



2025 Annual Report

LETTER FROM THE CHAIR AND CEO

YMCA BC continues to make a significant impact in the communities it serves, and there were plenty of examples in 2025 that demonstrated how our Y is hitting its stride after three years as a unified association.

At more than 140 program sites across British Columbia, our dedicated team of more than 3,500 staff and volunteers carried out our purpose—to ignite belonging and champion health equity for all—in 58 communities over the course of the year. As we strive to make YMCA BC’s life-enhancing programming available to all, we are proud to have expanded access to existing offerings or introduced exciting new programs that reduce barriers to participation.

That includes launching new initiatives focused on health and wellness for women and girls. Our Moving Through Menopause course offered in-person and online via Y@HOME has already helped hundreds of women navigate transitions in their health since being founded in 2025, while our Kick Like a Girl initiative developed in partnership with Vancouver Whitecaps FC provided a safe environment for girls ages 4 to 14 to keep active and build confidence through the power of sport.

Our expertise as BC’s largest provider of licensed child care benefited even more families across the province in 2025. Working in close collaboration with municipalities and school districts, YMCA BC began operating new child care locations in Kamloops, Princeton and Port Moody, bringing dozens of sought-after spaces for children in these communities. Altogether, our child care teams provided quality, inclusive support for more than 6,400 children and their families, helping give each one a chance to thrive.

The Y continues to be a leader in helping all achieve their wellness goals, both physically and mentally. Nearly 66,000 people were served at YMCA BC’s health, fitness and aquatic centres in 2025, including several municipal recreation facilities operated by the Y throughout the province. Meanwhile, our range of mental wellness programs offered crucial support to more than 1,000 participants of all ages.

We know that the YMCA holds a special place in the hearts of many, especially those who had formative youth experiences through the Y. That’s why we were thrilled by the successful launch of our YMCA Camp Alumni Program in 2025. Reaching out to past campers and staff from YMCA Camps Elphinstone, Deka, Howdy and Kanannaq, we have built a growing community of people bonded by summer memories and camp values, sparking new traditions for families with camp connections.

We’re so grateful for the generosity of donors who make YMCA BC’s vital programs, resources and initiatives possible and accessible to all. These contributions helped us provide \$2.46 million in financial assistance for thousands of individuals and families who would not otherwise have the means to get involved.

Together, we help people improve their health and wellbeing by creating spaces where everyone belongs, empowering people with the knowledge, skills and support to make a difference for themselves and others—right here at the Y.



Keivan Hirji,
Board Chair



Heidi Worthington,
President & CEO



2025 ACHIEVEMENTS



Expanding Child Care

There was continued growth in 2025 for YMCA Child Care. In partnership with the City of Kamloops, YMCA BC was proud to open YMCA Station Plaza Child Care, as well as the YMCA Parkcrest Care & Early Learning Centre through our collaboration with School District 73 (Kamloops-Thompson). YMCA BC partnered with the Nicola-Similkameen School District to bring the YMCA Riverside Care and Learning Centre to Princeton—the first child care centre operated by YMCA BC in the community. We were also thrilled to partner with the City of Port Moody on the opening of the brand-new YMCA Westhill Child Care and work with the City of North Vancouver to open the Mahon Park YMCA Child Care Centre. Learn about YMCA Child Care [HERE](#).



Building Confidence and Friendships at Camp

Our summer camp programs provided welcoming, inclusive spaces for kids to build confidence, obtain new skills and forge new friendships. Altogether, our team welcomed more than 11,000 registrants to our overnight camp programs at YMCA Camp Elphinstone and our day camp programs running at YMCA Camp Kanannaq and through our Northern BC, Interior and Greater Vancouver-based locations. Learn about YMCA Camps [HERE](#).



Supporting Wellbeing Virtually with Y@Home+ Platform

Our Digital Experiences team welcomed 7,650 members to our Y@Home+ platform, which included 272 free community memberships to individuals based in vulnerable communities across the province and over 2,900 people attended and participated in our Y@Home Wellness Webinars. Additionally, the YMCA at Home YouTube channel grew by 1,635 subscribers in 2025 to a total of 18,144, making it the second most subscribed-to YMCA YouTube channel in the world! Learn about Y@Home [HERE](#).



