

Newfoundland and Labrador YMCAs

YMCA/Municipal Partnerships

MNL Symposium

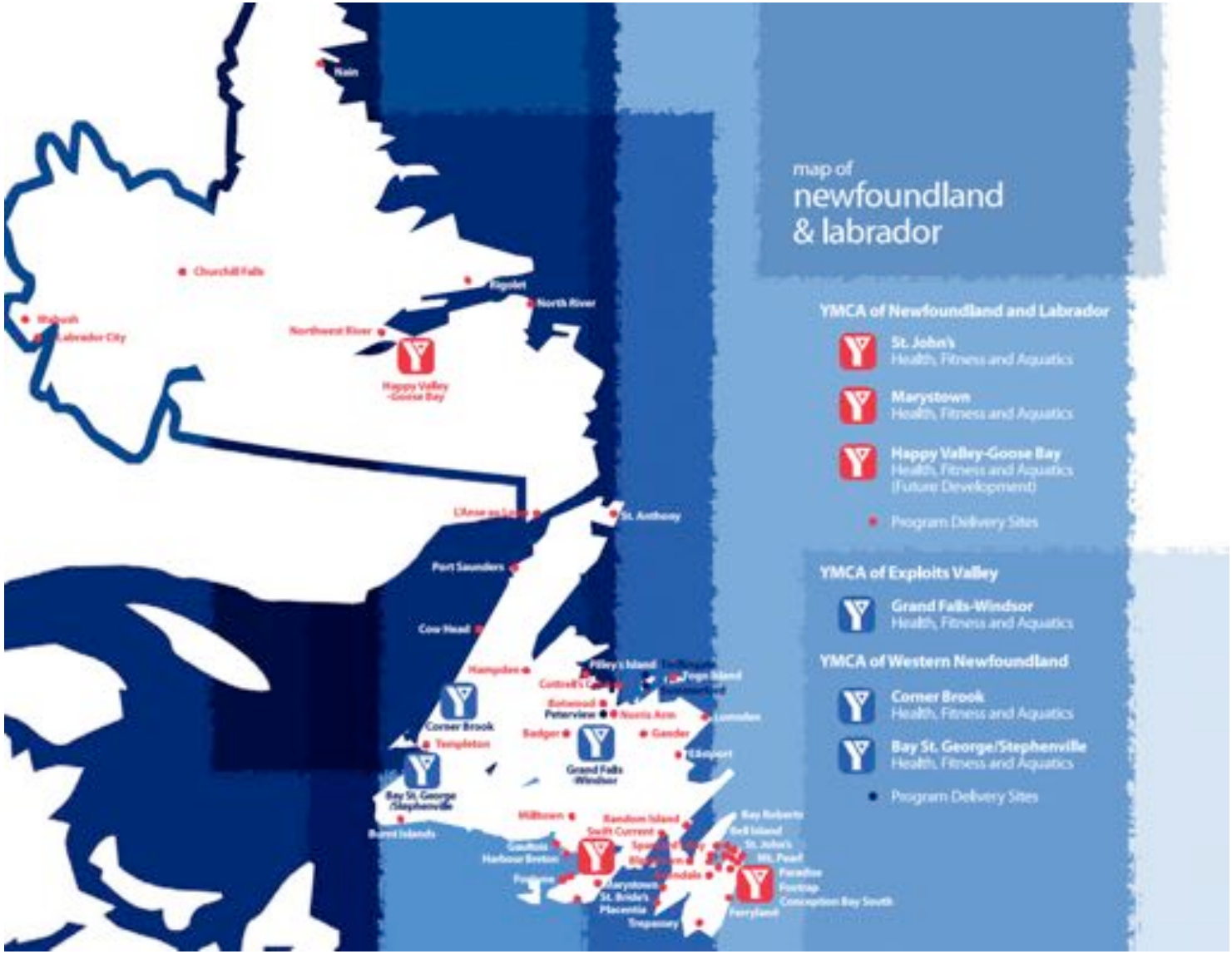
5 May, 2016

History





Map


map of
newfoundland
& labrador
YMCA of Newfoundland and Labrador
St. John's
Health, Fitness and Aquatics
Marystown
Health, Fitness and Aquatics
Happy Valley-Goose Bay
Health, Fitness and Aquatics
(Future Development)
Program Delivery Sites
YMCA of Exploits Valley
Grand Falls-Windsor
Health, Fitness and Aquatics
YMCA of Western Newfoundland
Corner Brook
Health, Fitness and Aquatics
Bay St. George/Stephenville
Health, Fitness and Aquatics
Program Delivery Sites
Churchill Falls
Northwest River
Happy Valley
-Goose Bay
North River
St. Anthony
Port Saunders
Cow Head
Corner Brook
Templeton
Grand Falls
-Windsor
Gander
Bay St. George
/Stephenville
Burnt Islands
Marystown
St. Bride's
Placentia
Ferryland
Paradise
Portugal
Cove
Conception Bay South

