



SOCIAL IMPACT REPORT

YMCA SOUTH AUSTRALIA



FY25

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PROVIDE
OPPORTUNITIES
FOR ALL PEOPLE
TO GROW IN
BODY, MIND
AND SPIRIT



the **Y**

WELCOME

Welcome to YMCA South Australia's (YSA's) Social Impact Report for the FY25 financial year.

As a non-profit, mission-driven social enterprise, it is our desire to report transparently on our progress, which this report seeks to do.

This marks the inaugural year of our new impact framework, YIELD, which provides an integrated view of how South Australian communities benefit from our work: from grassroots programs through to sector strengthening and societal-level impact. We'll continue to develop this framework and its measures over years to come.

The Social Impact Report arrives at a remarkable milestone. September 2025 represents 175 years since the Y was founded in Australia—right here in Adelaide. In fact, we were the first YMCA established anywhere in the world beyond the movement's birthplace in Europe. The cumulative impact across those 175 years is incalculable, yet the results in these pages show we're still building momentum. We're excited by the uplift we're seeing across South Australia, and we hope these outcomes inspire you too.

Overall growth in FY25 ran at more than 23%, which is many times that of the State and Australian economies. Over the past five years, YSA has tripled in scale.

In FY25 there were more than 2.5 million participations in a YSA program.

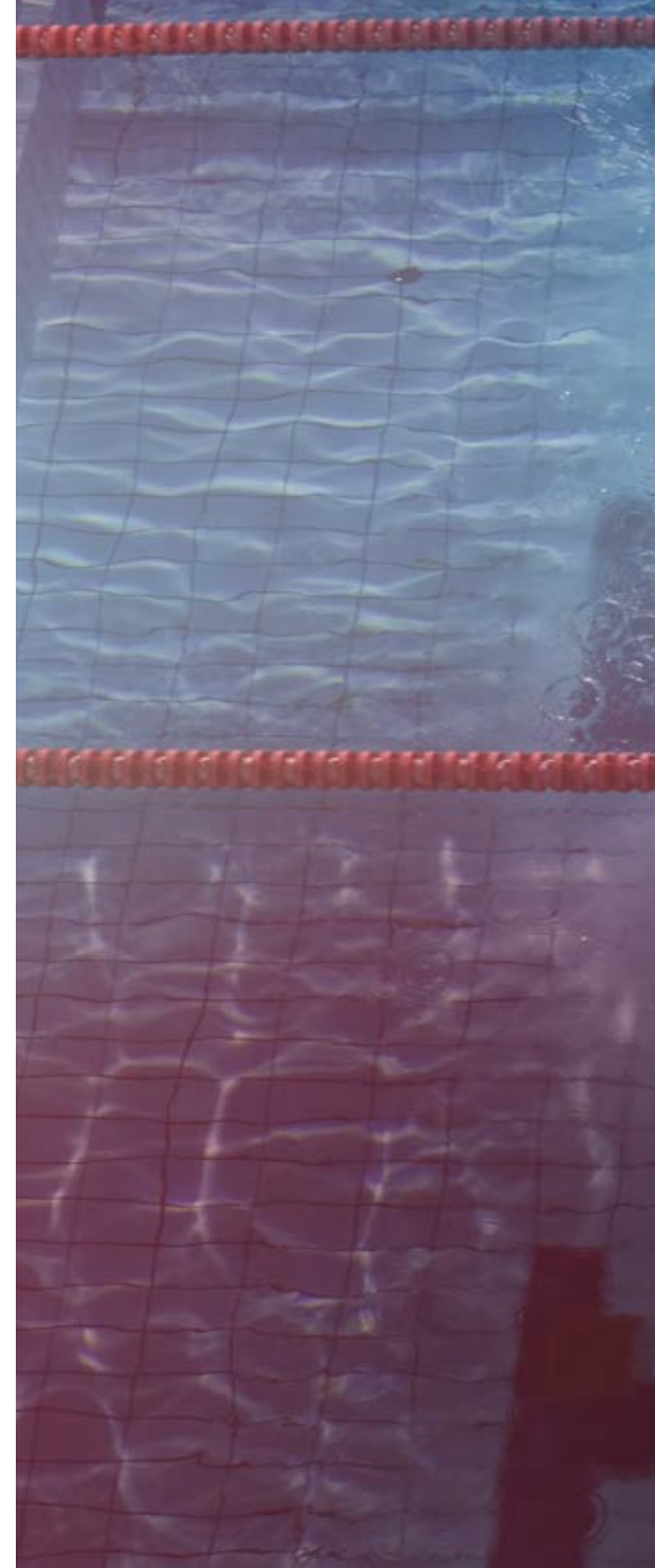
Of course, none of this is possible without our incredible partners, board and staff. We are sincerely grateful for their shared commitment to the people of our beautiful state.



Vadis Rodato
President
YMCA South Australia



David Paterson
Chief Executive Officer
YMCA South Australia







The YMCA's longstanding mission is to

**“... PROVIDE OPPORTUNITIES FOR
ALL PEOPLE TO GROW IN BODY,
MIND AND SPIRIT”**

INTRODUCTION

The YMCA's longstanding mission is to
“... provide opportunities for all people
to grow in body, mind and spirit”

The way we operationalise that mission in practice is quite simple. At the personal and community level we:

1. create a **place** of welcome, inclusion, safety, care and belonging
2. provide **programs** that are proven to be beneficial, particularly in relation to whole-person wellbeing and community strengthening
3. **innovate** new opportunities where there are unmet or emerging needs
4. deliver our work with **excellence**
5. encourage more people to **participate** year-on-year, of all abilities and means, from all corners of our community

And, at the broader sector and societal level, we:

- ▶ think and act like a purpose-driven **systems leader**
- ▶ **partner** with others so that, together, we might achieve much more
- ▶ **role-model** the values, social responsibility, good governance and environmental stewardship that deepens trust
- ▶ build **SA's sovereign capabilities** so that the leadership is based here, the workforce is built here, and the value is retained here
- ▶ **reinvest** into our communities and sector so they become stronger.

Together, these actions create a **self-reinforcing cycle**. Opportunities multiply. Participation increases. Reach expands. Quality lifts. Relationships deepen. Wellbeing grows. South Australia strengthens.

This is how YMCA South Australia (YSA) grows social impact.

The YMCA brings **something extra**. We're more than just a community service provider or the sum of our programs. Our iconic global movement has transformed individual lives and communities across 120 countries over 180 years. This stems from not just *what* we do, but *how* and *why* we do it—a deep motivation and ethos, clarity of purpose, and culture of selfless service that reaches out and lifts others up.

While the concept of '**impact**' captures tangible program outputs and measurable outcomes, '**elevation**' speaks to the aspirational dimension of growth—raising people's sights, dignity, purpose, prospects, confidence, connection, voice, and contribution. A child making a new friend, a young person discovering their leadership potential, a migrant finding connection in their new home, or an aspiring athlete deciding to "go for it". These breakthroughs aren't easily measured or analysed. They're deeply personal, arising not from program design alone but from the people, culture, and care encountered along the way.

This is our DNA—the 'Y Factor' we bring to all we do in South Australia.

**OUR ICONIC GLOBAL MOVEMENT
HAS TRANSFORMED INDIVIDUAL
LIVES AND COMMUNITIES ACROSS
120 COUNTRIES OVER 180 YEARS.**

**THIS IS OUR DNA
- THE 'Y FACTOR'
WE BRING TO ALL
WE DO IN SOUTH
AUSTRALIA.**

YIELD FRAMEWORK



Our YIELD framework (YMCA Impact & Elevation Logic Design) captures both what we measure and what truly matters - the tangible outcomes of our programs alongside the profound difference these make in people's lives.

This systemic approach ensures our activities are effective individually while creating something greater than the sum of their parts. The term “yield” alludes to the multiplied results that come in due season from purposeful cultivation and sowing. This social impact model is unpacked in the following pages, followed by results and stories from FY25.



