

Sustainable **Futures**



2025

YMCA of Lethbridge
Annual Report

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Welcome *You Belong Here*

This report reflects our shared commitment to building healthy, inclusive, and connected communities—today and for generations to come. It documents the impact of our programs, the stewardship of our resources, and the generosity of those who invest in the YMCA of Lethbridge’s mission.





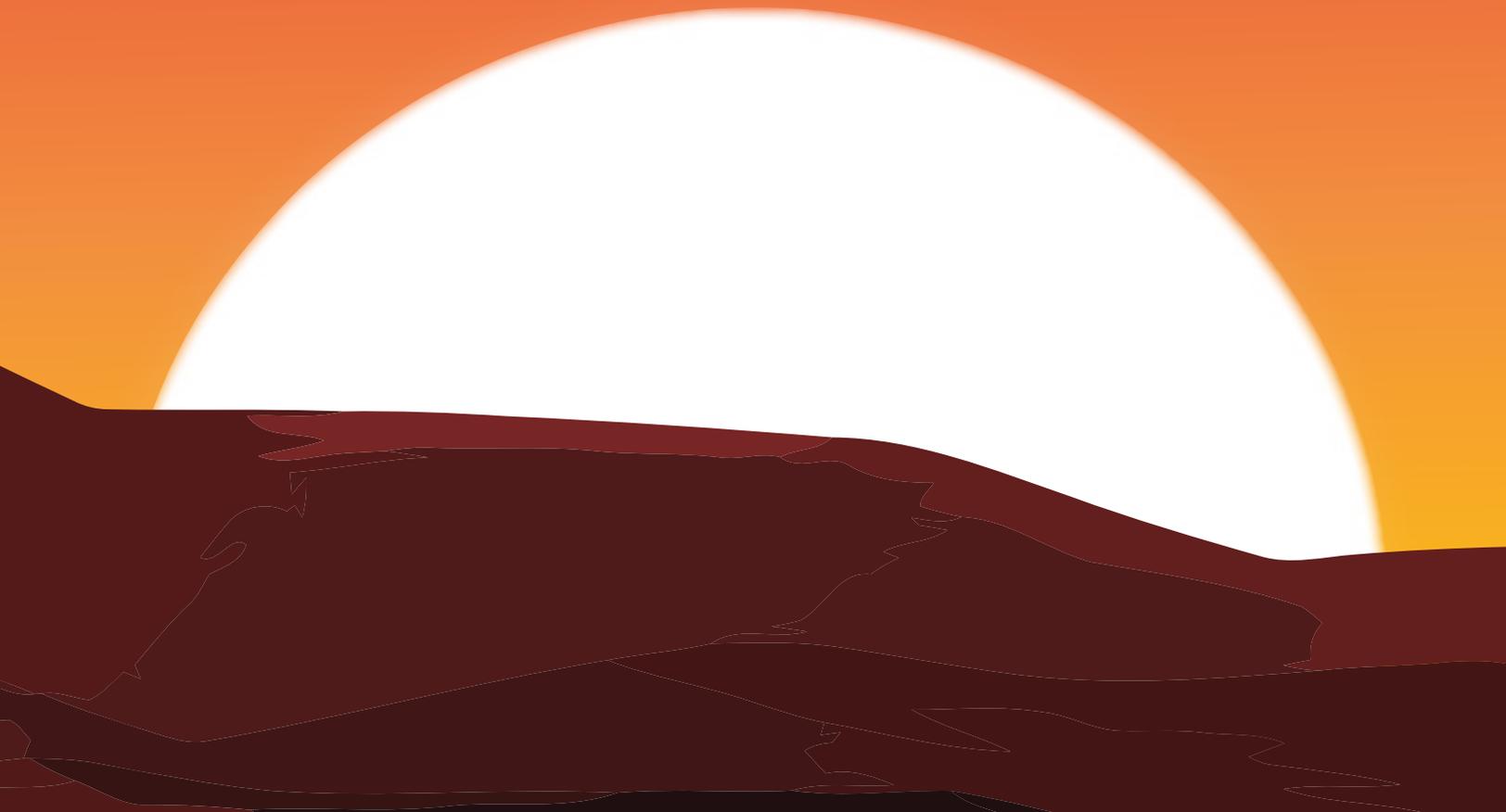
**MÁRCI NUWE GHÁSI TANSI
TAANSHI KIYAWAAW HÓ?A
DZÍNÍSI GÚJĀ OKĀ OTĀGACH KARIBU**



Land Acknowledgement

The YMCA of Lethbridge acknowledges that we are gathered on the lands of the Blackfoot people of the Canadian Plains and pays respect to the Blackfoot people past, present and future while recognizing and respecting their cultural heritage, beliefs and relationship to the land. The YMCA of Lethbridge offers respect to the Métis and all who have lived on this land and made Lethbridge their home.

This acknowledgement affirms our responsibility to advance reconciliation through action, equity, and belonging.



Message from the CEO

Building Sustainable Futures Together



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As we reflect on the past year, it's clear that 2025 was a year of resilience and adaptability for the YMCA of Lethbridge. Our community navigated significant challenges from tariffs and teacher strikes, and the loss of a beloved aquatics employee. Through it all, the YMCA remained a steadfast partner, committed to supporting individuals and families with programs that foster health, connection, and growth.