Facts – Newfoundland and Labrador Has as Serious Issue with Population Wellness and Health Care Costs

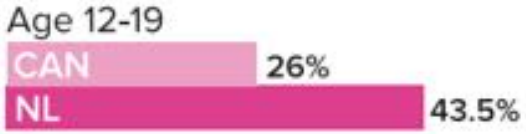
MENTAL ILLNESS & ADDICTIONS HOSPITALIZATIONS

(per 100,000 population, by RHA of Residence) 2012-13



OBESITY RATES

(Youth who are overweight or obese) 2014



PERCEIVED HEALTH OF YOUTH

(Percentage of the population who perceive their overall health and mental health as very good or excellent) 2014

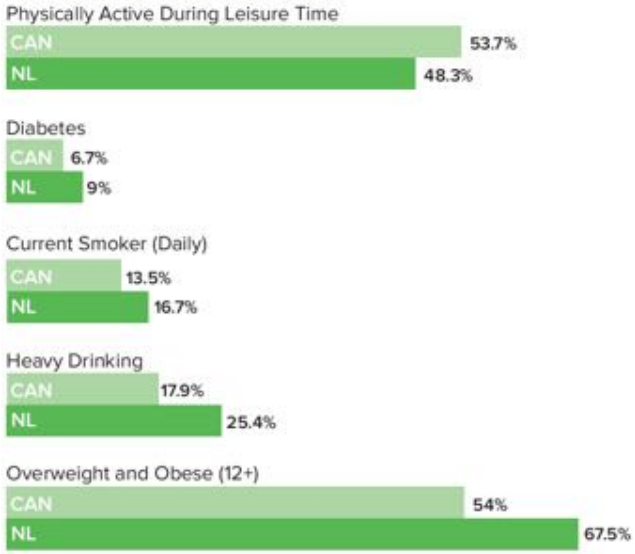


PUBLIC HEALTH CARE EXPENDITURE PER CAPITA *2014*

CAN $4,261 • NL $5,304



PHYSICAL HEALTH *2014*



Source: Community Foundation of Newfoundland and Labrador – *Vital Signs 2015*

Ches Penney Family YMCA – St. John's









Marystown YMCA – Opened February, 2016





Proposed - Labrador Wellness Centre



Happy Valley Goose Bay
LABRADOR, CANADA

LABRADOR
WELLNESS CENTRE

LAT
Architecture Inc.