**YMCA
IMPACT & ELEVATION
LOGIC DESIGN**

Strategic impact. Elevated lives

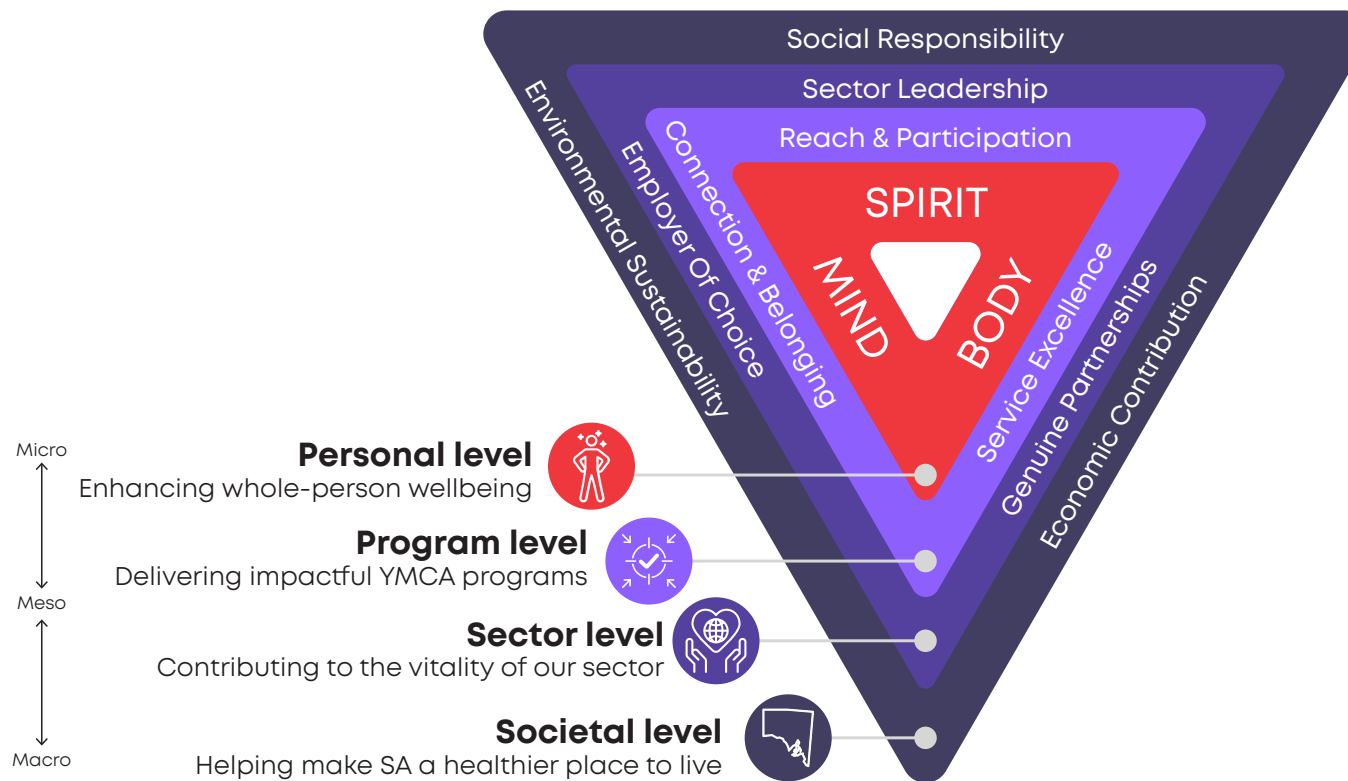
1 — OUR IMPACT MODEL

THE YIELD FRAMEWORK



OUR IMPACT MODEL

YMCA South Australia's **YIELD framework** may be summarised thus.



Impact cascades across four levels - personal, program, sector and society - with each level flowing over into the next.

For example: personal growth helps build stronger communities, which ultimately encourages the societal conditions in which more people can thrive.

Within each level, **three interconnected aspects** work together to create stable, lasting impact. We've chosen this triangular design deliberately:

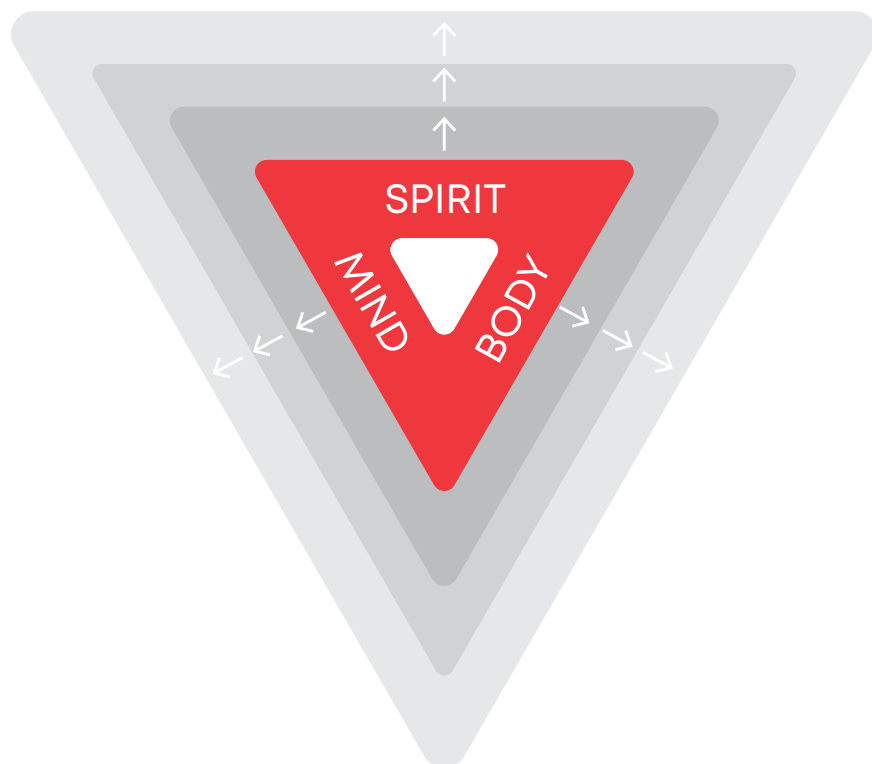
- engineers know triangles create the most stable structures, and social impact works the same way. Each element reinforces the others, creating a framework robust enough to sustain transformational change over time.
- the "Rule of Three" keeps it simple and memorable, while three also symbolises completeness and unity
- and, of course, it reflects the famous red triangle of the YMCA, the three sides of which represent "body, mind, and spirit"

Each of these levels are unpacked on the pages that follow.

OUR IMPACT MODEL

Personal level

Enhancing whole-person wellbeing.



This 'body, mind, spirit' construct reflects the YMCA's heritage and mission, and it has stood the test of time. While central to our impact logic, we don't measure it for every individual - rather, it serves as a foundational framework that guides our thinking and honours each person's unique journey.

Examples of each aspect include:

Body <i>Physical wellbeing</i>	<ul style="list-style-type: none">• Cardiorespiratory fitness and endurance• Musculoskeletal fitness, strength, flexibility• Physical literacy and health foundations – such as safety, nutrition, sleep, weight management, etc.
Mind <i>Mental (and emotional) wellbeing</i>	<ul style="list-style-type: none">• Psychological health and safety.• Cognitive function and learning capacity• Emotional regulation and resilience• Personal, relational, work and life skills.
Spirit <i>Social (and spiritual) wellbeing</i>	<ul style="list-style-type: none">• Identity, values and sense of worth.• Meaning, purpose, direction and hope.• Relationships, belonging, and community• Connection to something greater, beyond oneself.

This aligns with both historical and current conceptualisations of whole-person wellbeing. For example, the World Health Organization Constitution (1948) states: **"Health is a state of complete physical, mental and social well-being..."** This is the foundational definition that establishes the modern tripartite concept of health and wellbeing.

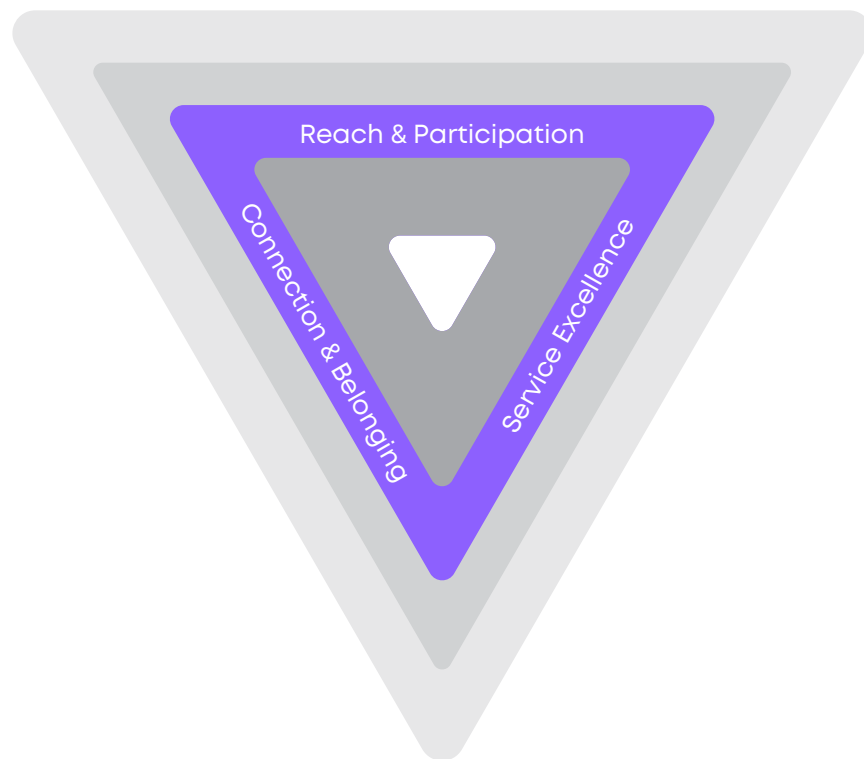
Research consistently supports the idea of an intricate interconnection between these three dimensions. For example:

- regular **exercise** can be effective in managing one's mental health
- **physical fitness** encourages greater participation in social activities
- chronic **stress** can lead to high blood pressure and hypertension
- **relational** conflict contributes to emotional dysregulation
- research by UC Berkeley found that people exemplifying a **spirit of generosity** are less lonely and stressed, have lower blood pressure, have more friends, have better relationships, and **live longer!**

OUR IMPACT MODEL

Program level

Delivering impactful YMCA programs.



By ‘community programs’ we mean...

structured and repeatable sets of activities designed to meet a clear community need and achieve certain health, wellbeing and/or developmental outcomes.

People participate either as individuals or in groups/teams, usually through community facilities such as a recreation centre or school.

The programs outlined in this section are aquatics, gymnastics, stadium sports, health & fitness programs, allied health services, Outside of School Hours Care (OSHC), early learning centres, and youth programs.

The impact logic being...

about delivering micro-level impacts (to individuals and families), **at scale** (across South Australia). Hence, we seek to grow:

Reach and participation

Engaging more people, from all parts of the community, in more locations.

Service excellence

Ensuring we deliver the desired experience, quality and outcomes.