This year, we celebrated important organizational milestones that strengthen our foundation for the future. We proudly hold certifications as an Employer of Choice, reaffirming our commitment to creating a workplace where people thrive. We achieved Living Wage Employer status, ensuring fair compensation for our team, and earned COR Certification, demonstrating our dedication to safety and excellence, and, we remain accredited by Imagine Canada Standards. Perhaps most exciting was the introduction of our Social Impact Team, a group focused on amplifying the YMCA's role in identifying community need and driving positive change.

Looking ahead, our strategic direction is clear: we will continue to invest in programs and partnerships that create lasting impact, strengthen community resilience, and champion equity. Together, we are shaping a future where the YMCA of Lethbridge remains a cornerstone of health, connection, and hope.

Thank you for being part of this journey. Your support makes sustainable futures possible.

Jennifer Petracek-Kolb

Chief Executive Officer
YMCA of Lethbridge

Message from the Board Chair

Stewardship for Generations

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At the YMCA of Lethbridge, sustainability is more than a theme, it's a responsibility. For the Board of Directors, this responsibility begins with strong governance and a commitment to safeguarding the association's future. Our role is to ensure that every decision we make today positions the YMCA to serve our community for decades to come.

Fiduciary oversight is at the heart of this work. We are entrusted with managing resources wisely and balancing immediate needs with long-term priorities. This year, the Board focused on strengthening financial resilience, enhancing risk management practices, and aligning our policies with the principles of transparency and accountability. These efforts are essential to maintaining the trust of our members, donors, and partners.

Sustainable futures also require vision. The Board is actively engaged in shaping strategies that anticipate community needs and secure the YMCA's ability to meet them. This includes supporting initiatives that diversify revenue streams, encouraging legacy giving, and investing in infrastructure that will serve generations. Our decisions are guided by one question: how do we ensure that the YMCA remains a cornerstone of health, belonging, and opportunity for the next 100 years?



On behalf of the Board, I extend my gratitude to those who share this vision. Our staff, volunteers, and supporters, members, and partners are building not just for today, but for tomorrow.

Ashley Matthews

*Chair, Board of Directors
YMCA of Lethbridge*



Continuing a Legacy

For over 115 years, the YMCA in Lethbridge has stood as a cornerstone of community, resilience, and opportunity. From its humble beginnings in 1910, providing safe lodging for workers building the iconic High-Level Bridge, to becoming a hub for civic engagement and personal growth, the YMCA has always been more than a building. It has been a place where people come together to strengthen body, mind, and spirit.

Through decades of change, the YMCA has evolved to meet the needs of every generation.

From hosting the first public library in Lethbridge in 1919, to opening modern facilities in 1968 and, most prominently, the Cor Van Raay YMCA in 2019 (which was the result of a historical agreement with the City of Lethbridge), our commitment has never wavered. Today, as one of the largest YMCA facilities in North America, we offer affordable childcare at four city-wide locations, health and fitness programs, family and youth programs, and

financial assistance — ensuring everyone has access to a supportive community.

The YMCA is not a gym or a child care operator; it is a movement built on trust, inclusion, and shared community purpose. When you join the YMCA, you become part of a legacy that empowers individuals and strengthens families. Together, we create a healthier, more connected community. Join us and be part of something extraordinary.



Did you know?

- Basketball and volleyball were both invented at a YMCA!
- The first poppy worn as a symbol of remembrance was during a meeting of YMCA wartime secretaries in 1921.

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“Walking into child minding and hearing a serenade of voices celebrating me and my son’s arrival makes me feel known and valued. The staff at child minding go above and beyond, celebrating when he hits his milestones and commenting on his successes day to day. Throughout a difficult postpartum experience, they made me feel seen, and I can’t thank them enough!”



““

“The YMCA of Lethbridge has been a vital part of our family’s health and happiness. During stressful times, their welcoming atmosphere provides a much-needed escape. We enjoy swimming and family activities that have improved our physical health and strengthened our bond. My kids made friends and learned teamwork through youth sports. These experiences have enriched our lives, fostered healthier habits and created cherished memories together.”



““

“For me, it’s been more than just a place to work out—it’s been a key part of getting my mental health back on track. After losing my father, I was really struggling, but the YMCA helped me create a routine and find a sense of community. It’s a place that gives you space to focus on yourself, whether you’re working out, joining a class, or just taking a moment to reset. The support and environment there have really made a positive impact on my life.”



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“Without fee assistance, I wouldn’t have been able to keep working over the Summer. Access to affordable summer programming for my kids allowed me to keep my job. Thank you for helping my family.”



Stories of Belonging

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Just over a year ago, I fell and broke my left hip. I knew that I needed to exercise to be able to recover. I began by walking in my community during the summer but found the impact of walking on the pavement very hard on my hip. I had been told about the wonderful track at the Cor Van Raay YMCA by my neighbour who had been exercising there for about a year and I noticed how healthy he seemed to be. I decided to join and see how things went for me and my hip. I was greeted with such open arms and friendliness that I stayed. I have met several new friends who are also walking for their health. I am warmly greeted each day by every employee; they are always friendly and accommodating. It is nice when employees ask how your day is going and how the workout was. I am now feeling healthier and look forward to my walks about 5 times a week.

Susan



Dear Staff and
Administration at the 'Y',

The world's a whole lot
better place
because of people
like you
Who give real joy
and pleasure
by the nice things
that they do...

