

2010
YMCA
Strong Kids
Report

They are able because they think they are able. - Virgil



YMCA

YMCA OF HAMILTON/BURLINGTON/BRANTFORD

Dear YMCA Donor,

It gives me great pleasure to let you know that your support has had an enormous impact on literally thousands of children in the Hamilton/Burlington/Brantford area this past year. You helped us raise an incredible \$954,000 and we're immensely grateful.

The ways in which you have made a difference are simple yet powerful. Some children learned how to swim – a skill that will stay with them for life. Other kids discovered the joys of overnight summer camp where they made new friends and unearthed hidden personal talents. Then there were teenagers who improved their self esteem and school performance with a tutoring program. Meaningful role models, leadership skills, and a safe haven after school were other invaluable benefits that the YMCA was able to provide to these young people in need – all thanks to you.

The reason why these outcomes are so powerful is that they all play a vital role in shaping who these young people will one day become. Known as developmental assets, these benefits can be harder to come by for some children. Circumstances beyond their control such as poverty or unemployment can create barriers to positive life experiences. This is why the YMCA Strong Kids Campaign exists – to make these experiences possible for all young people. Thank you for helping make these experiences possible.

In 2010, donors like you reached into their pockets and demonstrated their commitment to strengthening the lives of children, families and communities. Thank you.

Regards,



Bruce Pearson
Chair, 2010 YMCA Strong Kids Campaign
Vice Chair, Board of Directors, YMCA of Hamilton/Burlington/Brantford



The important thing is not so much that every child should be taught,
as that every child should be given the wish to learn. ~John Lubbock



A brother and sister thrive at their YMCA after-school program

Jackson, 8, and his sister Clara, 7, look forward to the school bell ringing at the end of the day so they can go to the Virtual YMCA – an after-school program designed to give children the support and skills needed to make good choices, improve their grades and become leaders. It's offered at 10 elementary schools in Hamilton, Brantford and Burlington identified as needing extra support.

Children enjoy healthy snacks and take part in fun activities like sports, arts, crafts and drama under the supervision of YMCA staff who act as role models. Kids receive help with homework – a huge plus since 28 different languages are spoken at participating schools and more than half the students are not literate in their first language or in English. All programming centers on YMCA core values: caring, honesty, respect and responsibility.

"Kids learn to treat others as they want to be treated," says Jackson and Clara's mom Leslie, whose children are developing confidence, self-esteem and a sense of personal power through this safe, supportive program.

Clara, once extremely shy, now plays happily with other children. Jackson, once a victim of bullying, confidently deals with life's challenges. Both children also use the Virtual YMCA to catch up on their reading and homework.

The YMCA offers a wide variety of programming to help all children and their families reach their full potential. Help us change lives by donating to the YMCA Strong Kids Campaign.

Jackson and Clara
have benefitted
greatly from their
Virtual YMCA
experience.



2010 YMCA Strong Kids Campaign

Thousands of children and youth benefitted from programs and services offered by the YMCA of Hamilton/Burlington/Brantford in 2010. Without your support, many of these children would not have had the opportunity. Thankfully, they did and the results are worth sharing.

YMCA Health, Fitness & Recreation

Over 13,400 children and youth received financial support to access YMCA centres in Hamilton, Burlington, Brantford and Flamborough. With this access, they were able to participate in wide range of sports and recreation programs that enabled them to build their self confidence and maintain or improve their physical health and well-being.

YMCA Community Outreach

Thousands of children across the Hamilton/Burlington/Brantford area live in lower income neighbourhoods that do not provide easy access to the local YMCA. The YMCA addresses this issue by providing YMCA outreach programs in schools and community centres. In 2010, 863 children made use of these programs — programs that included before-and- after-school, and summer programs such as the Virtual YMCA. The Virtual YMCA provided these children with reading and homework help, sports and recreation programming, social values education and a nutritional snack. It also acted as a safe haven where children felt protected and at ease in the absence of their parents.

YMCA Day Camp

The families of 263 children received reduced fees for participation in a YMCA Summer Day Camp program. Here, they enjoyed the benefits of outdoor sports and recreation amidst the beauty and nature of the Christie Conservation Area.

YMCA Wanakita

A total of 274 children and youth benefitted from subsidized access to YMCA Wanakita, our year-round outdoor education centre in the Haliburton Highlands. In addition to gaining new skills and an appreciation for the environment, children and youth also developed greater self confidence and independence.

YMCA Pre-School

38 children were given financial assistance so that their children could have uninterrupted access to safe, licensed pre-school child care programs at a YMCA Child Care Centre.

YMCA Career Development & Learning

More than 200 youth improved their academic performance, developed leadership skills and increased engagement through sponsored access to tutoring, newcomer youth programs and a drop-in youth centre.