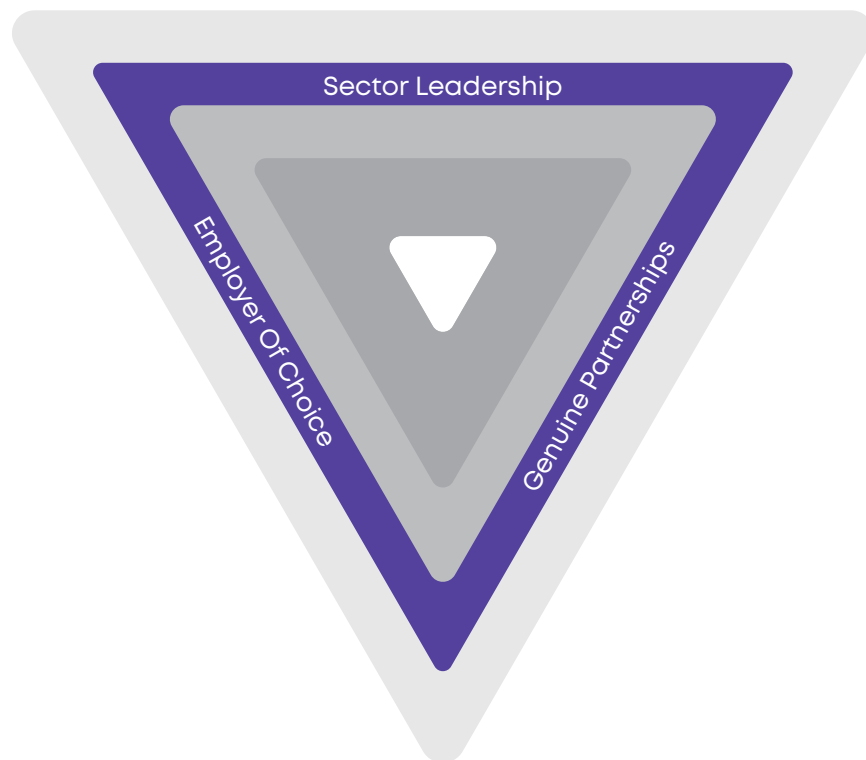
Connection and belonging

Ensuring people feel they belong, stay engaged, and stick with it.

OUR IMPACT MODEL

Sector level

Contributing to the vitality of our sector.



By ‘sector contributions’ we mean...

the YMCA’s presence having a constructive effect on those parts of the South Australian economy we operate in. That could either be a **direct** contribution (e.g. supporting the partners we work closely with) or an **indirect** one (e.g. lifting the standard that other providers must rise to if they are to compete with the Y).

Or, in other words, being the “rising tide that lifts all boats”.

In our case this could be the broader “community sector” or more specific segments such as the sports, health, education, and youth sectors.

The impact logic being...

about strengthening the **institutions** and **networks** that support the wellbeing and development of South Australians. This “meso” level focus bridges the space between (micro) service provision at a personal level and the (macro) conditions that encourage wellbeing at a statewide level.

This is often the “missing middle” in social impact strategy, but it’s critical for us as a means of strengthening our community. We especially focus on:

Sector leadership

Strengthening the direction, cohesion and collaboration of the sector.

Employer of choice

Building the engagement, capacity, and quality of the SA workforce.

Genuine partnerships

Building enduring, synergistic partnerships that achieve more together.

OUR IMPACT MODEL

Societal level

Helping make SA a healthier place to live.



By ‘societal impact’ we mean...

the **shifts that affect South Australia as a whole**. These are consequential advances that move the needle on factors such as job creation, public health outcomes, educational results, environmental impacts, social capital, civic engagement, etc.

Sometimes the Y may have a direct role in bringing about positive change, such as when our senior leaders or Youth Parliamentarians inform beneficial policy or legislative change. Perhaps more commonly, it will be a flow-on effect of the work we do (and the way in which we do it).

The impact logic being...

about positively contributing to, and influencing, the **social determinants of wellbeing** at the macro level. We see three key areas in which YMCA South Australia has a significant impact in this regard:

Social responsibility

Our citizenship, governance and accountability as a leading non-profit.

Economic contribution

Local procurement and the retention of economic value in South Australia.

Creating jobs and enabling wider workforce participation.

Environmental sustainability

Efficiencies in our practices around waste and water use.

Reductions in carbon emissions.

The greater our impact in these areas, the better SA becomes as a place to live, work, and raise a family.

2

COMMUNITY PROGRAMS

DELIVERING
IMPACTFUL PROGRAMS



AQUATICS



AQUATICS

WHAT

Aquatics includes YMCA Swimming Lessons and the full range of activities one would expect to find at community aquatic facilities, including programs for schools, squad training, disability and the like – as well as for recreational enjoyment.

1.

WHY

The **National Drowning Report** found there were 357 drowning deaths during 2024. More than 40% of children leaving primary school have not achieved the National Benchmarks for swimming and water safety education for 12-year-olds, so there is still a significant and serious community need.

The YMCA is the original creator of group swimming lessons and lifeguarding as a discipline. It continues to have significant impact in aquatics here and around the world.

3.

2.

Children aged 0.5 to 12 years represent the largest learn-to-swim segment, both through **schools** and enrolment by **parents**. Many of these young people later progress onto squad training and other water-based sports.

Adult users span the full spectrum of ages and needs, ranging from aqua aerobics and lap swimming to injury rehabilitation.

WHO

4.

Research studies report a variety of wellbeing benefits. Amongst those of particular importance to the Y are:

- reduced rates of drowning, particularly in high-risk groups such as young children and people born overseas
- whole-body, low-impact exercise that improves cardiovascular and musculoskeletal health, motor performance, weight loss, mental health, etc
- social and family connection, reduced isolation
- health of older adults and those with chronic conditions.

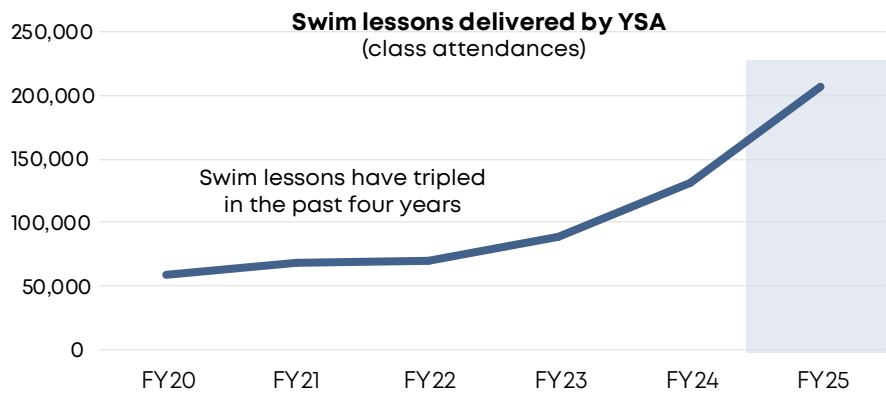
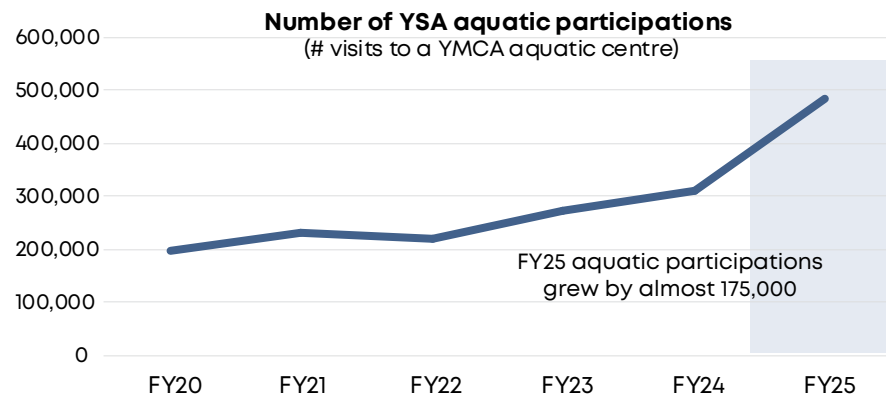
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VISITS TO A YSA-MANAGED AQUATIC FACILITY GREW BY 175,000 IN FY25.

Royal Life Saving estimates that each visit generates \$30.50 in economic benefits (equating to \$5.3m in new value for South Australia).

AQUATICS



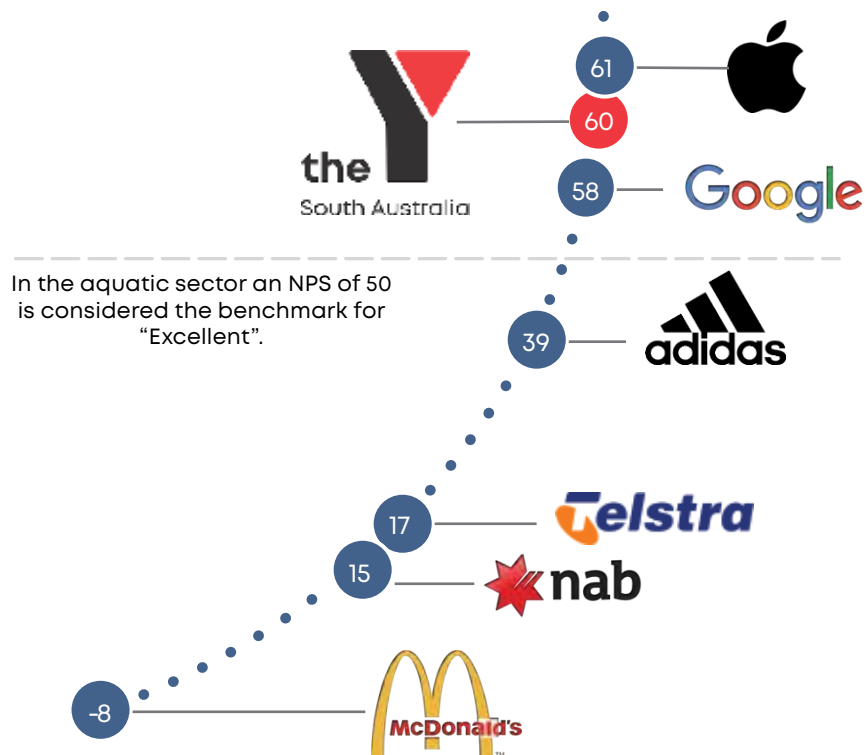


YMCA SOUTH AUSTRALIA CONTINUES TO LEAD THE SA AQUATIC SECTOR IN TERMS OF CUSTOMER SATISFACTION AND ADVOCACY.

