

# What Moves YOU?



## *Giving children a strong start and a bright future*

- Providing licensed Child Care for over 4,000 families
- Creating access to swimming lessons for over 5,500 children
- Sending 2,200 children to camp

## *Giving youth opportunities to meet their full potential*

- Providing outreach support, counselling and training for over 1,200 youth
- Over 4,000 youth building healthy habits through Health, Fitness and Aquatics memberships
- Helping hundreds of youth earn certifications and high school credits



## *Giving our neighbours the chance for a new beginning*

- Immigrant Services for over 1,700 new Canadians this year offering settlement services, English classes
- Employment Services for over 5,000 unemployed and underemployed individuals every year
- Partnership programs with local hospitals and health services supporting individuals recovering from cancer, cardiac incidents or living with chronic conditions

## *Giving equal opportunities for everyone to live a healthy lifestyle*

- Creating a centre of community where people of all ages, backgrounds and abilities can belong
- 1 in 5 people using YMCA services are supported through financial assistance
- The YMCA provided over one million dollars in financial assistance last year to ensure a healthy life is accessible to all



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