2025 ACHIEVEMENTS cont...



Supporting Family Literacy

YMCA BC engaged our child care programs and the community in support of Family Literacy Day. Over 4,200 children at child care centres across the province participated in the week-long YMCA BC Read-a-thon sponsored by Canadian Tire and Dexterra. As a result of the efforts of the children who spent time reading while collecting pledges and the generosity of sponsors, over \$50,000 in donations were raised supporting access to Y programs for all, regardless of financial means. In Kamloops, 350 people joined community partners and YMCA BC departments to celebrate ABC Family Literacy Day. In addition to children and families enjoying Mother Goose and Storytime, they received free books and had the chance to learn more about programs, resources and supports offered by the YMCA and various other organizations.



Celebrating Cultural Diversity

Staff from the Robert Lee YMCA and our Newcomer Services department teamed up to enhance our presence in Vancouver's Spanish-speaking community by participating in Fiesta Mexicana, the annual downtown celebration of Mexican Independence Day, on Sept. 14. YMCA BC's booth was staffed exclusively with Spanish-speaking team members, which allowed us to connect with a significant portion attendees in their primary language. Our team shared information about memberships, financial assistance and our upcoming pilot of the Choose to Move program in Spanish.



Connecting Camp Alumni

As a charity dedicated to igniting belonging, we were pleased to launch the YMCA Camp Alumni Program in 2025. Hundreds of past campers and staff from Camps Elphinstone, Howdy and Dekka reconnected, shared memories, attended alumni events and celebrated the traditions and history of YMCA camps in the program's first year. Learn more about the YMCA Camp Alumni Program [HERE](#).



2025 HIGHLIGHTS

At YMCA BC, we know that individuals cannot be well and communities cannot be strong and resilient without access to health and wellness opportunities. Through the contributions and dedication of our more than 3,500 YMCA BC staff and volunteers, our Y’s life-enhancing programs continued to create meaningful impact in communities across the province—demonstrating our commitment to ignite belonging by enabling everyone in our communities to have equitable access to healthier outcomes.



Through YMCA BC’s Healthy Aging programs, including Healthy Heart, Healthy Hips, Healthy Knees, and Heart and Lung Health, over **1,500 older adults** received professional guidance, support and resources to help them prevent and manage long-term health conditions, while staying connected and active.



300+ residents found safe refuge at the **Y Women’s Emergency Shelter** located in Kamloops.



6,400+ children ages 0-12 received quality and meaningful child care experiences, enabling parents and caregivers to participate in the workforce. Additionally, **10,700+ young people built resilience, leadership and life skills** through YMCA youth leadership programs.



1,100+ job seekers and aspiring entrepreneurs received training, accessed resources and found career opportunities through **YMCA employment programs** and services.



Over 7,700 newcomers to Canada built meaningful connections, received critical support and accessed valuable resources through our Newcomer Services program.

2025 HIGHLIGHTS



Programming at our health, fitness and aquatics centres* supported 66,353 children, youth, families and older adults, helping them to live happier, healthier lives. This included 11,951 children, teens and adults who developed confidence and critical life skills through our swim lessons.

** These centres include YMCA-owned facilities and those operated by YMCA BC on behalf of municipalities.*



Through the
**YMCA Child
Care Resource**

and Referral teams in Coquitlam, Burnaby, New Westminster, Prince George, Vanderhoof, Kamloops, Merritt and Ashcroft, over **40,800 child care providers, parents and caregivers** received resources, guidance and local support to help children learn, grow and thrive.



1,600+ young people accessed health and wellness support

through Foundry Prince George and meaningful community engagement and outreach made by the Foundry Fort St. John and Quesnel teams, while those sites are still in development.

Over 300 youth accessed Youth Around Prince services including finding shelter, resume development to help with securing employment, life skills development, cooking classes and several front-line services such as showers and laundry.