It is definitely apparent
that my many new
friends and I
definitely belong
at the "Y".

Sue

And with your recent
thoughtfulness
still very much in mind,
This is meant to bring
a thank-you
of the very warmest kind!

My "free year" is over. 😊
Words cannot adequately convey
the gratitude I feel and the joy
everyone has brought to me over
the past year. Everyone, in all
areas of employment plus
Volunteers has helped me in
various ways; has extended
kindness and friendship; and has
encouraged my progress as a
member who is trying to improve
her health. I feel truly
blessed.

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When we moved to Alberta from BC, it was a challenging time for our family. Our children were homesick, missing their friends and the community they had grown up with. As parents, it broke our hearts to see them struggling, and we wondered how we could help them feel at home in this new place.

That's when we discovered the YMCA of Lethbridge. It became more than just a gym or a facility—it became a lifeline for our family. The welcoming atmosphere and the sense of community helped us feel like we belonged. Our children joined programs where they met new friends and found joy in activities that brought back their smiles. The staff went above and beyond, taking the time to make us feel seen and supported.

The YMCA didn't just help our family adjust—it changed our lives and minds for good. It reminded us that even in times of uncertainty, there's always a community ready to embrace you with open arms. For that, we will forever be grateful.

Karima



Changing Lives Through YMCA Programs



Healthy Living

At the YMCA of Lethbridge, healthy living is more than physical fitness—it's about creating a foundation for overall well-being. Through accessible fitness programs, aquatics, and wellness initiatives, we empower individuals of all ages to take charge of their health. These programs not only improve physical strength but also foster mental resilience and social connection, helping people lead balanced, fulfilling lives.



Social Responsibility

Social responsibility is at the heart of everything we do. Through youth programming, community outreach, financial assistance programs, and initiatives that promote equity and inclusion, the YMCA works to remove barriers and create opportunities for all. Whether it's supporting families in need or championing programs that foster diversity, we are committed to building a stronger, more connected community where everyone has access to the resources they need to succeed.





Youth Development

Our commitment to youth development ensures that every child and youth has the opportunity to grow into their full potential. From leadership programs, after-school activities, licensed child care, to mentorship and skill-building workshops, the YMCA provides safe spaces where young people can learn, thrive, and discover their strengths. These experiences build confidence, character, and a sense of belonging—qualities that last a lifetime.



Did you know?

The YMCA averaged 11,069 active members in 2025. Here's the representation of who we're serving!

4% Child

6% Teen

7% Senior

83% Adult

A Principal's Perspective

Building Sustainable Futures Together

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The YMCA is quite literally everything to me.



“
I'm a product of the YMCA and its continued investment in youth programs. When Education Manager, Arnaud Sparks reached out to me three years ago about Back on Track (formerly called Alternative Suspension), I gladly accepted.

Back on Track is designed for students who struggle to meet the expectations of a traditional school environment; essentially, it provides a safe and structured space for students to go when suspended from school.

Today, more schools are embracing a restorative approach. This refers to an ethical framework that moves away from punishment and focuses on understanding, accountability, and growth. This helps the student understand why certain behaviours are harmful to both themselves and others, and emphasizes repairing relationships and rebuilding trust. It's about turning mistakes into learning opportunities.

Back on Track transforms what could be a negative, unstructured situation into a positive and restorative experience through academic support, connections with peers, and focuses on taking responsibility for the student's actions and words.

When I think about the YMCA, I don't just think about a building or a gym. I think about community; a place that meets people where they are and helps them become who they're meant to be. When a young person sees that someone believes in them, even when they've made mistakes, it can change everything.

Thank you to the YMCA for continuing to give our youth a place to learn, grow, and get Back on Track.

Raj Mathur

Vice-principal

Senator Joyce Fairbairn Middle School

Philanthropy & Legacy Giving

Building Sustainable Futures

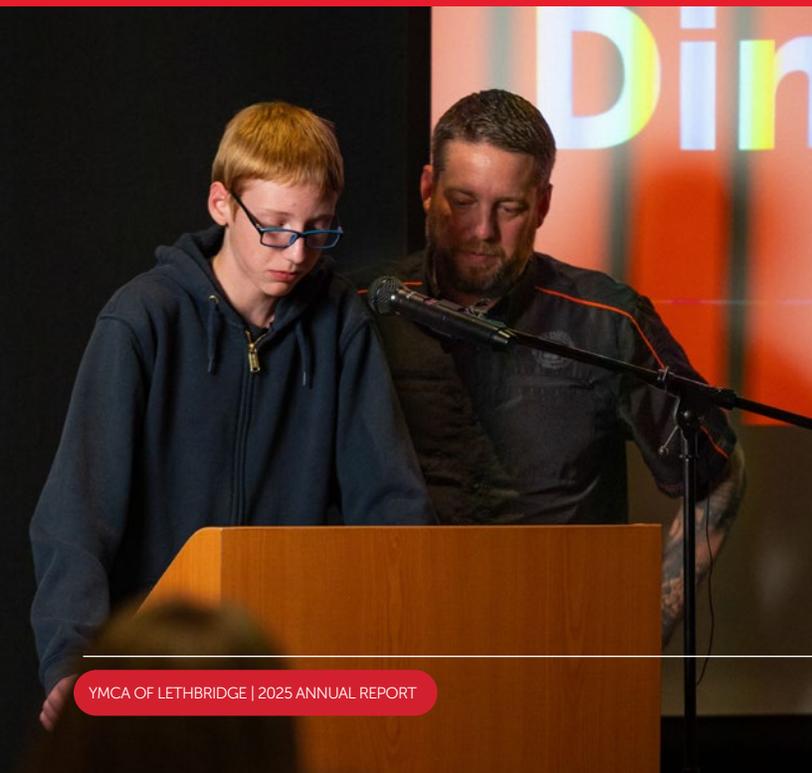
Through community philanthropic support, the YMCA of Lethbridge provides health and wellness for future generations. Sustainable funding for community needs today and tomorrow is essential to the healthy development of vibrant communities.

