)



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# ***THE POWER OF GIVING***

**Our thanks to all those who made a donation to the YMCA's Annual Giving Campaign in 2005- 2006  
Each donation, no matter the size, helps ensure our YMCA and all its programs are open and accessible  
to all.**

## **\$2500-and above**

### **Amherst Y'mens Club Poly Cello**

#### **\$1,000 - \$2,499**

Bristol Sharon  
Dixon Duncan & Heather  
Gould Larry

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

Allen Deane & Nancy  
Amherst Y's Menettes  
Helm Barry & Edith  
Smith Margaret  
TD Canada Trust  
Bordertown Bill O'Farrell

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

Atlantic Chemicals & Aquatics  
Inc.  
Atlantic Sanitation Supplies  
Beaton Judge Carole  
Best Angela  
Bennett Patti  
Curry Caroline  
Dixon Ray & Pat  
Dow Lori  
Hallee Jerry  
Hicks Chrissy  
Jolly Shirley  
Leslie Kent  
MacEahern Dr. Paul  
Matthews John & Jean  
McAloney Barbara  
McManaman Virginia  
Noiles Arnold  
Parlee Roy & Nancy  
Patriquin Doug & Audrey  
Patterson Ron & Carlene  
Plante Arthur & Ruth  
Rayner Garth  
Rector Renee  
Short Ruth & Vernon  
Taylor Dr. Boyd  
Thompson Jean

Trafford Tom  
Trenholm Ivan  
Wilkie Gary & Bonnie  
Gould Doreen  
Blanch Ross  
Embree Tracy  
Lupin Contractor (Donna  
Fitzpatrick)  
MacLean Joe  
Chenhall-Dyck Pamela  
Wood Laura  
Purcell Barry  
Alward Vaugh & Marilyn  
Barnes Insurance Agency  
Lewis Niki  
MacDonald Beryl  
Nicolle Bill  
Smith Leon & Elsie  
Wilkie Gary & Bonnie  
Melanson Irene  
Christie Dr. Hugh  
Clarke Trina  
Fort Equipment  
Gloutney Mark & Betty  
Haugg Morris  
Kellegrew Vera  
Lusby Harold & Eileen  
Mansour Theo  
March Catherine  
Melloy Brian  
Minocha Rakesh & Divya  
MurphySharon  
Pederson Erik  
Taylor Gertrude  
CaswellIrene  
Clarkson Peter  
MacLean Cindy  
Fawthrop Dale & Jean  
Atlantic Combustion Bill  
Digdon  
Lawrence Todd & Christa  
Smith Michael  
Hawco Mac  
MacDonald Charlene

Rector Shelley  
Bourgeois Cindy  
Morel Chery  
Wandlyn Inn  
Hughes Ann  
McAllister John  
The nalior Family

#### **Up to \$100**

Dwyer Andrea  
MacKay Bertha  
Rushton Tracy  
Baxter Misty  
Morton Hannaa  
Reynolds Robert  
Ferguson Scott & Charlotte  
Khor Dr. Chu-Ying  
MacDonald Aaron  
McCulloch Alex  
Rose C. Austen  
Smith Laura  
Mattatall Alisha  
Rector Alisha  
Wood Susan & Terry  
Acadian Printing CarlLeblanc  
Black Joan

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Elliott Ashley  
Lewis Oena  
MacDonald Russ/Grace

Oram Shirley  
Porter Mary  
MacDonald Erin

Dwyer Krista

**Every effort was made to ensure this list is accurate. If your name has been omitted, misspelled or incorrectly listed, please accept our apology and let us know so we can correct our records.**

Special Contributions by the following companies were key for the Cumberland YMCA  
**Amherst Daily News / Cumberland Publishing**  
**CKDH Lite Rock 900**  
**The Atlantic Super Store**

### **COMMUNITY PARTNERSHIPS**

The Cumberland YMCA gratefully acknowledges the invaluable support of individuals and organizations that have contributed to the achievement of our mission in 2003-04. In particular, we thank the following organizations that collaborated with us in the delivery of programs and services to our community:

*The Town of Amherst*  
*The Municipality of the County of Cumberland*  
*The Town of Parrsboro*  
*The Town of Oxford*  
*Amherst Japan Karate Association*  
*Amherst Lions Club*  
*Amherst Y's Men's and Y's Menettes Clubs*  
*Canadian Imperial Bank of Commerce*  
*Chignecto-Central Regional School Board*  
*Cumberland Early Intervention Program & S.M.I.L.E.*  
*Cumberland District Health Authority*  
*Cumberland Mental Health*  
*Human Resources Development Canada*  
*Maggie's Place*  
*Nova Scotia Community College*  
*Nova Scotia Community Services*  
*The Amherst Armouries*