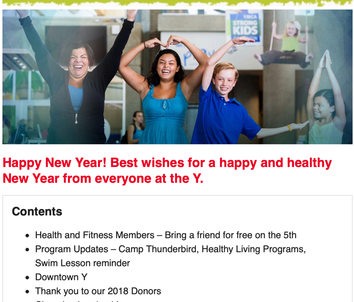
Building healthy communities



Happy New Year! Best wishes for a happy and healthy New Year from everyone at the Y.

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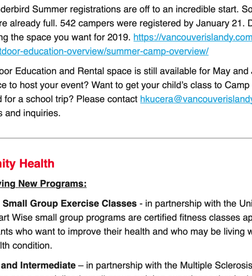
Health and Fitness Members

Starting February 5th, all members are able to bring a friend with them to any Vancouver Island Y Health, Fitness & Aquatic Centre for free on the 5th of the month!



Friends are required to bring photo ID and check in at the Membership Desk accompanied by you.

Friends are permitted to participate with you in all drop-in programs. Friends will not be able to participate in any programs that require pre-registration (e.g. Small Group Training, Cyclefit).

Speak to a Membership Host for more information! Some conditions apply.

Program Updates

Outdoor Centre

Camp Thunderbird Summer registrations are off to an incredible start. Some programs are already full. 542 campers were registered by January 21. Don't miss out on getting the space you want for 2019. https://vancouverislandy.com/program-services/outdoor-education-overview/summer-camp-overview/

Some Outdoor Education and Rental space is still available for May and June, 2019. Need a place to host your event? Want to get your child's class to Camp Thunderbird for a school trip? Please contact hkucera@vancouverislandy.ca for more details and inquiries.

Community Health

Healthy Living New Programs:

Heart Wise Small Group Exercise Classes - in partnership with the University of Ottawa, Heart Wise small group programs are certified fitness classes appropriate for participants who want to improve their health and who may be living with a chronic health condition.

MS Basics and Intermediate – in partnership with the Multiple Sclerosis Society, these classes are a specialized small group training experience that is designed for people living with MS who require more assistance while executing their physical activity. Visit https://vancouverislandy.com/program-services/community-health/ for more information

Y Mind - Mental health challenges shouldn't get in the way of doing what you love. Our programs help overcome barriers and get you on the right track to where you'd like to be. In 2019 we are excited to continue to offer "Y Mind" mental wellness programs, including a new addition for teens – the Teen Mindfulness Group for 13-17-year olds. The downtown Youth Mindfulness Group will be starting its' fifth cycle in February. This 7-week program for young adults 18-30 who experience anxiety is also being offered this winter at the Langford Westhills Y.

As part of a 3-year program expansion in partnership with the Ministry of Health these programs are also being offered in collaboration with the Vancouver Island YMCA-YWCA in communities where there is no Y facility. In January the Youth Mindfulness Group will be offered in Nanaimo and Comox and we are excited to be expanding into 2-3 more locations by 2020.

We are currently taking registrations for our winter and spring information and intake sessions for the Teen and Youth Mindfulness Groups. Please contact Fiona at mindfulness@vancouverislandy.ca, or by phone at 250-386-7511 ext. 413 to register. For more information about Y Mind and other mental wellness programs, please see our Community Health page at https://vancouverislandy.com/program-services/community-health/.

Health, Fitness and Aquatics

Missed Swimming Lesson Reminder - At the Y we understand that families are busy, children get sick and lessons will be missed. Members are responsible for communicating absences by using our Online Form or by contacting Member Services ahead of time if your child **will miss three, or more, classes in a row. We do not require notification of absences for single lessons.** If you do not inform the Y your child will be withdrawn from the continuous swim lesson.

SUBMIT A MISSED SWIM LESSON.

Downtown Y

As we continue to explore opportunities for our new Downtown Y location, we are being questioned as to whether or not we are considering a co-location with the City of Victoria as part of their planning for a new Crystal Pool. This is not an option that we are considering at this time.

For more than 50 years, the Y and the City of Victoria have been cooperating on the delivery of complementary health and wellness services. In 2017, the Victoria Y and the City of Victoria entered into a Memorandum of Understanding. The agreement recognizes our long history of cooperation and formalizes our mutual commitment to continue to collaborate on the planning and delivery of services for citizens of Victoria and the region. By working in a coordinated and complementary manner, we are able to deliver a broader range of programs and services to more citizens. Together we welcome more than 1-million people annually. By maintaining our independent operations, this is truly a case where the sum of our distinct operations is greater than the whole. Our planning work supporting a new location for the Downtown Y continues. Consistent with our commitment to the City of Victoria to remain in the downtown core, we will be updating you in the coming months on the progress of our search.

YMCA STRONG KIDS CAMPAIGN

Thank you to all our 2018 Donors!

Every day the YMCA-YWCA of Vancouver Island helps people find the support and care they need. We rely on the generous support of individual donors to help us remove any barriers for anyone who needs us, no matter what their circumstances may be. From providing much needed subsidies for children to experience the Y's Camp Thunderbird, or donating funds to support Financially Assisted Memberships for those who need extra help. Donors open a world of opportunities for individuals of all ages to reach their potential and positively affect their communities.

Thank you to all our donors for helping us make this possible!

Changing Leadership in 2019

A message from Christine Gleed, Chair, Board of Directors

After 13 years of visionary leadership as our CEO and 30 years of service in Y's across Canada, Jennie Edgecombe has announced she will retire from the Y in 2019.

We have been so very fortunate to have Jennie steering the ship as we have grown, changed and built a foundation for a bright future. Jennie has been a catalyst for extending our reach into more Island communities and her vision has helped support health, wellbeing and equality for children, families and adults of all ages.

Jennie's talents and leadership will be greatly missed, though we are delighted that she will remain in her role until our board completes a Canada-wide search for a new CEO. I look forward to making an announcement to you in the months ahead. Until then, its business as usual for Jennie and our incredible Y team.

Thank you, Jennie, for your incredible leadership. We look forward to celebrating your many accomplishments!