

## Health & Fitness



Launched **Virtual Y** and hosted **100+** live fitness classes per month to keep members active and connected.



Created **The Bright Spot**, an online community for older adults, and held more than **2,000** virtual sessions. Made thousands of check-in calls to older members while our centres were closed.



Hosted **500+** hours of **free virtual programming** at the onset of the pandemic, introduced a virtual membership, and continued to offer select classes for free.

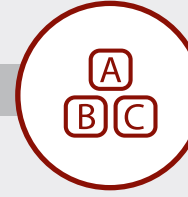
## Child & Family Development



Offered **Emergency Child Care 4 times** throughout the pandemic, most recently in January 2022, operating at almost **50** centres.



Hundreds of hours of **free virtual programming** for families.



**Regular Child Care and Before & After School programs** at 300+ locations.

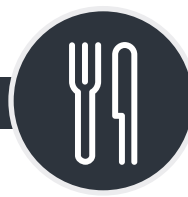
## Food Security



Operated the **YMCA Peel Student Nutrition Program** at more than **200** schools.



Operated a food sorting centre for the York Region Food Bank during the first **14** months of the pandemic.



Opened pop-up **food banks** and transitioned to **3** permanent sites for ongoing food donations and collections.



Prepared almost **80,000** meals for partner agencies.

## Employment & Community



**19 centres** provided virtual and remote services.



**Thousands** of newcomer youth and adults have accessed our services remotely in the past year.



Continued to provide online programs, including **Digital Literacy** and substance use awareness.



Continued to operate **shelter and transitional housing for youth** without interruption, and opened a third shelter site to allow physical distancing.

## Camp



Up to **29 Summer Day Camp locations** including YMCA Camp Pine Crest in Muskoka.



More than **50,000 Value Beads** distributed to teach children values such as inclusiveness, responsibility and caring.



**Hundreds** of virtual Camp sessions.

## Partnerships



Boosted well-being through music with the **Toronto Symphony Orchestra's** in-person and virtual events.



Developed online resources with **ParticipACTION** to help Canadians stay active.



Offered mindfulness meditation and museum-curated workshops with the **Aga Khan Museum**.



Launched **Raptors 905 partnership** focused on increasing well-being.



Hosted COVID-19 testing and vaccination clinics, and distributed thousands of free rapid antigen tests.

## Youth Programs



Transitioned YMCA Academy, our middle and high school for students who learn differently, to **online learning** as needed.



Organized **more than 16 YMCA virtual youth exchanges** and supported more than **200 summer work language immersion exchange youth**, from connecting people from different communities across Canada.



Hosted **2** virtual National Youth Conferences, celebrating youth resilience and well-being. Gathered hundreds of youth online, including those from partner communities.



YMCA Community Action Network (YCAN) supported **hundreds** of young people, virtually and in person, to deliver **22** community service projects across Canada.



Held **2** virtual **Peace by Piece** youth conferences across our youth leadership programs, including youth from our partner YMCAs in Mexico and Colombia.

## International Support



Provided ongoing support to partner YMCAs in the Global South including: **YMCA Peru, YMCA Risaralda (Colombia)** and **YMCA Liberia**.



Supported the **YMCA Risaralda (Colombia)** Green Families project, an urban agro-environmental food security project.



Supported the **YMCA Peru** TRANScendent, an entrepreneurship project to support **LGBTQI+ youth**.



Supported the **YMCA Liberia** Youth Power Space, an agriculture and food security project.