This amplifies social impact by encouraging greater participation, frequency, connection and retention.

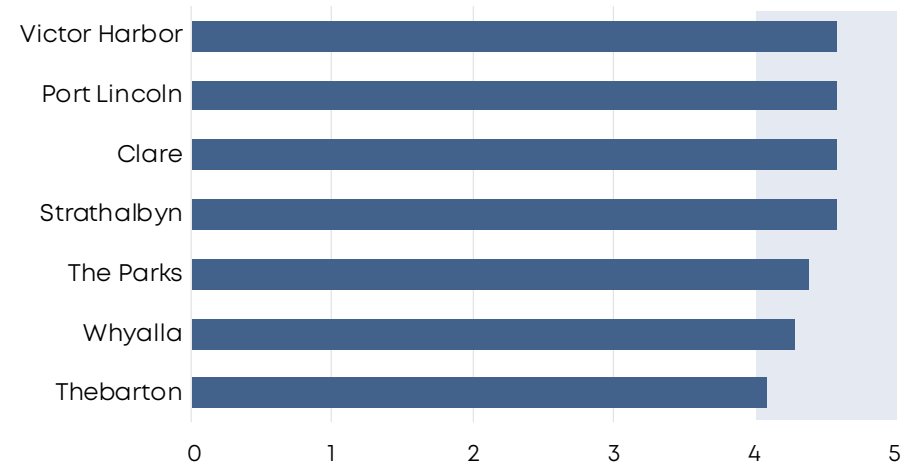
AQUATICS

Net Promoter Score (NPS) 2025
(YMCA SA aquatics v major brands)



Source: CustomerGauge (Top 100 NPS, 2025)

Customer Ratings by YSA Aquatic Centre
(Google Reviews 2025 | n=2,275)



The highest-performing aquatic centres nationally typically have customer ratings of 4.0 and above. 100% of aquatic centres managed by YSA are in this band.

AQUATICS

The Parnggi Yarluwar Porlar (Water Ocean Kids) program addresses the disproportionate number of drowning incidents affecting Aboriginal and Torres Strait Islander children through a comprehensive water safety pathway. The program, delivered in partnership between YMCA South Australia, Surf Life Saving SA, the Tjindu Foundation, and the Office for Recreation, Sport and Racing, provides free swimming and surf lifesaving lessons to First Nations children aged 7-12 years.

Parnggi Yarluwar Porlar Program



Participants begin their journey with swimming lessons at YMCA aquatic centres including The Parks, Whyalla, and Fleurieu Aquatic Centre, building foundational water confidence and skills. They then transition to local Surf Life Saving clubs where they join the Nippers program, integrating into the surf lifesaving community and developing beach safety skills. The program increases knowledge and opportunity for movement and play, creates positive social connections, and reduces drowning risk.

AQUATICS

Kurlana Tapa Youth Training Centre partnership

When the YMCA team at The Parks Recreation & Sports Centre partnered with the Kurlana Tapa Youth Training Centre (formerly the Adelaide Youth Training Centre), the objective was clear: teach vulnerable young people to be safe in and around water. What emerged was something far more profound.

Young residents in the youth justice system demonstrated remarkable responsibility, peer-support, and appreciation for the care shown by YSA staff. Beyond water safety, the program catalysed increased confidence and impactful peer mentoring relationships.

When given opportunity and genuine care, these young people responded with respect and enthusiasm. The program's impact was recognised nationally, receiving "Highly Commended" honours at SwimCon25.

This exemplifies YSA's commitment to ensuring that every young person has pathways to development, connection, and hope.



GYMNASTICS



GYMNASTICS

WHAT

Gymnastics includes both recreational and competition gymnastics and other associated acrobatic sports such as trampolining, tumbling, cheerleading, parkour and the like.

YMCA Gymnastics is an affiliated Gymnastics SA Program with high standards of quality, professionalism and safety.

WHY

According to the AusPlay (Sports Australia), gymnastics is the **2nd most popular national sports activity** for children aged 1-4 years, and the **5th for children aged 5-14 years**.

Gymnastics is an inclusive sport that develops foundational skills, strength and flexibility, discipline, focus and confidence. It's especially appealing to parents who want their children to develop a broad athletic base.

1.

3.

2.

YMCA Gymnastics caters for toddlers right through to Australian National Levels representatives. The largest cohort is **children aged 1 to 15 years**. Typically, there is a 70-30 female-to-male split. Some continue their participation by becoming qualified gymnastics coaches. Others branch off into complementary activities such as diving and dance.

WHO

4.

Research indicates a variety of benefits for physical, mental, social and sporting development. These include:

- development of Fundamental Movement Skills (FMS)
- improved physical self-concept and confidence
- balance and coordination development
- cognitive development (mastery mindset, productive perseverance, spatial reasoning, sequential memory, etc)
- social skills (incl. teamwork, listening, emotional regulation).

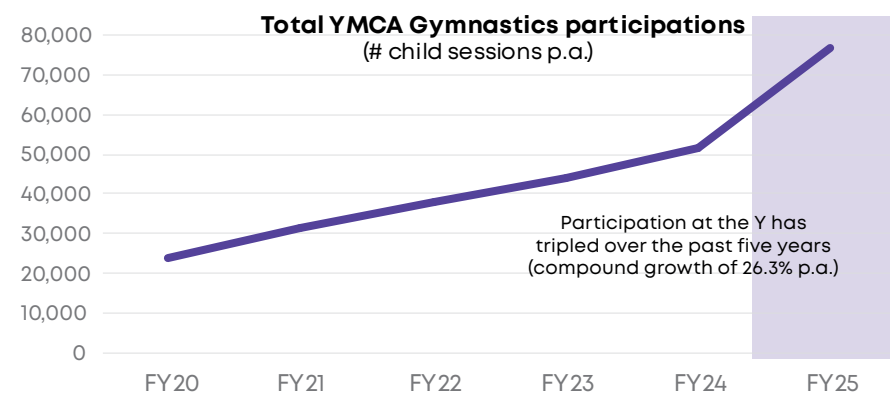
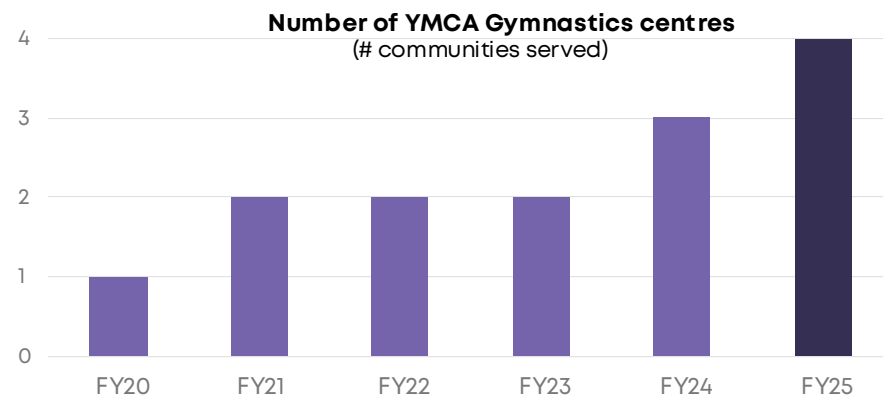
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* refer research citations on page 96.



**IN FY25, YSA BECAME THE
LARGEST GYMNASTICS PROVIDER
IN SOUTH AUSTRALIA.**

GYMNASTICS





“THE STAFF ARE INCREDIBLE AND RECOGNISE WHAT EACH INDIVIDUAL CHILD NEEDS. MY DAUGHTER ADORES GOING AND HAS BECOME SO STRONG. THE CHILDREN ENGAGE FOR THE HOUR ALWAYS!”

- Gymnastics parent



GYMNASTICS

YMCA Gymnastics: Going the Extra Mile

At the Y, gymnastics transcends sport—it's **a pathway to confidence, resilience and belonging for every child**, regardless of ability, background, or circumstance.

Beyond skill development, the Y proactively **removes barriers to participation**. Through GymAbility partnerships with local schools and organisations like Novita, hundreds of children with additional needs experience tailored support in inclusive environments. Research confirms what families witness firsthand: gymnastics provides significant physical and social benefits for children with a disability when delivered through accessible, supportive programs with knowledgeable coaches.

The impact extends beyond the gym floor. FY25 saw over 10,500 attendances by children aged 0-5 developing fundamental movement skills through Kindergym. For **vulnerable children** in out-of-home care, YMCA's relationship with the Department for Child Protection provides stability and safe spaces where trust and belonging flourish.

Our commitment to **affordability** is evident through pricing that's consistently lower than private competitors. SA Government Sports Vouchers (over \$180,000 redeemed this year) also play an important role.

Families gave YSA a **Net Promoter Score** (NPS) of 77.8 on Price, and 80.7 on Service, both of which are a very high benchmark relative to the national average. This clearly demonstrates that **inclusion and excellence can happily coexist** when delivered through YMCA South Australia's community service culture and non-profit social enterprise model.