Over the last 11 years myself and my 2 siblings have gone to the YMCA Summer Day Camps. The best part about the summer camps for our parents is they knew we would come home exhausted from all the play. We had a ton of exercise; we got to go swimming, play basketball, soccer and pretty much any sport and activity a kid can think of. It didn't matter if it was the old building downtown or the new Cor Van Raay YMCA. We often came home with crafts or would tell stories about the places in the community we visited. Not only does the YMCA camps keep kids active they also work their brains, the staff were always amazing with the us, we made great connections with the leaders during camp, swim lessons and let me find many friends along the way. The YMCA has such amazing programs.

Simon McIntyre

Our oldest son was a huge fan of the YMCA. After his passing in 2020 we were honored when the YMCA approached us to do a community fund in his name that we can give back to the community every year. Between ourselves, SLOW YOUR ROLL (campaign founded by Chris DiPasquale) and the YMCA we were able to raise \$27,000.00 in the first year. After continued support and some good interest the fund is a little over \$30,000.00 and is still growing. We allocate 3.5% a year from the fund to go back into YMCA summer camps, which created opportunity for 5 youth in 2025 to attend the YMCA summer camps so they could benefit from these great programs the same way Charles got to.

Lee McIntyre



Endowment Stewardship

The YMCA of Lethbridge maintains two Endowment Funds held at the Community Foundation of Lethbridge & Southwestern Alberta:

The Lethbridge Y's Men Club Endowment Fund

In support of financial assistance to community members for memberships and programs.

YMCA of Lethbridge Endowment Fund

In support of the ongoing improvement in the quality of life of the citizens in Southern Alberta.

Donors may contribute to these funds during their lifetime or through planned giving, ensuring long-term stability and impact.



Did you know?

In 2025, we introduced a new membership type based on community feedback. This allowed one-adult households to hold a family membership without the 2nd adult. This membership type grew from 3 families in January 2025, to 271 families in December 2025.



Audited Financial Statements

The YMCA of Lethbridge is committed to the prudent, transparent, and accountable management of all charitable resources entrusted to our care. As a registered Canadian charity, we steward donations in accordance with the Income Tax Act, Canada Revenue Agency (CRA) guidance, and best practices in nonprofit financial governance in accordance with the Imagine Canada Standards.

Our financial practices ensure that resources are directed to public benefit, aligned with our charitable purposes, and managed to support both immediate community needs and long-term sustainability.



How Funds Are Used

Charitable revenues received by the YMCA of Lethbridge are allocated to support:

- Programs and services that advance healthy living, youth development, and social responsibility
- Financial assistance to remove economic barriers to participation
- Administrative and governance functions required to deliver programs responsibly and in compliance with CRA standards

All expenditures are reviewed through internal controls and Board oversight to ensure they remain reasonable, necessary, and aligned with our mission.



Philanthropy, Public Benefit & Compliance

Donations to the YMCA of Lethbridge are accepted on a voluntary and arms-length basis, with no undue private benefit conferred to donors. In accordance with CRA guidance:

- Donors do not direct operational decisions or select individual beneficiaries
- Recognition and stewardship activities are proportionate and compliant
- All charitable receipts are issued in accordance with CRA regulations

Financial assistance and subsidized access to programs are provided based on demonstrated need, preserving the dignity and privacy of participants while ensuring that charitable funds serve a clear public benefit.



Endowment Funds & Long-Term Sustainability

The YMCA of Lethbridge maintains endowment funds held at the Community Foundation of Lethbridge & Southwestern Alberta. These funds are invested and managed externally in accordance with foundation policies and prudent investment standards.

Endowment income supports:

- Ongoing fee assistance and access to programs
- Organizational priorities identified by the Board of Directors
- Long-term financial resilience and intergenerational impact

Endowment capital is the initial funding amount preserved to ensure the YMCA can continue serving future generations.



Oversight & Governance

Financial oversight is provided through:

- The Board of Directors, which holds fiduciary responsibility for charitable assets
- The Audit & Finance Committee, which reviews budgets, controls, and financial performance
- Independent external auditors, who conduct an annual audit of the organization's financial statements

This multi-layered oversight structure ensures compliance, risk management, and ethical stewardship.

Our Commitment

Public trust is the foundation of charitable work. We remain committed to transparency, accountability, and the responsible use of every dollar entrusted to the YMCA of Lethbridge in service of our community.