YMCA International

Through our partnership with the YMCA of Zambia, thousands of youth receive peer-to-peer education on the mitigation and prevention of HIV/AIDS, through sports and creative drama programs that dispel societal myths about the epidemic.

THANK YOU!

To our many donors and volunteers, thank you for making a difference in the life of children and youth in our community and beyond.



Getting a leg up on life

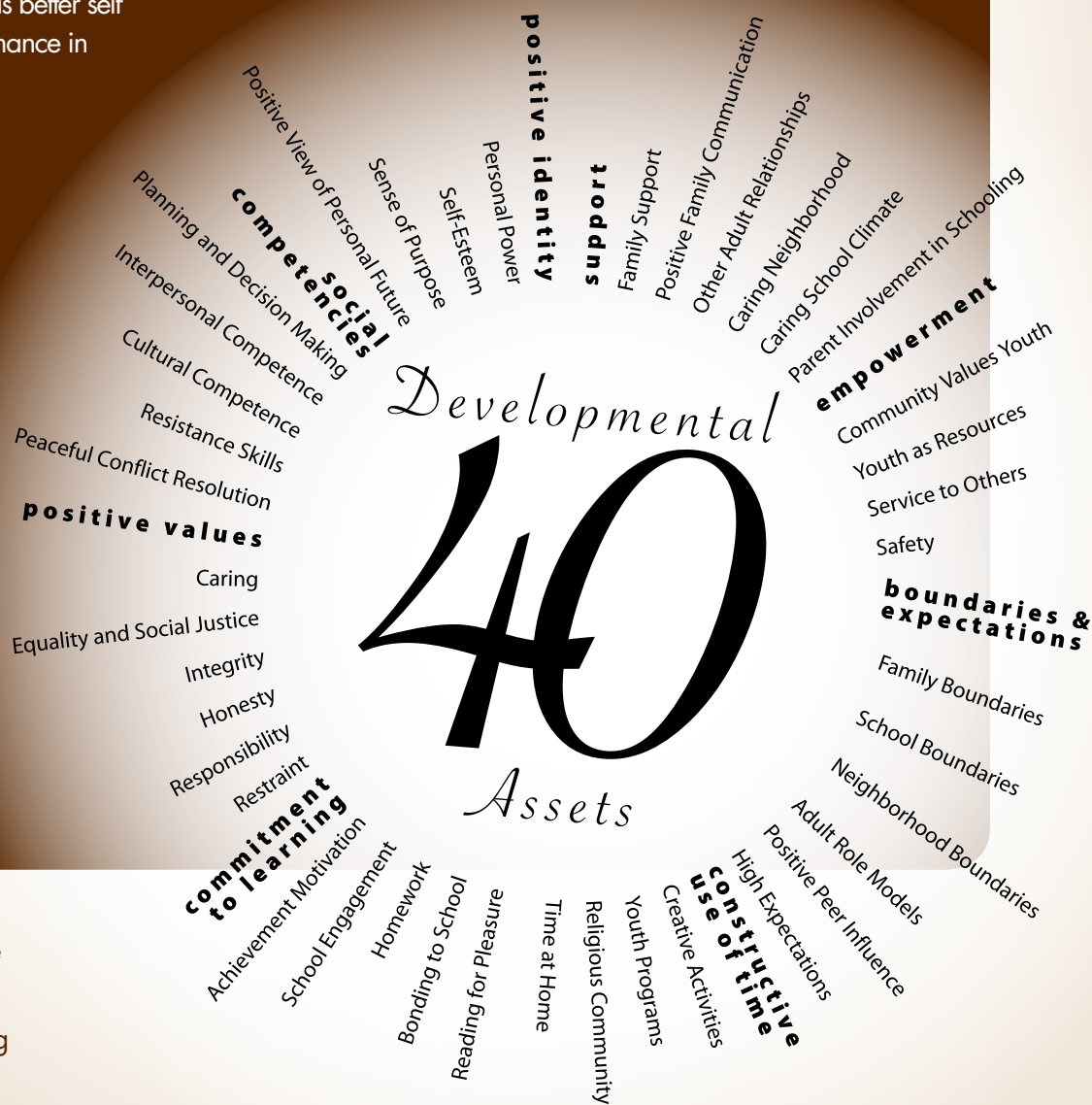
How the YMCA helps build developmental assets for young people

Put simply, developmental assets are a series of common sense, positive experiences and qualities that help influence the choices young people make and help them become caring, responsible adults. Family support, a caring neighbourhood and positive peer influence are just a few of these assets that contribute to positive growth for children and youth.

Developed by the Search Institute, a nonprofit charitable research organization committed to helping create healthy communities for every young person, the developmental assets help shed light on the possibilities for young people – reminding us that every child has potential and deserves opportunity.

