



# Middlesex Centre & Stoney Creek YMCA

# Thank You!

Your donation provided more than **30 family members with an annual YMCA membership**, giving them access to all health, fitness, aquatics and recreational programs at the Y.

# Building Resiliency

- Strengthen individuals' **resiliency**, self-esteem, sense of **belonging** and ability to cope
- Support **healthy development of children and youth** through access to recreation, social, mentorship and leadership
- Help families reach their health goals and live **healthy lifestyles**

# Supporting Youth

- YMCA Teen Nights
- Free access to the Y every Friday
- Approximately 52 teens attend weekly in Komoka (400 at Stoney Creek)
- 20% of teens are not current YMCA members

# YMCA Participant Numbers

## Middlesex YMCA

- **1,131 participants**

## Stoney Creek YMCA

- **10,163 participants**

# YMCA Strong Kids- Subsidy

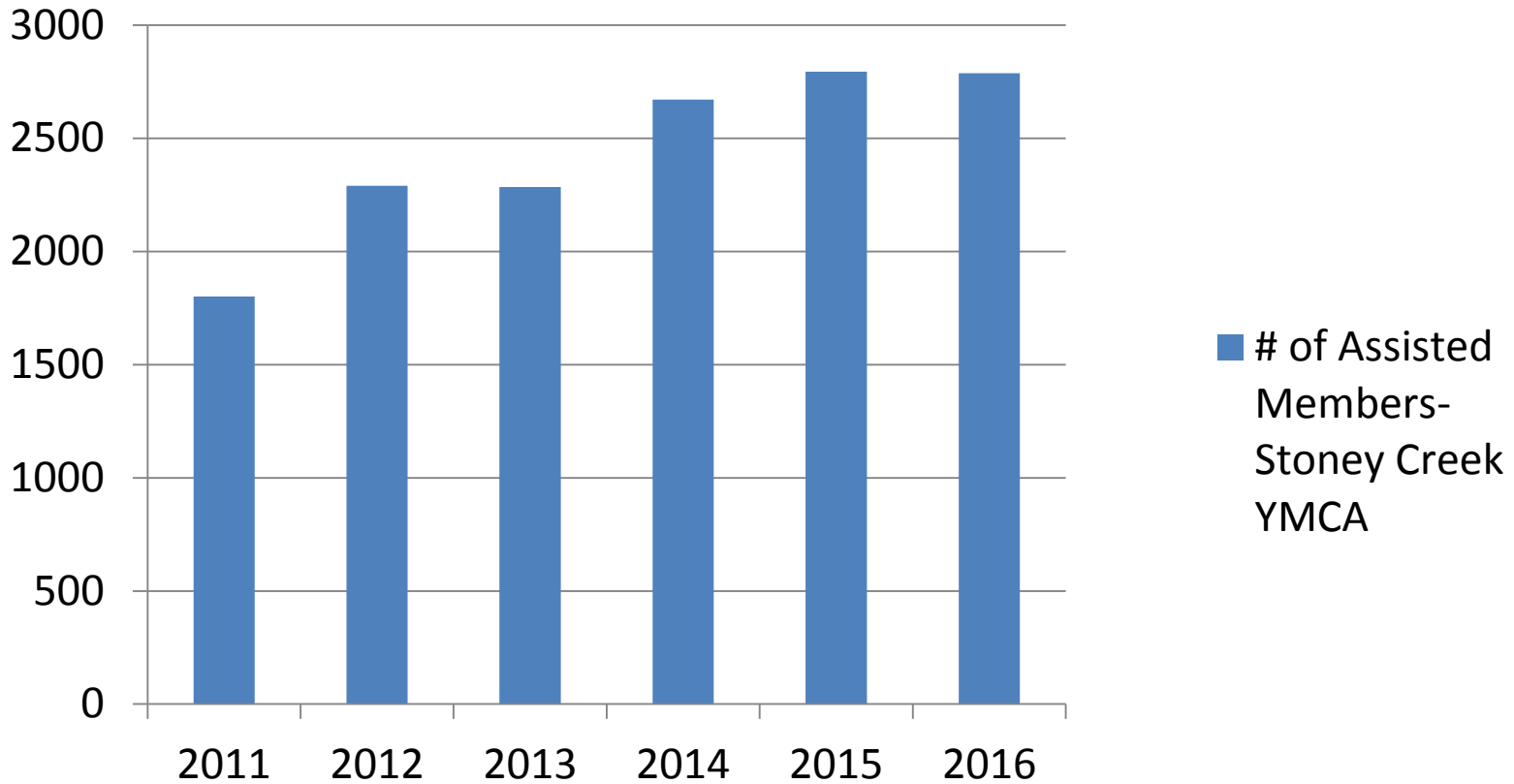
**16%- Middlesex YMCA**

**28%- Stoney Creek YMCA**

**Membership assistance  
remains steady**

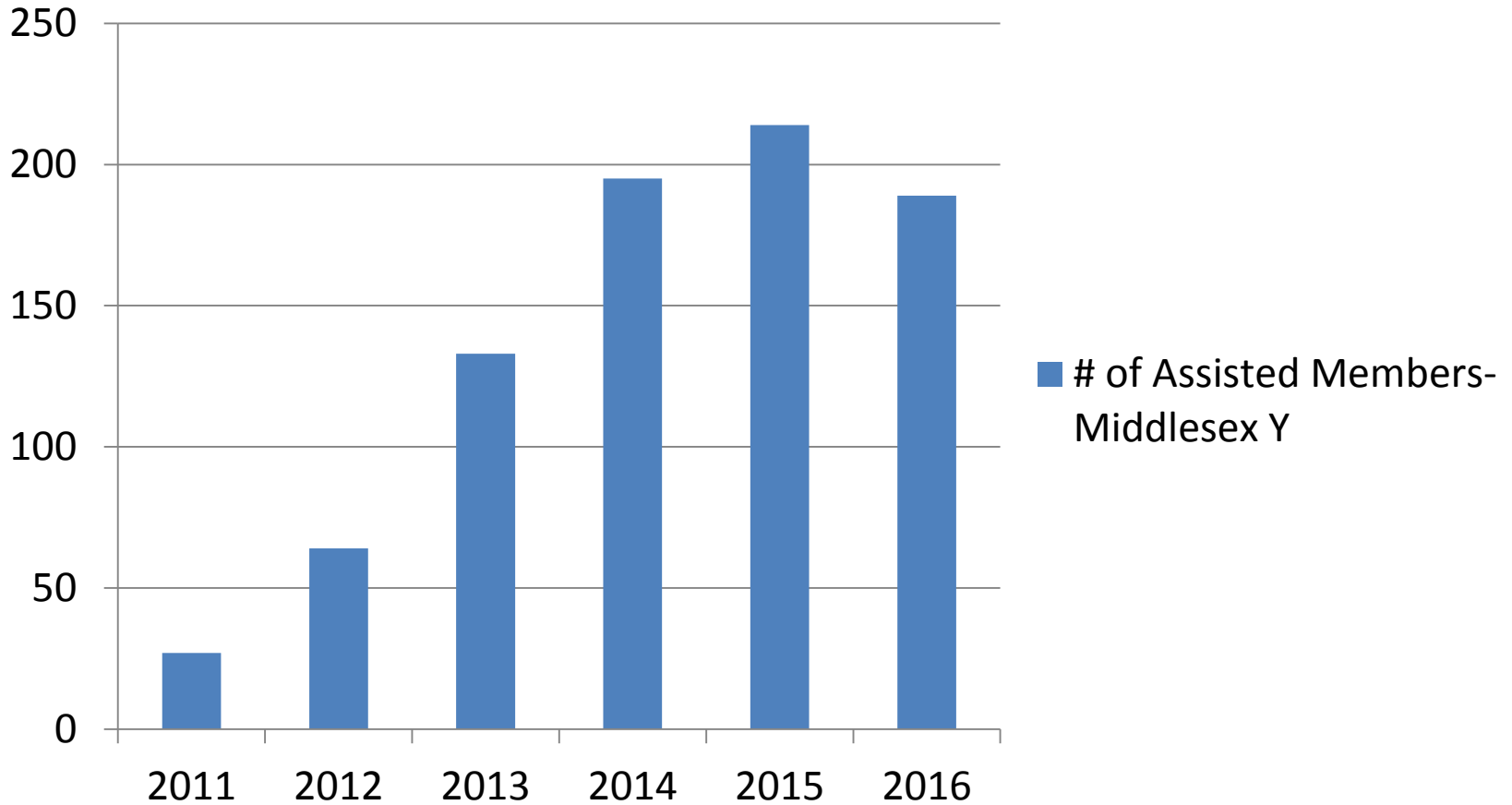
# Serving our Community

## # of Assisted Members- Stoney Creek YMCA



# Serving our Community

## # of Assisted Members- Middlesex Y





# YMCA Strong Kids

- Ensures families and individuals can access YMCA programs and services, regardless of financial inability to pay
- Every dollar raised in a community stays in that community!