Grand Falls-Windsor YMCA



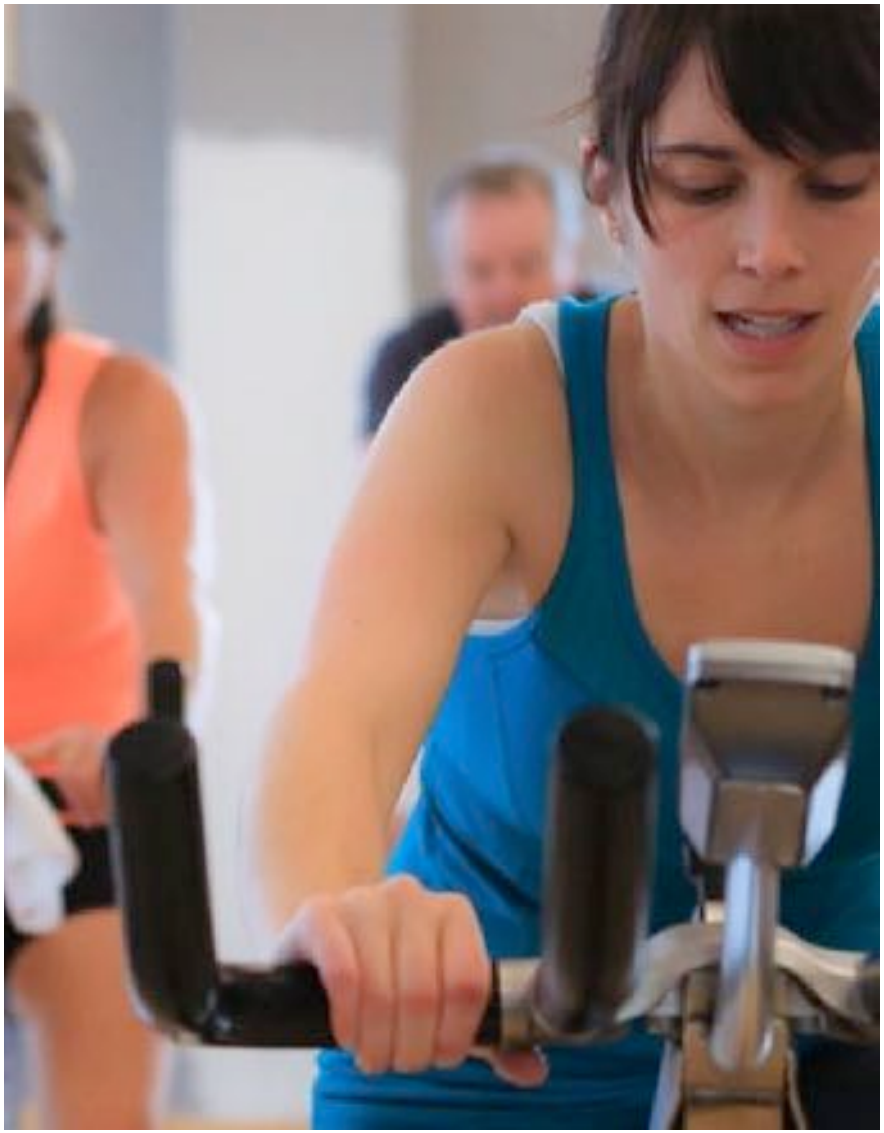
Corner Brook YMCA



Bay St. George YMCA



Exercise is Important to Good Health and Long Life



- NL population health
- NL aging population and young families
- Access to exercise for all ages
- Swim lessons
- Connection

YMCA Child Care



- Largest provided of non-profit licensed child care in NL
- Long waiting lists
- All day kindergarten
- Future expansion
- Camp

YMCA Employment and Youth



- Alternative Suspension
- Enterprise Olympics
- Business Planning
- Skills Link
- Day Camp, Leadership
- Lifeguard Training
- Teen Age and Young Adult Employees

YMCA – Building Healthy Communities

The YMCA is a recognized, national, non-profit expert in operating health, fitness, and aquatics centres – many in partnership with municipalities.

With the YMCA as operator of a municipally owned centre, there is a membership and revenue generating model to off-set most operational costs with some municipal subsidy.