Many of these vital assets can be influenced by the programs and services offered by the YMCA. A child who has positive role models in the form of a child care provider or a swim instructor learns how to establish trust and respect. A teen who spends his summer as a camp counselor gains leadership skills and self confidence. It may also be his first experience with earning income and therefore he learns about responsibility and self sufficiency. A child who receives help with homework at an after-school program ultimately has better self esteem because their performance in school is improved.

At the end of the day, the YMCA acts as a springboard for young people – giving them the personal strength and skills they need to succeed in life. And with the average young person experiencing fewer than half of the 40 developmental assets, the programs and services of the YMCA are all the more essential.



For more information on the 40 Developmental Assets, visit www.search-institute.org

Round and round she goes helping others

Julia wants to ensure that all kids have an opportunity to enjoy YMCA programming. That's why the Hamilton girl participates in the annual YMCA Strong Kids Hula-Hoop-a-Thon at her YMCA after-school program.

"I'm motivated by realizing how lucky I am and how much I have," says Julia, 12. "It feels really good to help other people."

Every year some 2,500 children in the YMCA of Hamilton/Burlington/Brantford's after-school programs help other kids by raising funds through a fun-filled afternoon of hula hooping.

Money they raise through pledges goes to the YMCA Strong Kids Campaign – a major annual fundraiser that raises financial support for children, youth and families who are unable to afford the full cost of participating in YMCA programming.

The YMCA of Hamilton/Burlington/Brantford offers a wide variety of programming to help all children and their families reach their full potential. Help us change lives by donating to the YMCA Strong Kids Campaign.

Julia gets great joy out of helping young people like herself.



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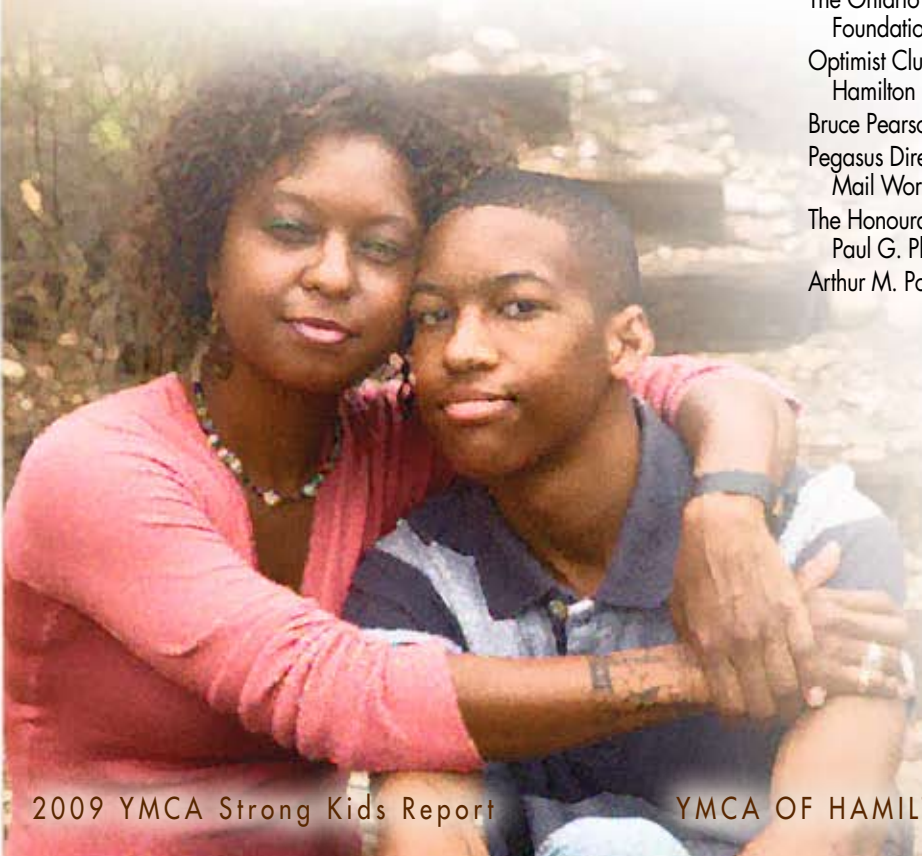
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*The child must know that he is a miracle, that since the beginning
of the world there hasn't been, and until the end of the world
there will not be, another child like him. — Pablo Casals*