# YMCA Strong Kids- Subsidy

- **\$3.3 M**

YMCA of Western Ontario Subsidy

- **\$38,864**

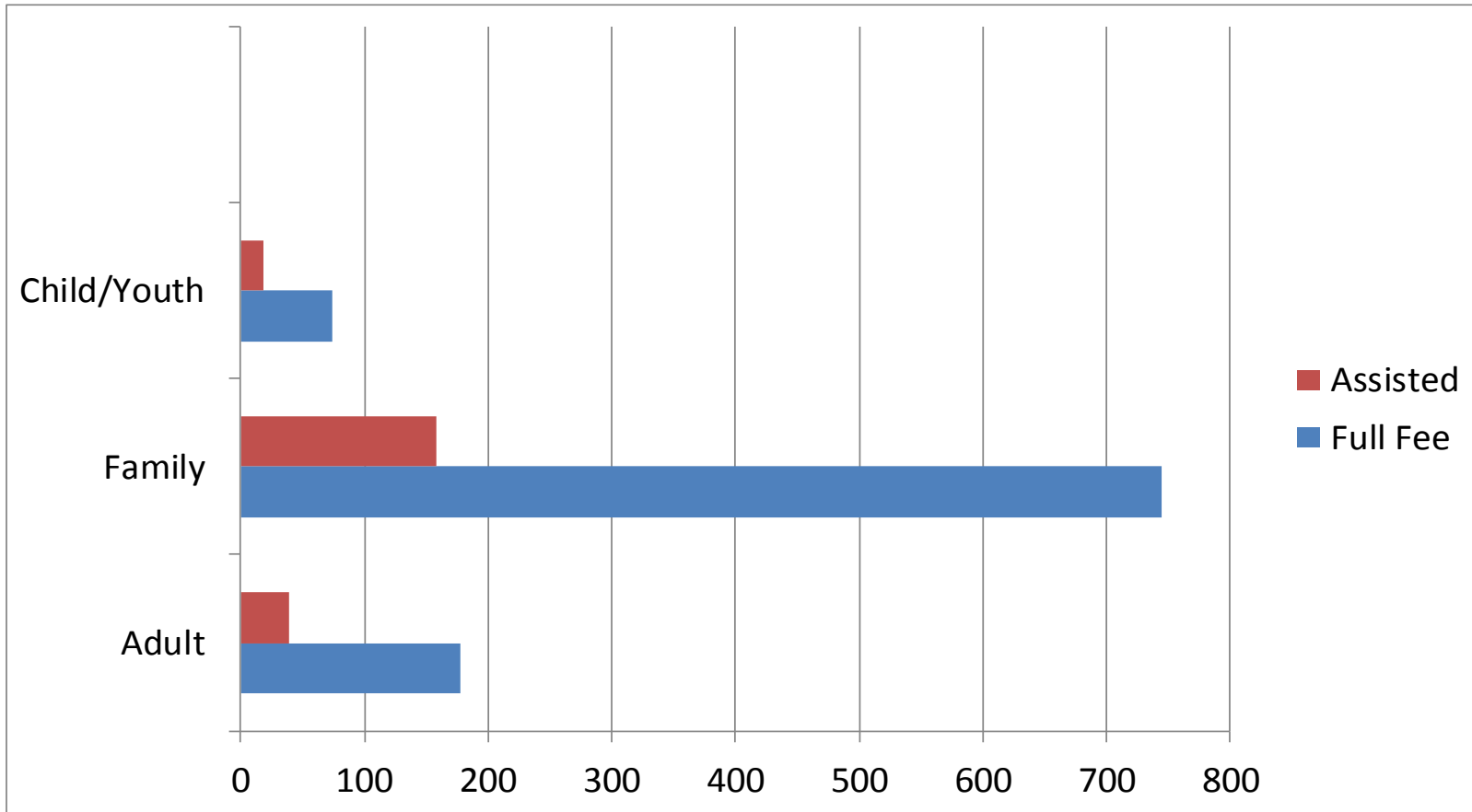
Middlesex YMCA Subsidy

- **\$542,576**

- Stoney Creek YMCA Subsidy

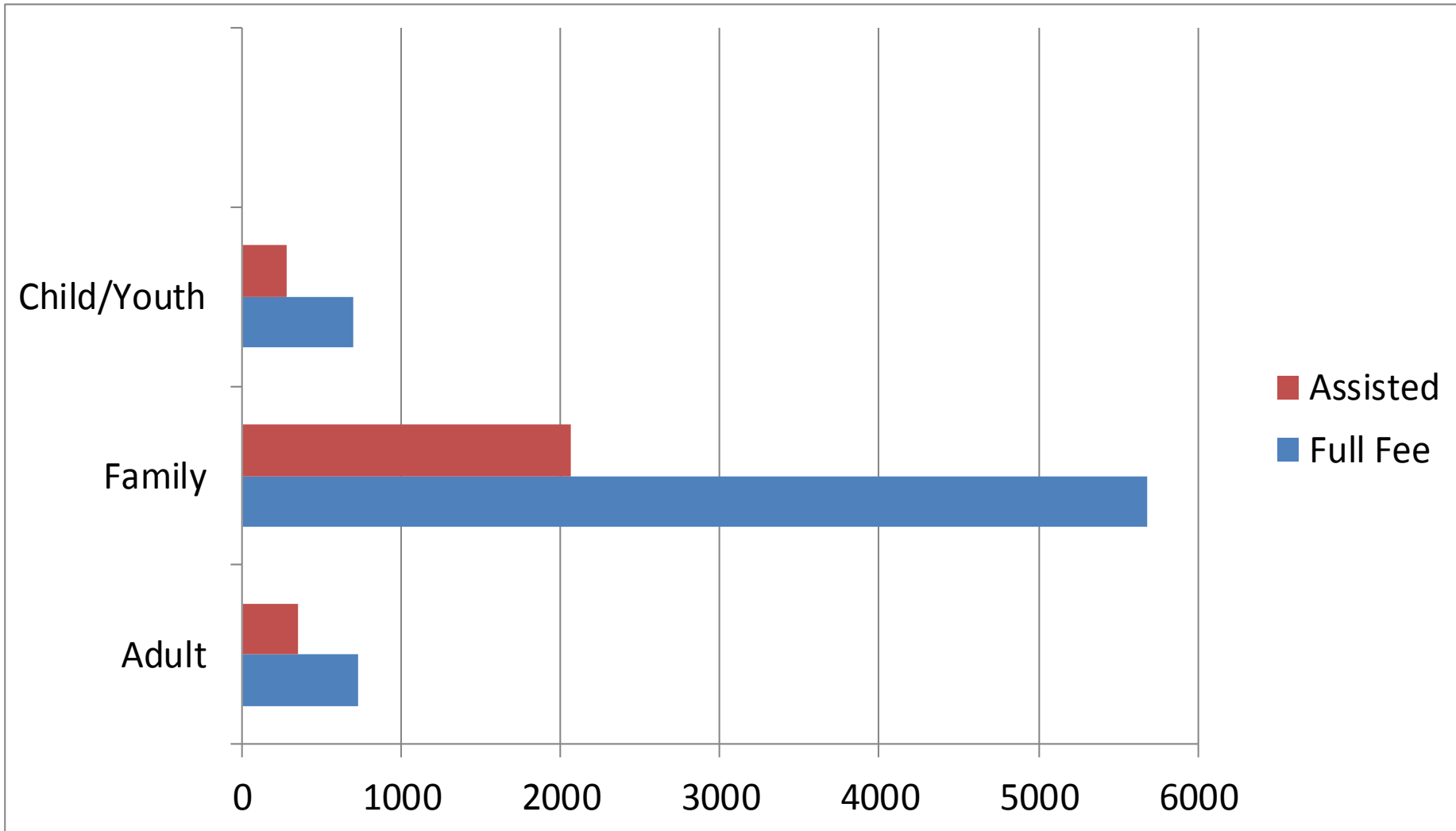
# Breakdown of memberships

## Assisted Members vs. Full Fee Members- Middlesex Y



# Breakdown of memberships

## Assisted Members vs. Full Fee Members- Stoney Creek Y



# Bill's Y Story

The idea of working out and attending the YMCA definitely was not something I ever saw myself doing 2 years ago. At that time my choices were not healthy ones and what I was doing was impacting not only my emotional and physical health but the health of others around me.

Today I can run 2km on the treadmill and I have slimmed down some. I feel I am in a better frame of mind and feel stronger physically and emotionally. Working out allows me to be stronger mentally, gain confidence in myself and I am less obsessed with things in my head. Being busy and getting in shape helps me take my mind off of things and allows me to have my thoughts be clearer. I am living a drug free life.

My mental health is excellent, I have made friends, I get to play sports and have fun as well as spend time with my son in activities that are beneficial for our relationship and his health. Being part of the YMCA has helped me to live life again, the way I want to!!!

# You're in good company...

Gift ranges: \$2,500-\$30,000

- Southwold Township
- City of St. Thomas
- City of Woodstock
- City of London

# Thank you!