YMCA BC granted **\$2.46M in financial assistance to 6,800 people** across BC, so they could access life-enhancing programs and services.

OUR IMPACT

1 Moving Through Menopause: Changing How Women Navigate Menopause

In keeping with YMCA BC's commitment to enabling people of all ages and stages to achieve better health & wellbeing, YMCA BC was proud launch a new webinar series through the YMCA at Home digital platform aimed at closing the knowledge gap for women around the transition to menopause. The Moving Through Menopause course was developed to reduce the barriers to accessing information about this natural stage of aging, and to dispel the myths and misconceptions about this part of life. In addition to the three-part webinar series, an in-person pilot program was offered at the Robert Lee YMCA and Coquitlam's Bettie Allard YMCA. The initiative supported women through an evidence-based, small-group strength training program for those in perimenopause and the first years of menopause. Pilot program participants reported reduced symptoms, increased strength and a strong sense of connection, while hundreds more engaged through YMCA at Home webinars. Strong demand from the pilot led to expansion to additional YMCA locations in 2026. Learn more about this program [HERE](#).

- 18 women participated in the first pilot sessions in Fall 2025
- The success of the program was highlighted on Global News, which you can view [HERE](#)
- Several hundred more engaged through Y@Home webinars



"When I entered the program I didn't know what I was going to gain from it, as I had already done 1:1 personal training, but I learnt a lot about pelvic floor health, how to adapt my workouts according to the time and equipment I had on hand, and a challenge to change my all-or-nothing mindset—that every little bit helps. I met some amazing women, all stretching and growing!" – Nicky C.

"The knowledge and resources shared have made it possible for me to continue to train on my own... I don't feel alone on this journey."— Niki, program participant

"Highly recommend this program for women. I hated going to the gym and working out in general, but this class motivates you and teaches you the importance of working out especially in this stage in life." – Tina

OUR IMPACT

2 Growing Mindfully: Supporting Youth and Emotional Well-being

YMCA BC's mental wellness programs provide children, teens, youth and adults with valuable resources and support to strengthen their mental wellness, physical health and social connection. These mental wellness programs include the Y Mind and Mind Medicine, Aging Mindfully developed for adults ages 55 and older, and Growing Mindfully. Growing Mindfully is a free physical and mental wellness program for youth ages 8 to 12, helping participants stay active while learning healthy coping strategies to support their emotional well-being.

Each session includes a mental wellness component where participants explore tools for handling difficult emotions and a physical activity component that encourages movement in a fun and supportive environment. The Growing Mindfully program has been delivered in Kamloops since 2019, and with support from the YMCA BC Foundation, the valuable program has expanded to other communities across the Province including Prince George, Coquitlam and Chilliwack. Learn more about this program [HERE](#).

- In 2025, Growing Mindfully served approximately 74 youth throughout Kamloops, Prince George, Chilliwack, and Coquitlam. Parent surveys completed over the past two years indicated that 98% of parents felt their child's wellbeing increased due to Growing Mindfully, 100% felt their child's anxiety had reduced by the end of the program and 93% of parents felt their child's experience at school improved because of their participation.
- All participants who completed the evaluation identified liking the program at least a little, with 62% of participants identifying they liked Growing Mindfully a lot.

"I learned that other people go through the same stuff as me, and about anxiety, stress and mindfulness." – Youth Participant

"This [program] was highly successful with my child who is anxious about any kind of programming. I have seen her resiliency build at home and at school during her attendance in this program. She is able to problem solve better when something feels uncomfortable or stressful." – Parent of program participant

"She asked to look into more activities, which is great news, as we previously had trouble getting her to engage in extracurricular activities." – Parent of program participant

OUR IMPACT

3 Kick Like a Girl: Building Confidence and Connection Through Sport

In Fall 2025, Kick Like a Girl—a new indoor soccer program developed with Vancouver Whitecaps FC—launched its pilot program. Led by Whitecaps-trained coaches, the Kick Like a Girl program ran at three YMCA centres across the Lower Mainland and provided young girls a supportive environment to build skills, connections, confidence and a love of the game, while filling a key gap in affordable girls-only sport. Its success helped spark expansion, reaching hundreds more participants through winter programs. Learn more about this program [HERE](#).