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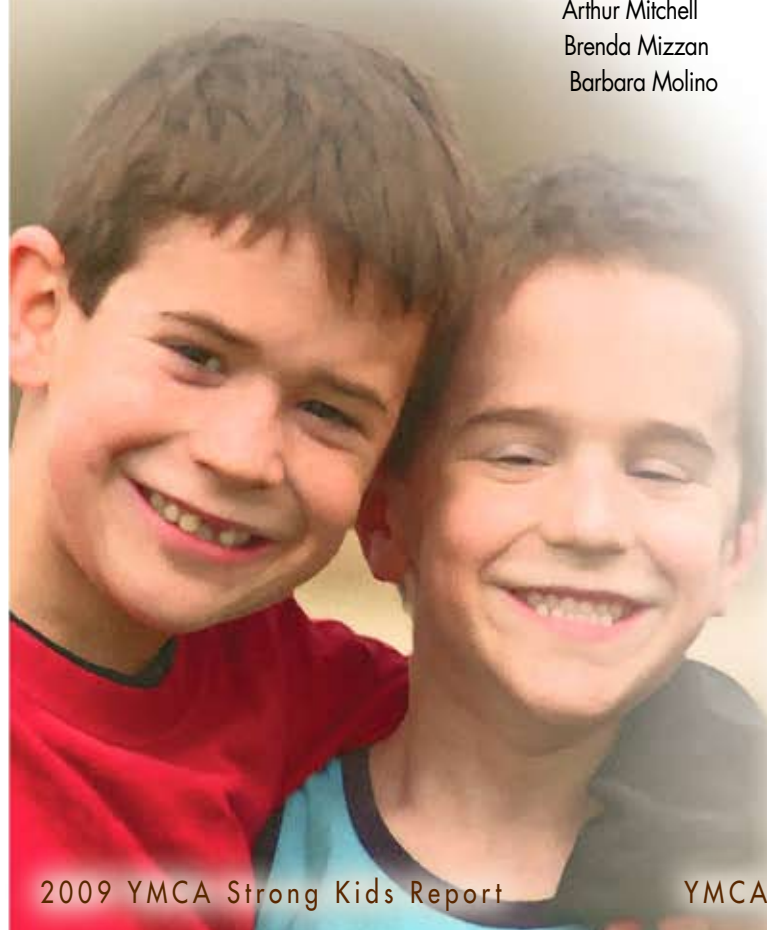
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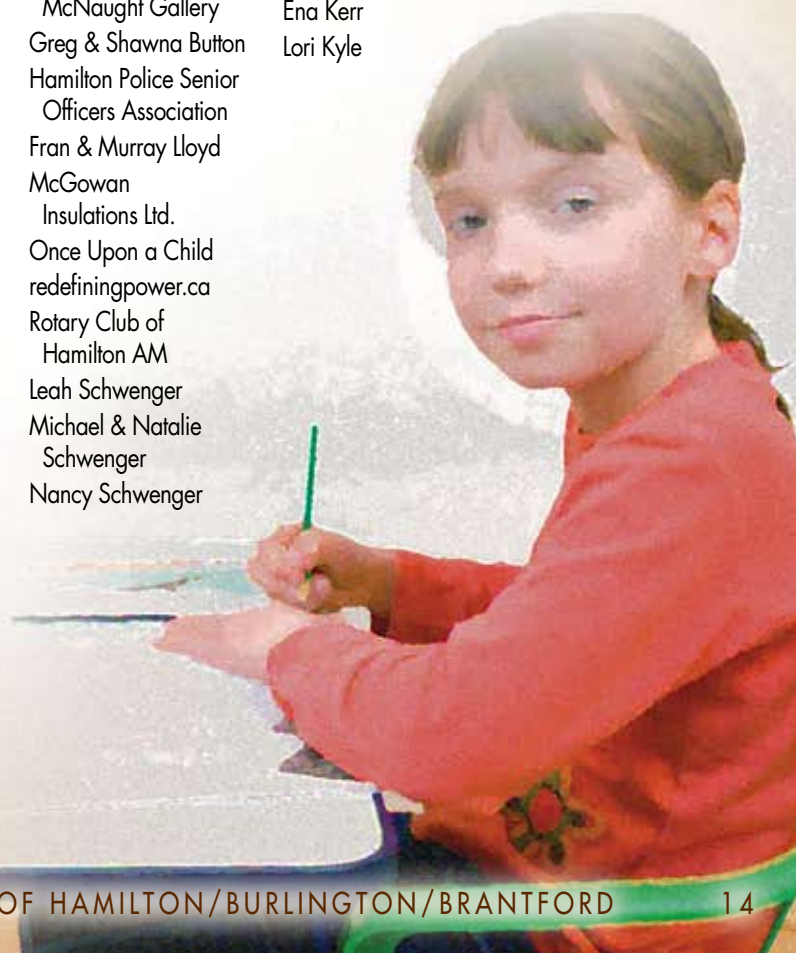
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-Fred Rogers

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