Audited Financial Statements

Excerpts from the YMCA of Lethbridge's audited financial statements for the year ended December 31, 2025 are in the following section. The full financials along with the auditors report can be found at lethbridgeymca.ca/annual-reports-bylaws-plans-and-policies/

YMCA of Lethbridge Statement of Financial Position

as at December 31, 2025

ASSETS

Current

	2025	2024
Cash	\$ 1,764,874	\$ 2,106,497
Restricted cash	65,848	76,364
Short term investments	727,279	705,254
Accounts receivable	50,978	87,291
Inventory	51,770	46,743
Prepaid expenses	106,854	112,951

2,767,603 3,135,100

Investments

2,131,942 1,972,113

Capital assets

1,942,668 1,770,310

\$ 6,842,213 \$ 6,877,523

LIABILITIES/NET ASSETS

Current

	2025	2024
Accounts payable and accrued liabilities	\$ 366,623	\$ 399,370
Salaries, wages and payroll liabilities	412,336	359,749
GST payable	31,626	26,928
Due to the City of Lethbridge	-	26,260
Deferred contributions	859,745	1,021,894
Deposits	30,000	30,000

1,700,330 1,864,201

Deferred capital contributions

1,482,231 1,457,988

3,182,561 3,322,189

Net Assets

Unrestricted net assets	430,704	1,472,007
Invested in capital assets	460,438	312,322
Internally restricted	2,768,510	1,771,005

3,659,652 3,555,334

\$ 6,842,213 \$ 6,877,523

This report includes selected financial information extracted from statement audited by Avail Chartered Professional Accountants
Complete financial statements are available at www.lethbridgeymca.ca

YMCA of Lethbridge

Statement of Operations

For the Year Ended December 31, 2025

REVENUE	2025	2024
Memberships	\$ 5,329,720	\$ 5,061,503
Programs	3,625,005	3,427,815
Grants and contributions	1,074,662	1,228,361
Day passes	823,987	874,899
Facility rent	495,636	421,364
GST revenue	124,733	118,461
Fundraising and sponsorship income	65,627	65,433
Donation revenue	50,098	195,156
Miscellaneous	28,077	16,789
	11,617,545	11,409,781
EXPENSES		
Salaries, wages and benefits	9,261,106	8,782,168
Supplies	515,129	453,170
Contracted services	347,066	217,884
Repairs and maintenance	272,406	246,279
Office and telephone	270,103	258,285
Staff development and training	192,925	299,272
Interest and bank charges	178,154	161,865
Rent and utilities	175,744	182,025
Affiliation fees	171,299	167,168
Advertising	102,656	75,233
Insurance, licenses and memberships	76,066	64,513
Professional fees	51,555	47,181
Philanthropic development	10,574	12,323
Board expenses	9,478	12,839
Bad debt	6,380	-
	11,640,641	10,980,204
(Deficiency) Excess of revenue over expenses from operations	(23,096)	429,577
Other income (expenses)		
Investment income	206,724	154,199
Gain (loss) on disposal of capital assets	22,494	(824)
Unrealized gain on investments	22,042	115,172
Gain on sale of marketable securities	1,730	499
Management fees on investments	(21,245)	(17,402)
Amortization on deferred capital contributions	143,186	290,113
Amortization	(247,517)	(376,380)
	127,414	165,377
Excess of revenue over expenses for the year	\$ 104,318	\$ 594,954

This report includes selected financial information extracted from statement audited by Avail Chartered Professional Accountants
Complete financial statements are available at www.lethbridgeymca.ca