The result: Stronger, healthier, more confident children. Independent modelling puts the **social value** of the FY25 gymnastics program at almost \$400,000 in avoided health costs and improved educational outcomes.



— STADIUM SPORTS



STADIUM SPORTS

WHAT

Stadium sports refers to the broad range of (mostly team-based) sports played in **community recreation centres** such as basketball, volleyball and futsal (all of which were created by the YMCA). Others include netball, badminton, squash, pickleball, roller skating, and associated school competitions.

1.

WHY

Community recreation centres provide year-round, all-weather, day-and-night access to sporting facilities. This plays a critical role in increasing the participation rates, frequency and consistency of healthy physical activity in Australia (with 28% of all sports activity occurring in such centres). They also serve as important social hubs that build community.

By way of example, **basketball** ranks as the second-highest team participation sport in Australia, with 1.3 million players. This is split around 50-50 between informal and organised sport. In that sense it has greater community participation than high-profile team sports such as Australian rules football.

We are the leading manager of such recreation facilities in SA, making participation as inclusive and accessible as possible.

3.

2.

A wide range of **children, youth and adults** play stadium sports – ranging from school programs and social competitions through to first-class competitions.

WHO

4.

Research consistently supports the benefits of facilitated community sport and recreation - including enhanced physical health, mental wellbeing, and social connectedness. Amongst many others the benefits also include:

- reduced risk of chronic diseases
- fostering belonging and connection (reducing loneliness)
- improving social cohesion across diverse populations.

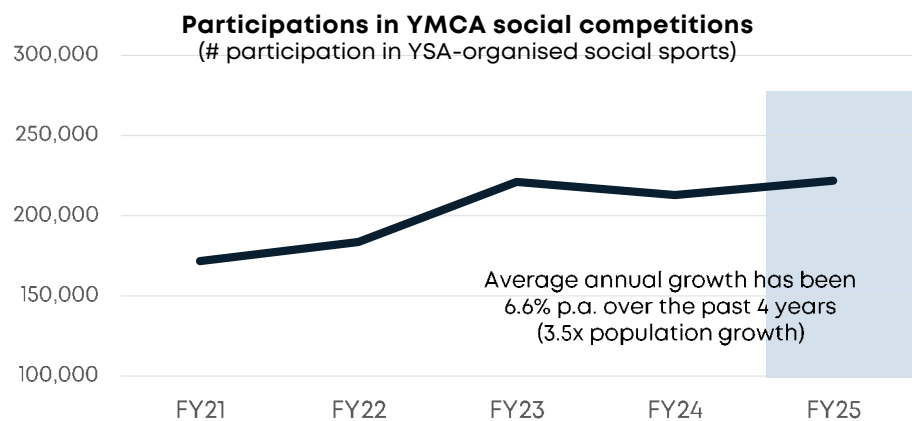
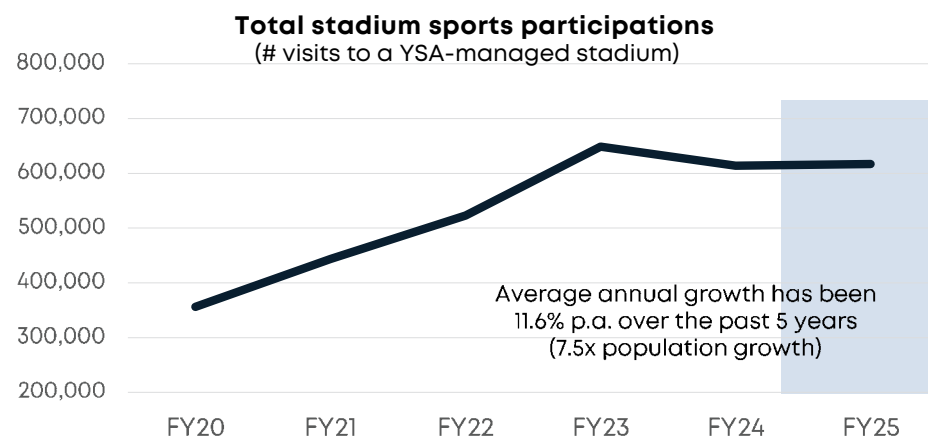
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* refer research citations on page 96.



**PARTICIPATION IN STADIUM
SPORTS AT YSA-OPERATED
RECREATION CENTRES HAS
GROWN SEVERAL TIMES FASTER
THAN SOUTH AUSTRALIAN
POPULATION GROWTH.**

STADIUM SPORTS



STADIUM SPORTS

South Sudanese basketball tournament

When 3,000 people from across Australia converged on St Clair Recreation Centre for the **South Sudanese Australian National Basketball Association** tournament, something remarkable happened: a community came together, not just to compete, but to reinforce culture, connection and shared aspirations.



YMCA South Australia was proud to **co-sponsor and support** this three-day event, which brought 14 teams—from Under 16s to seniors—from Melbourne, Sydney, Canberra and across South Australia. Working alongside tournament organisers, volunteers and SAPOL, our staff helped create a safe, welcoming environment where skilful basketball met joyful community celebration.

These moments matter deeply. When young people from different backgrounds gather to play, grow and support one another, they're building more than athletic skills—they're developing leadership, teamwork and a profound sense of belonging that strengthens the entire community.

The tournament exemplified what's possible when organisations such as ours partner authentically with migrant communities. The Y's relationship with South Australia's South Sudanese community grew from shared passions—basketball and youth development—and our trusted, decades-long presence in South Sudan itself (among 120 countries worldwide where the YMCA is part of the social fabric).

Since the YMCA invented basketball in 1891, the sport has united young people across cultures and continents. At St Clair, we witnessed that legacy alive and well, proving that when communities work together for their young people, everyone wins. Our congratulations go to the community organisers who worked so hard to make this happen.



HEALTH & FITNESS



HEALTH & FITNESS

WHAT

Health and fitness in our context refers to gym and studio-based activities from strength-based gym work and personal training, through to group fitness classes and Pilates.

1.

WHY

Fitness/gym activities are the **2nd most popular physical activity among Australians** aged 15+, with 6.4 million participants nationally (34% of the adult population), ranking only behind recreational walking. This makes it around five times more prevalent than even the most popular team sports.

That said, 78% of Australian adults aged 18–64 are insufficiently physically active, relative to national guidelines. So, there is much more to be done. For these reasons, it continues to be a core part YSA's social impact efforts.

3.

2.

A wide range of South Australians are involved— from Active Youth members (13–15 years) through to older adults. The Y runs such programs in both Adelaide and in the key regional centres of Victor Harbor, Clare, Whyalla and Port Lincoln.

WHO

4.

Research consistently reinforces the general understanding that such gym and fitness programs (and the associated public investment in community facilities) have significant effects on overall health and wellbeing, including:

- prevention and management of noncommunicable diseases such as cardiovascular diseases, cancer and diabetes
- improving cardiorespiratory health and body fat measures
- reducing symptoms of depression, stress and anxiety, improving cognitive function, and enhancing sleep quality
- in adolescents, promoting bone health, encouraging healthy growth and development of muscle, and improving motor and cognitive development.

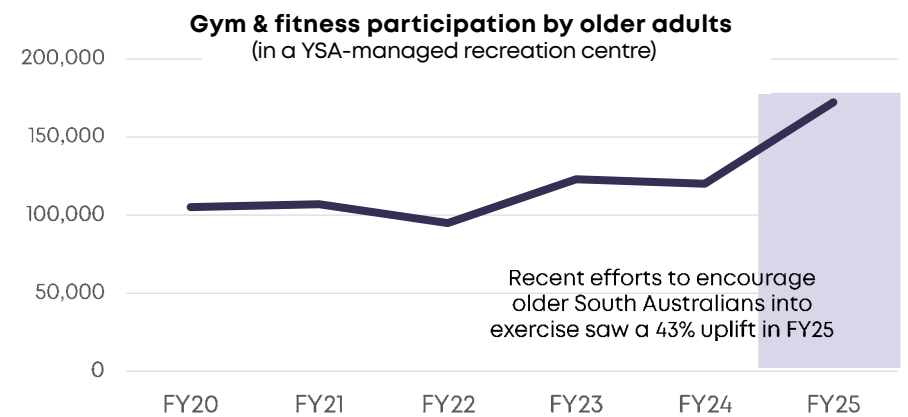
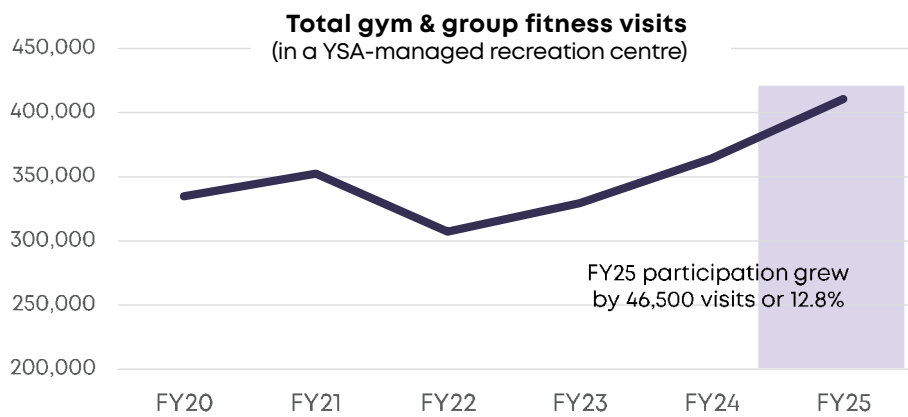
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* refer research citations on page 96.