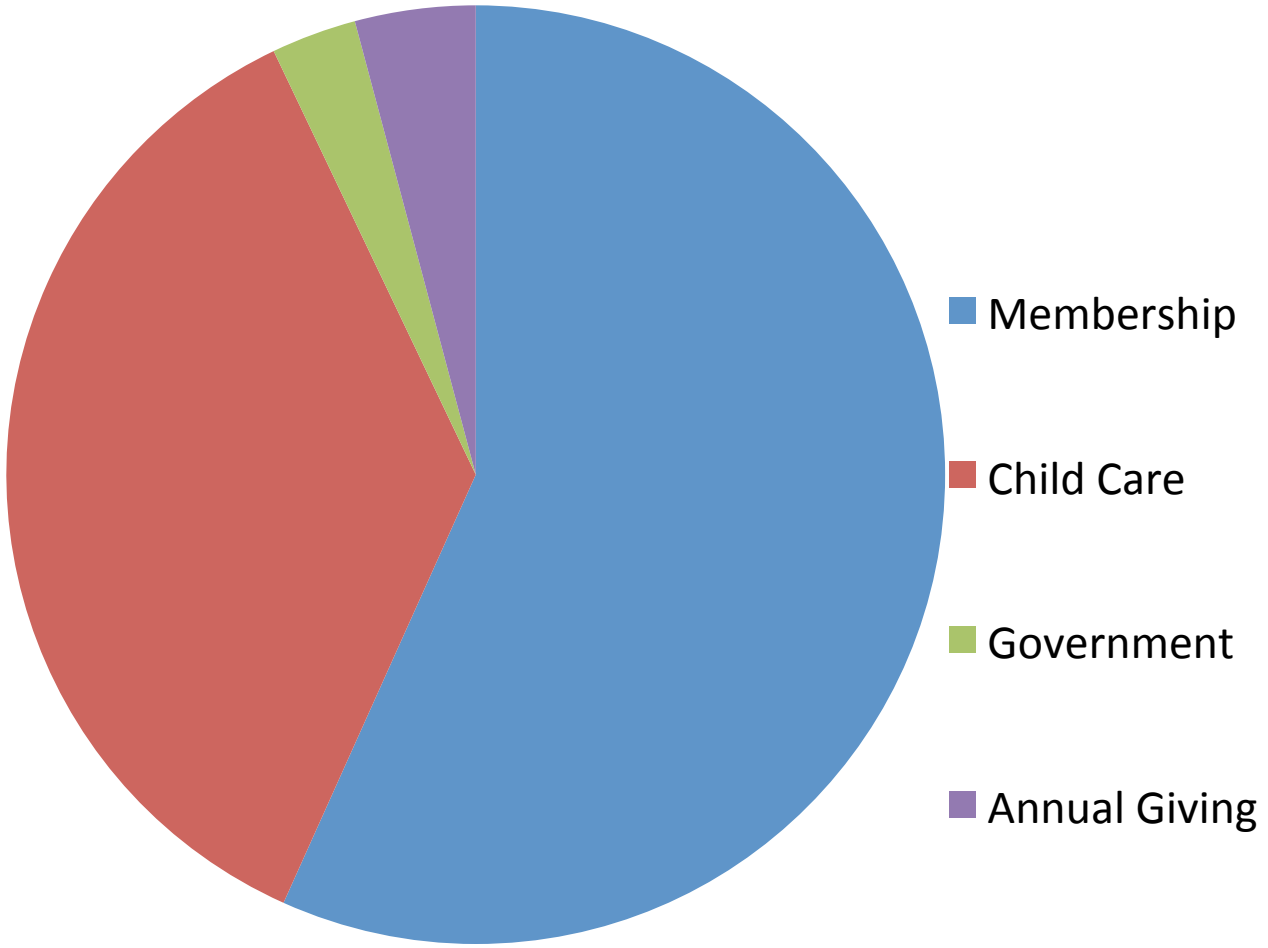
Newfoundland and Labrador YMCAs

Wellness Programs

Wellness for population health at all ages and stages.

- Licensed child care services
- Family development, baby sitting courses, parenting courses, pre-natal classes
- Swim lesson, aquatic exercise, aquatic therapy
- Fitness classes including yoga, pilates, low impact
- Indoor walking/running track, individual exercise
- Partnerships with Health Authority for smoking cessation, weight loss, cardiac rehab, injury and illness rehab, type 2 diabetes prevention, health eating and cooking classes, older adult exercise
- Access to walking/snowshoeing trails
- Physiotherapy and massage
- Gymnastics, martial arts, indoor activity

Social Enterprise



Economic Impact – Typical Project

Construction:

Person-years, total project	150

Operations:

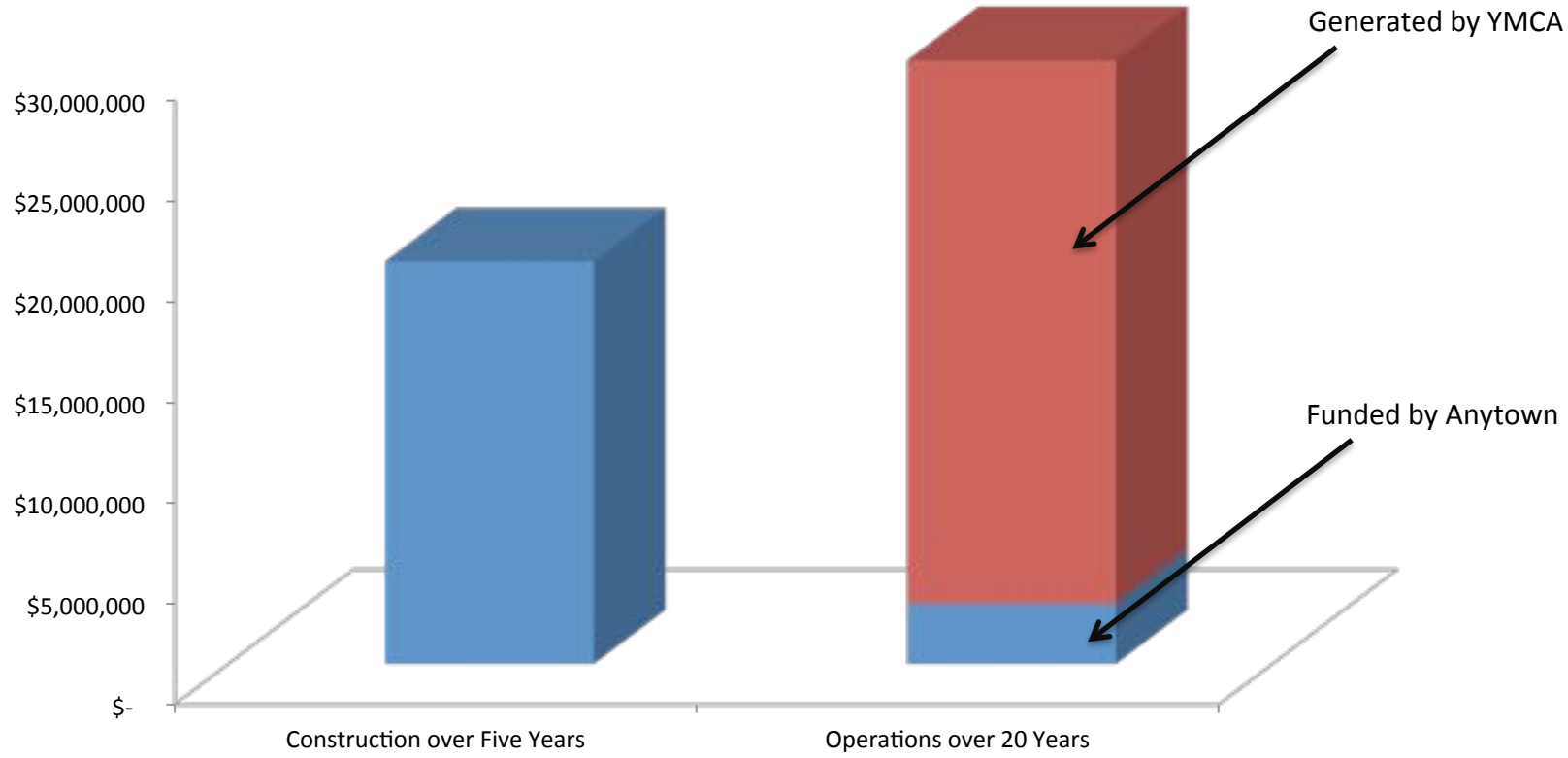
YMCA Staff	40 FTEs/year

Impact on Gross Domestic Product (GDP):

A multiple many times the construction cost and cost of the first five years of operation is expected to be the positive impact on GDP.

Construction and Operations

Construction and 20 Years of Operations
Anytown, NL Wellness Centre/YMCA



Thank You


Newfoundland and Labrador YMCAs
YMCA of Newfoundland and Labrador
www.ymcanl.com
Tel: 709-726-9622
YMCA of Exploits Valley
www.exploitsvalleyymca.ca
Tel: 709-489-9622
YMCA of Western NL
www.humbercommunityymca.ca
Tel: 709-639-9676
Newfoundland and Labrador YMCAs
ynewfoundland.com

Questions