Igniting the Potential in People

2025 Donors and Supporters

Aaron Trozzo | Abbey Johnson | Abby Harbinson | Abi Iskander | Abigail Crown | Abigail Kress | *Ability Resource Centre* | Adam Sparks | Adan Sparks | Adrienne Tastad | Aivaras Jakiimavicius | Akashdeep Singh | Alecia Kerber | Alex Albu | Alex Weighill | Alexandra Olson | Ali Stuart | Alisha Kleiner | Alisha Strandquist | Alison Beer | Alison Ford | Allyson Sellers | Alyssa Bergen | Alyssa Singh | Amanda Maier | Amanda McNeely | Amanda Vandenberg | Amber Zary | Amy Kim | Amy Pronk | Andre Edwards | Andrea Kremenik | Andrea Nemecek | Andrea Woods | Anne Way | Aria Siega | Arjames Urriza | Arnaud Sparks | Arturo Montoya Lopez | Ashley Campbell | Ashley Matthews | Ashley Pollock | Atak Deng | *ATB Business - Todd Giesbrecht* | Austin Bari | Ava Gallamore | Ayden Whittmire | Azlin Ferguson | Baz Hendricks | Ben Dube | Benjamin Robinson | Bette Greidanus | Blaine Emelson | Blair Balog | Blair Foster | Brad Gamracy | Bradley Ingold | Brandon Weeks | Braydon Tanner | Brent Forrest | Brett Kaun | Brett Kitagawa | Brinnley Zanewich | Brittanie Bland | Brittany Howell | Brittany Janecke | Bruce McKillop | Bruce Storey | Bryan Magyar | Caitlin Doolan | Camryn Munchrath | Carl Delamarter | Carmen Struyk | Carol Kundrik | Carolina Pavez Tapia | Carolyn Nassar | Carolyn Vandevendel | Carolyn Vanee | Carson Gunn | Cassandra Unruh | Cassidy Phillips | Cassidy Pudlowski | Cassie Unruh | *Castle Mountain Resort* | Catherine Cooke | Catherine Goerzen | Catherine Hill | *Cavendish Farms Cavendish Farms Corporation* | Charla Solly | Charlene Pisko | *Charles McIntyre Fund* | Chase Van Gaalen | Chris Lastiwka | Chris Wall | Christina Bakir | Christopher Moore | Christopher Wall | *City of Lethbridge* | Clayton Koganow | Codey Schapansky | Colby Zmurchyk | Cole Stroud | Colin Abar | Colleen Hoyt | *Colour on Fire* | Colter Downey | Colum Terry | Connie Johnson-Rempel | Connor Anderson | Conor Anderson | Conor McGregor | Conrad Atkinson | *Cor Van Raay* | Corinne Sampson | Cornelis Pronk | Courtney Zimmerman | Crystal Shade | Curtis Robinson | Curtis Tillmanns | Dallas Badura-Stillinger | Dana Inkster | Daniel Davy | Daniel Henson | Daniel Loewen | David Findlay | David Kelly | David Yamabe | Dayton Jans | Dean Grove | Deb Bullock | Debra French | Debra Leblanc | Devon Jerome | Diane Kelly | Dory Rossiter | Drin Qelaj | Duane Keiver | Dustin Ledsham | Dwayne Armstrong | Easton Keenan | Easton Smith | Edward Wells | Elena Allard | Elena Luk | Elizabeth Jensen | Elizabeth Jong | Elizabeth LaFleche | Elizabeth Nnaji | Ellie Orsten | Emil Cipion Garcia | Emily Demers | Emily Matthews | Emily Wendelboe | Emmerson Reyes | Eric Den Haan | Eric Haapa-aho | Erik Vanden Dungen | Erika Dunbar | Ethan Brouwer | Ethan Grenier | Ethan Sears | Ethan Sewall | Evan Schaaf | Evelyn Bossman | Faith Rozic | Florene Ypma | Gage Otto | Gary Stauffer | Gaylen Armstrong | George Braun | George Evelyn | Georgean Harper | Gil Ostrom | *Government of Alberta Government of Canada* | Grace Jacobs | *Graham Greenslade Estate* | Greg Adair | Gwen Tanis | Hanna Hubbard | Harrison McNaughton | Heidi Oishi | Helen McDonald | Helen Reeves | Hillary Graham | Hunter Katterhagen | Iain Ferguson | Ian Barbour | Ian Campbell | India Arden | *IX Solutions* | J. Kelly Huxtable and/or S.L. Rak | Jace Greene | Jackie Lovell | Jacklyne Cheruiyot | Jacob Fehr | Jacob Kodde | Jacob Pengelly | Jacqueline Davidson | Jacqueline Rodgers | Jakob Flatla | James Fuller | James Kleiner | James Ridley | Jamie Miller | Janelle Feyter | Jared Shouting | Jasmine Charlesworth | Jeff Peddle | Jeffrey Beekman | Jennifer Gesinghaus | Jennifer Latham | Jeremy Olsen | Jerry Brown | Jesse Dyck | Jessica McAlpine | Jessica Sheehan | Jinyoung Jung | Joanna Lehrer | Jody Woodroffe | John Arnold | John Evans | John Sherman | Jon Hurtado | Jonathan Hurtado | Jordan Pescetti | Joshua Hynes | Joshua Nielsen | Joyce Martin | Juan Renteria | Judith Mackenzie | Judith Pounder | Judy and Bryan Magyar | Justice Thompson | Justin Zalesak | Kacie Bosch | Kacy Berry | Kaela Corazza | Karen Hagen | Karlene Weltz | Katherine Millar | Katherine Mitchell | Kathleen Murphy | Katie Vandenberg | Katie Williamson | Kaycee-Jo Brandics | Kayden Newman | Ben McNaughton | Benjamin Reimer | Beverly Baczuk | Beverly Thornhill | Bob & Sheila | Bobby Gathercole | Bram Macodrum | Brandon Dolanz | Brenda Masse | Brennan Wielenga | Brian Ogertschnig | Brian Sullivan | Brittany Campbell | Brittany Gazic | Brittia Tonin | Brooklyn Boutin | Darcy Zimmerman | Darko Filipic | Davie S | *Davis GMC Buick* | Debbie Chisholm | Deborah Tajiri | Declan Ward | Dennis Bryant | Dominika Wojcik | Donna Shield | Duncan Mackey | Dustin Burns | Dwayne Greenlaw | Dwayne Strandquist | *Ecclesiastical Insurance* | Edward Vegter | Eli Orenstein | Eliza Bissett | Janessa Schamber | Janie Huang | Jason Wegner | Jeanne Williams | Jenna Hendricks | Jenna Kelly | Jennifer Petracek-Kolb | Jenny Wertman | Jessica Bennett | Jessica Girard-Fudge | Jewel Vandersteen | Jillian Chapman | Joanne Collier | Jo-Anne Gray | John McFadyen | John Mella | Jonas Freedman | Jonathan Aitken | Jordan Shirakawa | Jordy Nguany

The YMCA didn't just help our family adjust—it changed our lives and minds for good.

Having a safe, fun space to be active together has improved my physical health and made me more present as a parent.

The YMCA has been key in getting my mental health back on track, helping me find a sense of community when I was struggling.