**PARTICIPATION AT THE Y HAS
REBOUNDED, GROWING BY 10% P.A.
OVER THE PAST 3 YEARS, DESPITE THE
PROLIFERATION OF NEW COMPETITIVE
GYMS AND FITNESS PROGRAMS.**

HEALTH FITNESS





HEALTH & FITNESS

Port Lincoln Aboriginal Health Service Partnership

YMCA South Australia has partnered with the Port Lincoln Aboriginal Health Service (PLAHS) to co-design health and wellbeing programs that respond to the specific needs of the Aboriginal community in Port Lincoln.

Men's Health and Wellbeing Program

This partnership began with a three-month concessional fitness membership program designed for Aboriginal men over 50. The program combines comprehensive health assessments, customised exercise programs, and ongoing personalised support from qualified YMCA fitness professionals at Port Lincoln Leisure Centre.

The initiative's success has been remarkable. Demand from younger men led to the program opening across age groups. Today, the program supports approximately 100 Aboriginal men in their health and fitness journeys, creating a welcoming community space where participants can focus on their wellbeing in a culturally supportive environment.

Expanding to Women's Health

Recognising the program's positive impact, PLAHS approached YSA to develop a similar initiative for Aboriginal women. This led to a six-week health and wellbeing program featuring AquaFitness and mat Pilates classes—activities specifically chosen in consultation with the community. These programs have proven particularly popular, providing accessible pathways to improved health and social connection.

This partnership exemplifies YMCA South Australia's commitment to working alongside Aboriginal community-controlled organisations to co-design health solutions that honour community wisdom, preferences, and cultural safety.





— ALLIED HEALTH



ALLIED HEALTH

WHAT

YSA's **Allied Health practice** comprises physiotherapists and exercise physiologists (EPs) delivering individual consultations, aquatic therapy, and clinical exercise groups across four Adelaide locations.

1.

WHY

Allied Health services play an increasingly important part in **improving the physical and psychological function** of Australians, particularly as the population ages and the prevalence of chronic conditions rises.

Having physios and EPs on-staff helps us develop an **evidence-based, whole-person, integrated approach** to lifting the health and wellbeing of SA communities—both as standalone services and as advisers and complementors to other Y programs such as aquatics, fitness and gymnastics.

3.

2.

The Y serves the **full spectrum** of South Australians —ranging from those playing sports in school, through to older adults and those who are managing chronic conditions. Given the Y's mission and non-profit model, those **from vulnerable or at-risk cohorts** are a particular focus.

WHO

4.

Research has found significant impacts on:

- chronic condition management (with 80% of Australians over 65 years having one or more chronic conditions, representing 75% of the total non-fatal burden of disease)
- quality of life for people experiencing psychological distress
- reducing overall health costs and encouraging a more cost-efficient health system in Australia

A Deloitte Access Economics report found that accredited EPs deliver an average return of \$10.50 in benefits for every \$1 a client spends engaging their services.

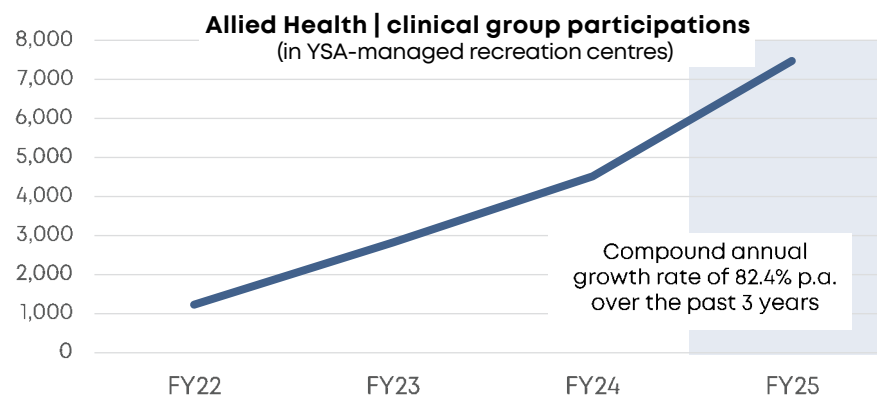
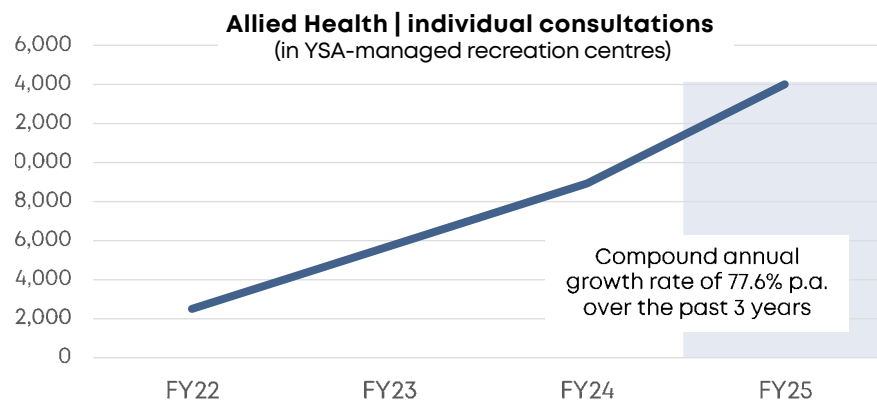
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* refer research citations on page 96.



**SINCE THE LAUNCH OF OUR
EXPERT ALLIED HEALTH PRACTICE,
CONSULTATIONS HAVE GROWN AT MORE
THAN 77% P.A.**

ALLIED HEALTH

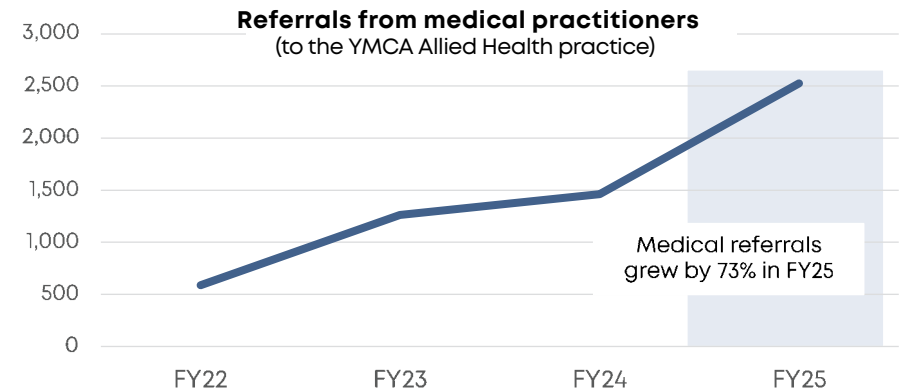




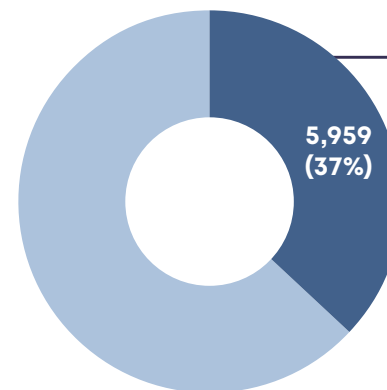
A SUBSTANTIAL PROPORTION OF ALLIED HEALTH CLIENTS ARE FROM VULNERABLE POPULATION COHORTS.

MEDICAL REFERRALS CONTINUE TO GROW.

ALLIED HEALTH



Vulnerable clients (FY25)
(% clients from vulnerable or at-risk cohorts)



YSA Allied Health clients with chronic or complex medical conditions, or other vulnerability factors, such as through:

- National Disability Insurance Scheme (NDIS)
- Veterans Affairs
- MyAged Care
- Medicare (Chronic Disease Management program).

ALLIED HEALTH

Agile mYnds Clinical Group Exercise Program

The Agile mYnds program exemplifies YMCA South Australia's commitment to evidence-based wellbeing innovation. Developed through consultation with older adults, this clinically supervised initiative addresses interconnected challenges of physical decline, cognitive function, and social isolation – concerns raised by those fearing loss of independence.

Led by Accredited Exercise Physiologists and Physiotherapists, Agile mYnds integrates strength training, balance exercises, and cognitive challenges in weekly group sessions. The program's clinical design enables safe participation for older adults managing conditions including arthritis, osteoporosis, diabetes, cardiovascular disease, and post-stroke recovery. Exercises are individually modified to suit each participant's abilities and medical history, building confidence alongside physical capability.

This holistic approach addresses physical and mental health simultaneously within a community setting. Dual-task exercises enhance memory, attention, and executive function while improving strength, flexibility, and fall prevention. Critically, the group format fosters meaningful social connection, combating isolation.

The program bridges a vital gap between clinical health services and community engagement—aligning with YMCA's body, mind, spirit philosophy and commitment to inclusive access. Initially supported by Marion City Council grant funding, Agile mYnds has grown into a self-sustaining program with strong retention. Participants consistently report improvements in confidence, clarity, and wellbeing, with the program receiving YSA's 2025 Excellence in Innovation Award.



—
OSHC



OSHC

WHAT

Out of School Hours Care (OSHC) programs are provided by YMCA South Australia (YSA) in partnership with primary schools— before and after school, and during vacation periods.

1.

WHY

Parents need to participate in the workforce, and to find their own work-life balance – knowing their children are in a safe and supportive environment.

Children need healthy developmental, physical, play, social, safety, nutrition and wellbeing support throughout their day.

Y South Australia (YSA) is the largest OSHC provider in our state, with a dedicated team of almost 600 educators.

The YMCA has been a global pioneer in after-school programs. Collectively it is one of Australia's largest providers.

3.

2.

OSHC programs are for **children aged 4-12 years** across metropolitan and regional areas of South Australia, across all school sectors (Public, Private and Catholic).

WHO

4.