- Welcomed and engaged 152 girls in Fall 2025 pilot program
- Delivered across three Lower Mainland communities at the Robert Lee YMCA in Downtown Vancouver, Tong Louie Family YMCA in Surrey and Coquitlam's Bettie Allard YMCA.

"We've had trouble finding girls-only sports programs that are affordable and welcoming. This program filled a huge gap." – Parent of participant

"My daughter has gained so much confidence. She went from being nervous to touch the ball to being excited to show up every week." – Parent of participant



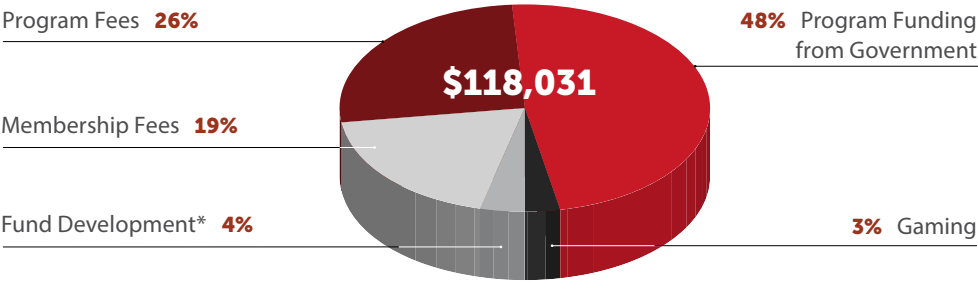
FINANCIAL STATEMENTS

Summary of the YMCA BC Financial Statements. Years Ended December 31, 2025 and 2024.

STATEMENT OF FINANCIAL POSITION		2025	2024
		('000)	('000)
		\$	\$
	Current assets	6,323	7,666
	YMCA facilities under development	3,585	4,931
	Investments	13,793	10,396
	Property and equipment	55,649	52,563
	Total assets	79,350	75,556
	Current liabilities	29,139	31,633
	Long-term liabilities	57,488	47,421
	Net assets	-7,277	-3,498
	Total liabilities and net assets	79,350	75,556

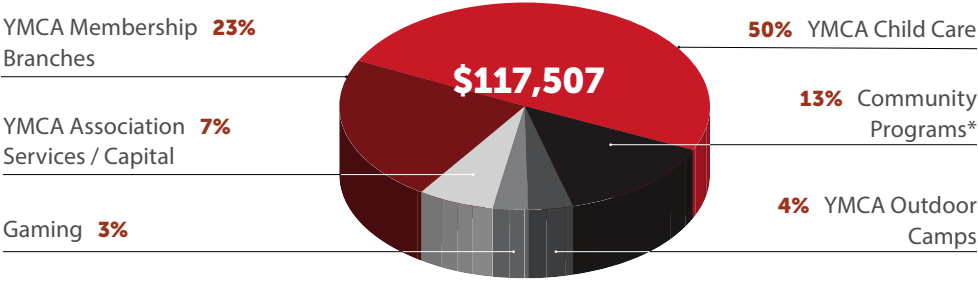
STATEMENT OF OPERATIONS	Revenue		
		2025	2024
	Program fees	30,122	23,332
	Membership fees	22,081	19,915
	Government sources	57,184	58,418
	Grants from YMCA BC Foundation/ Properties Foundation	3,527	2,993
	Gaming	3,631	3,965
	Donations & United Way	1,236	1,443
	Other Revenue	251	317
	Total	118,031	110,383
	Expenses		
	Salaries and benefits	85,411	77,998
	Rent	12,754	13,143
	Other	19,341	20,518
	Total	117,507	111,659
	Other Income / (Expenses)	-4,303	-5,019
	Deficiency of revenue over expenses for the year	-3,778	-6,295

REVENUE FROM OPERATIONS 2025



*Includes grants from YMCA BC Foundation / YMCA BC Properties Foundation & donations.