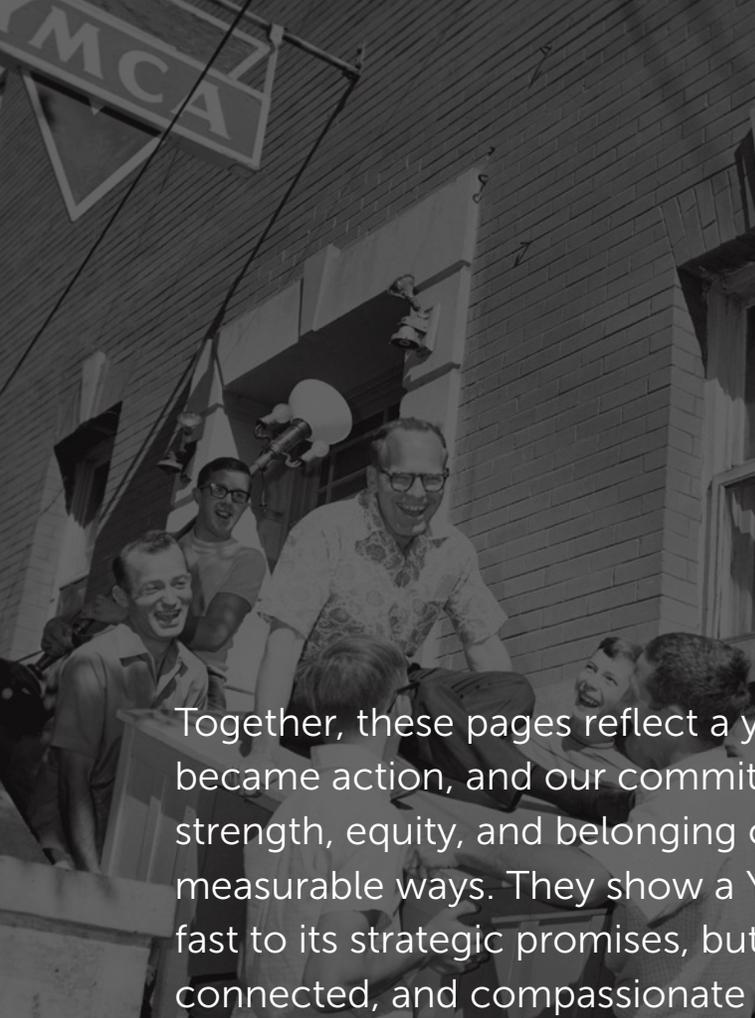
Kayden Newman | Kayla Plaustein | Kayleigh Forster | Kayzia West | *KB Heating & Air Conditioning* | Keanan Ceron | Keith Hand | Kelly McCarty | Kenning Tran | Kevin Havyarimana | Kevin Keith | Kevin Pepper-Ratt | Kimberley Laidlaw | Kirsten Adair | Kodi Kostek | Kory Keenan | Kris Leschert | Kristen Brown | Kristen Hatfield | Kristina Larkin | Kristina Seiriene | Kristine Hemsley | Kristy Vassell | Krystal Hartin | Kurt Caballo | Kurt Ivison | Kurtis Blumke | Kurtis Caballo | Kyla Ironshirt | Laiba Usman | Lance Jensen | Lanita Teke | Larrissa Najjar | Leandra Schneider | Lee McIntyre | Leila Methot | *Len & Bev Herring* | Leo Wilkinson | Les Mctavish | Lina Gierl | Linda Horner | Linda MacLeod | Linda Salvacion | Lisa Grahame | Lola Mix | Lori Ogertschnig | Lorne Charlesworth | Louise Hutchinson | Lucas Vanden Dungen | Luke Macdonald | *Lupus Society of Alberta* | Lynda Unruh | Mackenzie Branch | Madeline Rau | Madison Allen | Marilyn Armstrong | Marina Keijzer | Mark Holthe | Mark Robinson | | Martin Mundel | Mary Laplante | Matthew Salmon | Matthew Shipley | Megan Fennell | *Melcor Developments* | Michael King | Michael Nonomura | Michelle Palmer | Michelle Puhl | Mike Paulson | Mikyla Fisk | Mitchel McKen | MJ Hayes | Morgan Bos | Moureen Tarus | Naomi Hanna | Nastassia Hurd | Nate Bunnage | Nathan Lavens | Nicole Hammell | Nikolaus Wyslouzil | Olivia Roest | Olivia Wright | Olivier Asselin | Olivier Conard | Pamela Haapa-aho | Pat Mastel | Patricia Filteau | Patrick Yellow Wings | Paul Solkoski | Paul Zook | Paula Lock | Pauline Vatcher | Peggy Walkey | Penelope Hopkins | Peter and Bette Greidanus | Peter Emard | | Peter McNally | Phuong Hao Christine Nguyen | Platon Ramoniak | Polo Los Banes | *Precon Construction Ltd* | Quin Doherty | Quinn Layden | Quinn Takacs | Rachael Reurink | Rachel Gow | Rachel Jensen | Rachel Reurink | Rachel Ross | Ramesh Manda | Randi Harty | Randie Davenport | Renae Stephenson | Richard Arnold | Rick Weste | Ricky Provost | Riley Boras | Robert Brown | Roberta Shields | Ruel Vera Cruz | Ruth Anthony | Ryan Miller | Ryan Peterson | Sam Walstra | Sam Yanish | Samantha Walstra | Samantha Yanish | Sandra Wirsch | Sara Mousir | *ScotiaRISE* | *Securcom Technologies* | Seiren Tatebe | *Select People Solutions* | Serenity Spears | Serenity Strandquist | Seth Moss | Shannon Wobschall | Sharon Mombourquette | Sharon Sims | Shaun Vander Heide | Shaun Ward | Shauna Gregus | *Shaw & Associates* | Shayla Ghose | Shayla Kopp | Shelby Terry | Shellwyn Urriza | Shelly Credico | Sheri Wright | Sherry Wilcox | Sheyn Latchmea | Shianne Ramkay | Shirley Sera | Sinead Siever | Sofia Buzunis-Delagneau | Sonja Baker | Soraya Zafari | Spencer Larsen | Stefan Brzezinski | Stephanie Kerr | Stephanie Reid | Stephen Mogdan | Stephen Morgan Jones | Stephen Szabo | Steve Craig | Steven Ha | Steven Petro | Stuart Mill | *Subaru of Lethbridge* | Susan Grundy | Suzanne Tivadar | Syama Chatterton | Talin Dodd | Tammy Paisley | Tammy Zmeko | Tanya Madge | Tara Lennox | Taryn Bach | Taylor Cardinal | Taylor De Jager | Taylor Wutzke | Tazz Black Plume | *TD Bank* | Teresa Strandquist | Terri Langlois | Theo Jonkhout | Thomas Kazakoff | Timothy Whitehead | Tina Forsyth | Tracy Myers | Travis Grant | *Triple M Housing* | Tyler Ginter | Tyler Keraiff | Tyler Markel | *W.E. Greer* | Walker English | Wendy Weninger | Westin Fairbrother | Will Serink | William Hamilton | William Jacobson | William McAlister | William McDonald | William Robb | William Tate Montgomery | Wyatt Everitt | Xavier Glynn | Xenia Siceac | Zac Morris | Zachary Jacobs | Zachary Neufeld | Zachary Nicholson | Zcheila Mercado | Zitong Song |