Research studies have reported a variety of benefits for family and child wellbeing and development, including:

- enhanced social connection and sense of belonging
- prosocial behaviours (acting in a way that benefits others)
- safe spaces and support for emotional wellbeing
- cognitive development and early identification of issues
- increased physical activity and reduced screen time
- increased creative engagement (e.g. arts, music, drama)
- inclusion for children with additional needs
- practical support for working families, leading to greater workforce participation and reduced family stress.

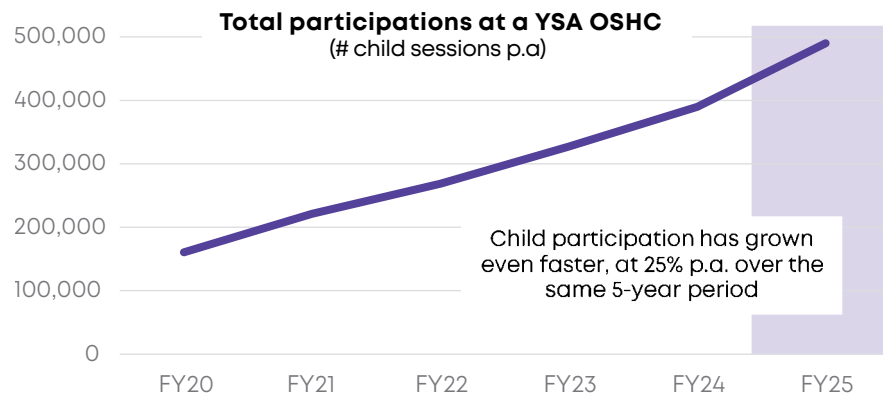
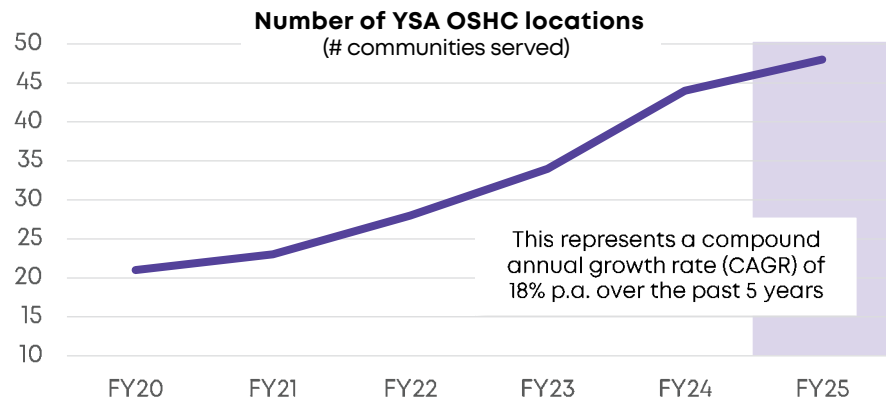
HOW

* refer research citations on page 96.



**YSA IS THE OSHC PROVIDER OF CHOICE
FOR SCHOOLS AND FAMILIES IN SOUTH
AUSTRALIA—GROWING AT MORE THAN 4
TIMES THE NATIONAL SECTOR AVERAGE.**

OSHC



A photograph of two young women with long hair, wearing light-colored t-shirts, sitting at a table and working together on a project. They are looking down at their work. The background shows a classroom or workshop setting with a bulletin board covered in papers and other people in the distance. The entire image is overlaid with a semi-transparent purple filter.

**FY25 HAS SEEN THE HIGH LEVELS OF
SERVICE QUALITY CONTINUING, WITH
PLACES CREATED FOR THOSE CHILDREN
AT RISK, OR WITH SPECIAL NEEDS.**

OSHC



100%

YSA OSHC sites whose overall Service Rating meets or exceeds National Quality Standards

(Those rated whilst under YSA operation, noting that some new or transitioned sites are yet to be assessed).

489,946

Attendances at a Y OSHC program in SA

314

Places for children under protection or who are at risk

(Those under Department for Child Protection care, or whose circumstances attracted the Additional Child Care Subsidy (ACCS)).

79,177

Attendances at a Y Vacation Care session

125

Children with an active Inclusion Support Program assessment

(Principally for medical, disability, or complex behavioural issues).

8,101

Families supported

(Resulting in increased workforce participation).

566

Educators employed by YSA in OSHC services across SA

(Headcount – permanent, parttime, casual).

29

Trainees employed

(Increasing the OSHC workforce in a tight market).

At the YMCA's OSHC service at Emmaus South Plympton, our educators empower children as active leaders and mentors in their own community.

Emmaus Christian College: Child-Led Mentorship



The team developed a child-led mentorship program where older children take on educator-like roles—co-designing activities, facilitating group sessions, and demonstrating leadership during daily routines. These young mentors guide peers through arts and crafts, cooking and sensory play, and even interview applicants for new mentor positions.

This approach positions children as co-creators of their learning environment, building autonomy, confidence and self-esteem. The result is a vibrant culture where children don't just participate—they lead, serve, and inspire. By investing in these young leaders, YMCA is nurturing socially responsible citizens who understand the value of service to others.

Airdale Primary School – Community Assistance

Port Pirie's community is actively working to improve public health through the Targeted Lead Abatement Program (TLAP), which aims to achieve significant reductions in blood lead levels and protect wellbeing.



At the YMCA's Airdale Primary School OSHC, children support TLAP by helping organise meals and providing assistance to local families and organisations addressing this community health priority. Young people become active contributors to positive change in their hometown.

When children engage with meaningful community challenges, they develop a deeper understanding that they have the power to improve the world around them. Through this partnership, YMCA empowers the next generation to become engaged citizens who understand their community's challenges and recognise their capacity to be part of the solution.

— EARLY LEARNING



EARLY LEARNING

WHAT

YSA runs **Early Learning & Care (ELC)** centres in selected locations where there is unmet need – both independently and as part of Public-Private Partnerships.

1.

WHY

Parents need to know their young children are getting off to the best possible start in life. Additionally, they need to continue with (or restart) their own careers and income streams at a key time in the lives of young families.

Support for children to learn and thrive learn in their first five years has a disproportionately positive effect on their entire lives. Children learn more during those years than at any other time in life. Hence, early learning is one of the most important social impact interventions we can have, both for young people now and our community and economy in the long run.

Collectively the Y is one of the largest providers of early learning in Australia, with around 150 locations nationwide.

3.

2.

Early learning programs are for **children aged 0-5 years**. Currently these operate in the Northern and Southern metropolitan area of Adelaide, and in Strathalbyn.

WHO

4.

Research studies have reported a range of developmental benefits for children in quality early learning programs:

- developing learning-related skills, there being a positive association between ELC and greater school readiness
- social development and teamwork
- self-regulation (adapting behaviour, emotions, concentration)
- communication skills (e.g. language development, articulating thoughts, creative expression).

HOW

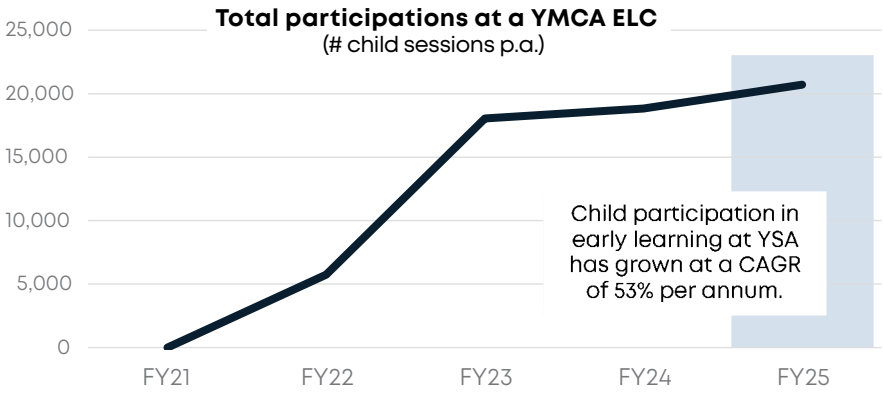
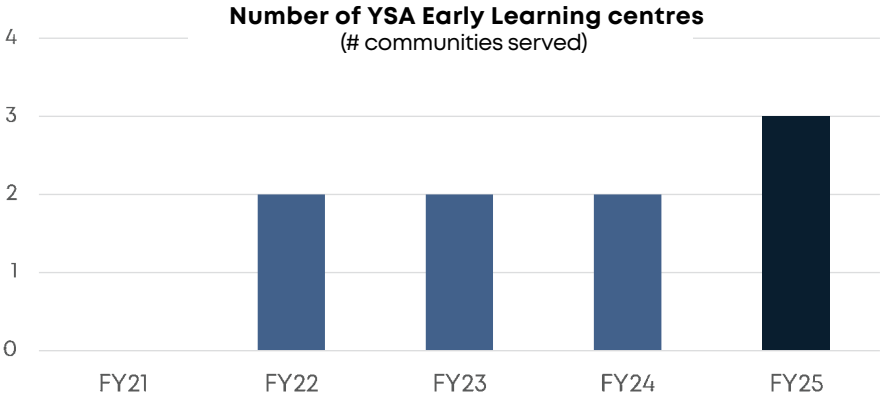
* refer research citations on page 96.



YSA IS A RELATIVELY NEW ENTRANT IN EARLY LEARNING—BUT HAS GROWN RAPIDLY.

Given the high community demand this is a welcome addition of ELC capacity.

EARLY LEARNING



EARLY LEARNING

Strathalbyn Early Learning Centre

Addressing Regional Needs

In early 2025, YMCA South Australia reopened the Strathalbyn Early Learning Centre, addressing a significant service gap that had affected local families since the previous centre's closure by another entity.

