



**YMCA of Southwest Nova Scotia**



**2018**

**Annual Report**

*Building Healthy Communities*



YMCA of  
Southwest Nova Scotia  
Lunenburg County YMCA

*"I was not in shape and I  
wasn't doing much about it,"*

"About ten years ago Dave Waters' wife, Andrea, suggested he "get off the couch and try Para Canoe", a sport for people with disabilities.

"I was not in shape and I wasn't doing much about it," Waters said. "I needed the motivation that Andrea gave me. I decided to take control of my disease rather than let it control me."

Waters looked at several gyms, but decided to join the YMCA "because of exceptional effort they make in reaching out to people with disabilities."

Waters has Charcot-Marie-Tooth disease, a disorder of the peripheral nervous system characterized by the loss of muscle tissue and touch sensation.

Waters has come a long way since the day he signed up at the YMCA.

He has been on the Canadian National Para Canoe Team for five years, participating in four world championships and two world cups. He took the bronze in the 2012 World Championship and earned a bronze and silver in the 2013 World Cup and has been Canadian Champion twice.

In the Para Athletics competition he won two medals in the javelin throw, a silver in 2016 and a bronze in 2017. Waters also plays and coaches Sledge Hockey and was assistant Captain of Nova Scotia's first provincial team at the 2016 National Sledge Hockey Championship.

Story published in our local paper, Photo and story credit to Y member; Peter Barss

## 2018 Highlights

The Lunenburg County YMCA offers quality programs and services to meet the needs of its community members in the Town of Bridgewater as well as surrounding Lunenburg County. While the facility is not equipped with a pool, we are able to offer aquatic based programming through a partnership with the Lunenburg County Lifestyle Centre. A few highlights from the year include:

- 1 000+ number of monthly YMCA members (avg.)
- 60 000+ total visits by YMCA members during the year
- 220+ Number of financially assisted members
- 26 Fitness classes held per week (avg.)
- 3 Aqua Fit classes per week were held at the LCLC
- 65 Participants went through the Cardiac Rehab Program with South Shore Health
- *Thrive!* Provided funding for passes to the YMCA which were shared with the community by the *Better Together Family Resource Centre*
- We participated in the Eat Together Day hosted by *Atlantic Superstore*
- The Y provided free active games for children during the *Heartland Tour*
- The Y was present at 5 Health Expos and gave out free passes and information about the Y
- The Y was represented in both the Summer and Winter parades in the Town of Bridgewater



**Thrive!**  
A plan for a healthier Nova Scotia



YMCA of  
Southwest Nova Scotia  
Fundy YMCA



*"You will never walk up those stairs without feeling joyful."*

The Fundy YMCA is like our second home. Everyone is so friendly and I know the kids are in good hands. After spending all afternoon with the Y staff, the kids often ask to go to play zone which keeps Mom motivated to get a workout in. Which in turn not only brings physical benefits, but mental clarity. If your feeling the winter blues, or just looking for something to do for the whole family, go check out the amenities and programs they have to offer! You will never walk up those stairs without feeling joyful.

- Brittany Daubs



## 2018 Highlights

The Fundy YMCA first introduced the presence of a major Canadian charity to the Annapolis region in 2013. Today, a great variety of programs are offered to our surrounding communities which allows people of all age to experience quality programming. A few Highlights from the year include:

- 810+ Number of monthly YMCA members
- 27 600+ Number of visits by members during the year
- 190+ Number of financially assisted members
- 32 Fitness classes held per week (avg.)
- 6 500+ Adults & youth enjoyed open community swims
- 1 990+ Participants completed lane swims
- 2 970+ Participants attending *WaterART* classes
- Youth Zone was complimented by *Sobey's Chef's Corner*
- Annapolis County Recreation helped us champion *Together As Girls* (TAG). Have fun and get active with an amazing group of girls and enjoy a safe, welcoming environment empowering girls to develop confidence and build healthy relationships.
- 250 youth from 4 local schools took part in Swim To Survive with assistance from *The Lifesaving Society*
- 300 Youth & adults enrolled in Swim Lessons





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## Community Connections

## A SMILE GOES A LONG WAY!

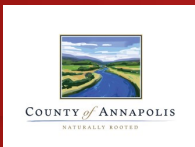
We would like to thank Tim Hortons Digby locations for selecting The Fundy YMCA as the recipient of funds raised through the 2018 Smile Cookie Campaign.