EXPENSES FROM OPERATIONS 2025



Certain comparative figures have been reclassified to conform with current year presentation, after discussion with newly appointed auditors. Complete financial statements audited by MNP, and from which this summary is extracted, are available upon request.

*Preventative Health, Youth, Employment.

Shine On

YMCA BC

OUR VISION

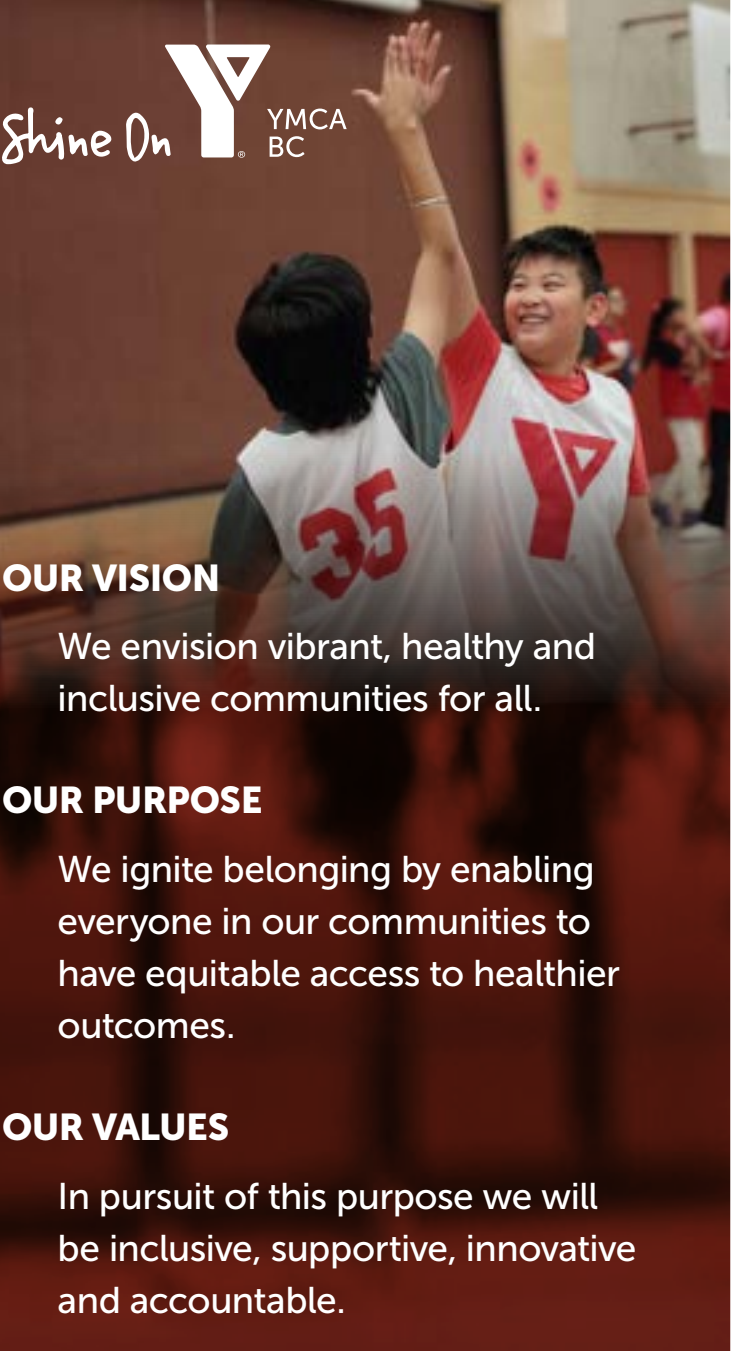
We envision vibrant, healthy and inclusive communities for all.

OUR PURPOSE

We ignite belonging by enabling everyone in our communities to have equitable access to healthier outcomes.

OUR VALUES

In pursuit of this purpose we will be inclusive, supportive, innovative and accountable.





Accredited
IMAGINE CANADA

Charitable Registration: 803 976 075 RR0001

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