At 79, after battling health issues, I found new strength at the YMCA of Lethbridge. The supportive staff and classes like Golden Fit and Pickleball helped me rediscover my vitality. It's more than just a gym; it's a community that's made a real difference in my life.

The YMCA isn't just about fitness—it's about finding a sense of community, especially when life feels tough.

After losing my husband, I was struggling. The YMCA gave me strength, healing, and a reason to keep going.

Mark Schmitz | Mark Senecal | Marti World | Matthew Barker | Matthew Clarkson | *McCain Foundation* | Meagan Lahoda | Melissa Vander Heide | Michael Clemons | Michael Swenson | Michael Wigle | Michelle Whaling | Mike Moland | Miranda Braun | Miranda Mackenzie | Monica Van Rhijn | Monique Atkins | Murray Hochstein | Myrle Rodgers | Natalie Henkelman | Natasha Patel | Nicholas Karl | Nicole Armstrong | Noah Sparkingeyes | Olea Taboulchanas | Olivia Roest | Olivia Wright | Olivier Asselin | Olivier Conard | Pamela Haapa-aho | Pat Mastel | Patricia Filteau | Patrick Yellow Wings | Peter Emard | Peter McNally | Phuong Hao Christine Nguyen | Platon Ramoniak | Polo Los Banes | *Precon Construction Ltd* | Quin Doherty | Quinn Layden | Quinn Takacs | Rachael Reurink | Rachel Gow | Rachel Jensen | Rachel Reurink | Rachel Ross | Ramesh Manda | Rayna Fraser | Remie Benoit | Richard Bedore | Richard Furgeson | Riley McCloud | Riley McLaren | Rod Weinkauff | Ron Carroll | Roxana Albu | Ruth Sanchez | Ryan Dobson | Ryan Kress | Ryan Procee | Ryan Smith | S.L. Rak | Samantha Scout | Samantha Shannon | Samuel Heap | Sandra Hollands | Scott Murakami | Sean Friel | Taner Murray | Tanner Suttie | Tannis Day | Taryn Heagy | Tavish Vucurevich | Taylor Ferguson | Taylor McNarland | | *Teamwork Training* | Teresa Baird | Tessa Bernes | Teya Mctavish | Tiffany Ouwerkerk | Tiffany Seely | *Tollestrup Construction* | Tove May | Ty McLaren | Tyler Arsenault | Tyler Barrow | Tyler Robertson | Tytus Prawdzik | *Varsteel* |



Together, these pages reflect a year in which our vision became action, and our commitments to community strength, equity, and belonging came to life in tangible, measurable ways. They show a YMCA that is not only holding fast to its strategic promises, but boldly building the resilient, connected, and compassionate future our community deserves.



And now, we invite you to continue shaping that future with us because

you belong here.



M.C.A. CAMPAIGN \$50,000.00 NEEDED? D. HEADQUARTERS? WHAT IS A BOY In Lethr





MISSION



The YMCA of Lethbridge is a charity that serves the community by providing safe and inclusive opportunities for all people to improve their well-being and sense of belonging.

VISION



Our vibrant community is healthy, connected, welcoming, and inclusive.

CORE VALUES



Caring



Honesty



Inclusiveness



Respect



Responsibility





A Charity Igniting the Potential in People

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Lethbridge, AB T1J 5L4
403-942-5757 | www.lethbridgeymca.ca

Charitable Registration No.
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