Total amount raised was \$5519.00!



- Conway Workshop
- DARC—Digby Area Recreation Commission
- Foamworx
- CARP—Clean Annapolis River Project
- ABCC—Annapolis Basin Conference Centre
- HMCS Sea Cadets
- NSTU—Nova Scotia Teachers Union
- Searidge Foundation
- Acadian Seaplants
- Schools Plus Digby & Annapolis
- American Musical Theatre Academy
- Department of National Defence—Cadets
- Cornwallis Community Gardens
- Clark Rutherford Memorial School
- Oliver Janson Law
- Pharmacy Annapolis Royal
- Valufoods Cornwallis
- Digby Home Hardware

## FUNDING CONTRIBUTORS :



ANNAPOLIS WEST  
HEALTH FOUNDATION  
*Building wellness takes a Foundation*



Digby and Area Health Services  
Charitable Foundation



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“Having been a member of the youth program staff team for two years, I’ve had the privilege of witnessing just how much the youth we support have grown.

Watching once-shy kids take on leadership roles, present their side of an argument during group discussions with unwavering confidence, and be eager to volunteer for events in our community, has shown me just how crucially important, and truly indispensable the King Street Youth Centre is to both the youth and our community as a whole.”

*Emily Irvine, Youth Program Staff,  
Lunenburg County YMCA*



I’ve been very sick for several years causing malnutrition, loss of balance and taking away the muscle in my legs and arms. I was too weak to go out, bathe myself and, at times, not able to feed myself. I lost my daughter and mother in the previous year, and my health deteriorated even more.

Someone told me about the YMCA and what it has done for them so I called and made an appointment. I hobbled in and met one of the staff, she was so kind to me, making it possible financially for me to attend the Y.

I began on resistance 1 and within months I’m cycling on resistance 12, at 5 miles a day, and using 3 pound weights.

I remember one of the staff telling me the Y is good physically, socially and spiritually, and they couldn’t have been more right. The instructors are so kind and always ready to answer questions. I won’t forget their kindness. I have met some wonderful people, everyone’s kindness overwhelms me. I just love being part of such a wonderful organization.

*Jackie Nowe, member,  
Lunenburg County YMCA*







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Kim Steeves has been a dedicated member of Fundy YMCA's taekwondo program since 2013, when she joined her son's class. She has trained diligently over the years and successfully tested for her 1st Dan black belt on February 23, 2019. She is the second member of Fundy YMCA Taekwondo to attain the rank of black belt. Way to go, Kim!!!

Gary Melanson was our first member to earn his black belt. He also joined taekwondo in 2013 and successfully tested in November 2017. His past training includes boxing, and he is always willing to share his expertise with others.



Fundy YMCA taekwondo program was initiated in 2013 by Shirley Chantal, and part of its success is due to the assistance of volunteer instructor Ken Buchholz. With over 20 years experience, he took up the sport at the age of 40 with Master Greg Durling and Grand Master Joe Wagner. Ken Earned his 2nd Dan black belt in June 2017. His leadership, good humour and martial arts skills definitely make him an asset! For her part, Shirley has been practicing since 1995 and has trained in various schools in North America and Europe. She earned her 4th Dan black belt in June 2017, achieving the designation of Master Instructor.

Building on the tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit, together with the YMCA's values of respect and inclusiveness, Fundy YMCA Taekwondo is a family-oriented recreational program which strives to encourage a spirit of personal accomplishment and self-improvement while fostering a safe environment for friendly sport and fitness for ages 8 and up. Taekwondo is included in membership at The Fundy YMCA.







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For those who **believe** that a successful community must be an inclusive community, the **YMCA** is a **powerful association** of people joined together by a shared passion to foster a sense of **belonging for all.**

The **YMCA** ensures that each individual has access to the essentials needed to

**learn, grow, and thrive.**

Though the world may be unpredictable, the **YMCA** remains a constant: dedicated to

**building healthy, strong, and connected communities**

**where everyone belongs.**

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Ken Smith

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Harland Wyand

Yvonne Smith, CEO



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