Located at a former children's centre site on Burkett Drive, this initiative exemplifies YSA's commitment to strengthening regional communities through essential early childhood education.

Community Impact

The reopening directly addresses regional childcare shortages affecting South Australia. National research indicates that more than a million Australians in regional and remote areas have no childcare access at all, with regional families facing extended waitlists that impact workforce participation and economic security.

Evidence-Based Outcomes

The new ELC provides high-quality early education with tailored learning environments for babies, toddlers, and preschool-aged children, featuring shaded outdoor play areas and dedicated nap spaces. Australian Institute of Health and Welfare research demonstrates that children accessing quality early childhood education are half as likely to be developmentally vulnerable (19.9%) compared to those without access (38.5%), with lasting benefits for school readiness and lifelong learning outcomes.

All-in Culture

The renovation process also exemplified the YMCA's collaborative, community-oriented service culture, with staff from across the organisation taking time out to be part of the task group that prepared the facility—including our CEO, COO, Head of Children's Services, and many others.



— YOUTH PARLIAMENT

2025 WAS YOUTH
PARLIAMENT'S 30TH
YEAR IN SOUTH
AUSTRALIA. FOR
JUNIOR PARLIAMENT
IT WAS THE 10TH YEAR.



YOUTH PARLIAMENT

WHAT

The YMCA South Australia **Youth Parliament** is a non-partisan program designed to offer young people a platform to develop and voice their views on topics of importance to our society. It fosters leadership and advocacy skills, enhances civic engagement and understanding of democracy, and social connection with other passionate young South Australians.

1.

WHY

While young Australians care about civic issues, many feel disconnected from formal political processes, and lack the knowledge or trust needed to fully engage in democratic life. For example:

- **civics knowledge** among students is at its lowest since testing began. In 2024, only 43% of Year 6 and 28% of Year 10 students met the proficiency standard
- 63% of young adults express **low confidence** in Australia's political system.

3.

2.

Youth Parliament is for young people aged 15-25 years.

Junior Parliament is for those aged 12-15 years.

Participants come from across metro and regional SA and a wide variety of cultural backgrounds and interests.

WHO

4.

Program evaluations from Youth Parliament programs around Australia has found several consistent benefits:

- increased self-assurance, confidence to speak publicly, and a stronger sense of personal agency
- deeper understanding of parliamentary processes, democratic systems, and civic responsibilities
- a greater sense of belonging, cross-cultural dialogue, and community engagement.

HOW

* refer research citations on page 96.

— YOUTH THEATRE



YOUTH THEATRE

WHAT

YSA's **Youth Theatre** builds confidence, social skills and creative expression through improvisation, play and performance. The program runs year-round workshops, performance bootcamps and two major productions annually, welcoming everyone from first-timers to experienced performers. Our multi-award winning Broadway Bootcamp develops musical theatre skills in singing, dancing, acting and stagecraft under experienced tutors.

1.

WHY

Youth Theatre addresses **critical developmental needs** during adolescence when young people are forming identity, building social connections, and developing character. It's a great option for those with artistic flair or aspirations, and those for whom sporting activities may be less attractive.

3.

2.

Youth Theatre is for young people aged 6-19 years. A daytime program is also run for adults. Participants come from a wide range of cultural backgrounds, talents and interests.

Though the program is based at the YSA-run Parks Theatre complex in the Western suburbs of Adelaide, it attracts people from around the metropolitan area.

WHO

4.

Research has found significant benefits for young people:

- a 2024 University of Sydney study with Australian Theatre for Young People found significant improvements in mental health, self-esteem and self-efficacy among 12-17 yo's
- development of pro-social behaviors including cooperation, assertiveness and self-control, while building empathy through experiencing different perspectives
- cognitive development and critical thinking through collaboration and communication.

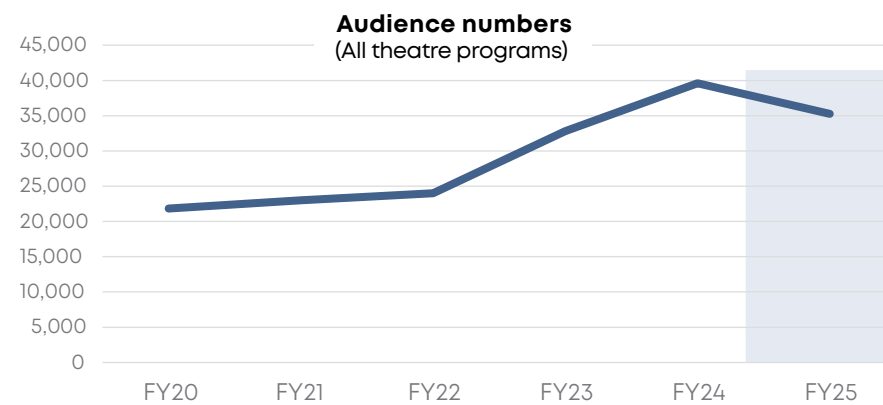
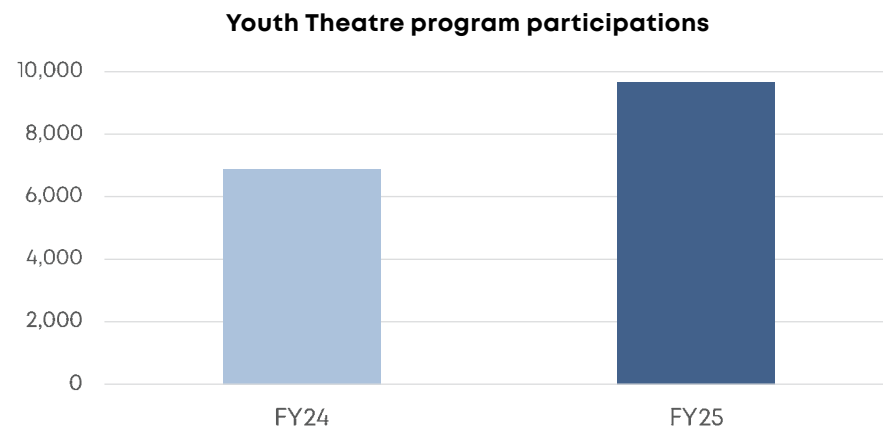
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* refer research citations on page 96.



**YOUTH THEATRE PARTICIPATIONS
GREW TO 10,000 IN FY25 (UP BY 40%).
THEATRE AUDIENCE NUMBERS WERE
IN EXCESS OF 35,000.**

YOUTH THEATRE



YOUTH THEATRE

THE QUALITY OF THIS YEAR'S PRODUCTION OF THE LION KING WAS RECOGNISED WITH THE NATIONAL AWARD FOR THE MOST OUTSTANDING DANCE PROGRAM AT THE ANNUAL JUNIOR THEATRE FESTIVAL.





3

SECTOR CONTRIBUTIONS

CONTRIBUTING TO THE
VITALITY OF OUR SECTOR



SECTOR LEADERSHIP

As a market leader, the YMCA carries a **responsibility to strengthen the entire ecosystem** we operate within. Our own success also depends on building sector capability, encouraging higher quality, upholding professional ethics, innovating, and reinvesting—proving ourselves worthy of the trust placed in us.

When standards rise across the sector, everyone benefits. Whether the resultant social value flows *directly* from our services or *indirectly* by encouraging others to lift their game, our mission is served, and our communities are better off.

This report as a whole is a window into what responsible sector leadership looks like in practice.

But sector leadership stems not only from what we *do*—it's also about *who we are*. Three mutually reinforcing qualities distinguish YSA in this regard:



Innovator. The YMCA created many activities that now define our sector: basketball, futsal, group swimming lessons, pool lifeguarding, youth work. The Y spread these and other innovations worldwide. (For example, the Adelaide YMCA brought basketball to Australia). This kind of social innovation and enterprise is in our DNA and that culture of creativity continues to this day.



South Australian. As more local organisations partner with us, we also build SA's sovereign capability together. Strategic decisions are made here. Expertise develops here. Funds are retained and reinvested here. Conversely, over-reliance on interstate providers dilutes local capability, pushing SA toward becoming a branch economy rather than encouraging our sector to set the benchmark.



Nonprofit. Commercial entities face an inherent tension: *return surplus to shareholders or reinvest in the community?* The profit motive can inhibit opportunities to do more when these trade-offs arise. *The YMCA has no such shareholders*—only stakeholders: partners, customers, and community. All value captured stays local and gets reinvested in social impact and sector capability.

Together, these qualities create a virtuous cycle. More intra-South Australian partnerships mean growing shared value and expertise. More resource is retained locally. More reinvestment in what matters most: community impact and sector strength.



In 2025, YSA moved into a larger Adelaide CBD head office, to enable additional support for our operations across SA.

SECTOR LEADERSHIP

Supporting Paralympic Aquatic Excellence

YMCA South Australia creates meaningful pathways for para-athletes, enabling them to pursue their international goals while also giving back to the sport they love. Two elite swimmers are based at our Purruna Spencer Newton Centre, combining employment and competitive training.



Their coach, our Centre Manager Simon Watkins, brings Olympic-level coaching expertise spanning 23 years. In 2025, he was appointed as a Coach of the Australian Team for the Virtus World Swimming Championships.

Taylor Corry Ply, 2012 London Olympics silver medallist, achieved great success at these Championships, earning multiple medals (incl. 3 gold).

Earlier, Ella Jones was SA's sole representative on the 2024 Australian Paralympic Swim Team, competing at the Paris Paralympic Games while working as a Swim Instructor with YSA.

SECTOR LEADERSHIP

Engaged by the Department for Education, YMCA South Australia provided critical aquatic safety consultation for the new Pukatja Youth Centre & Community Pool in the remote APY Lands.

Pukatja Youth Centre & Community Pool



Through comprehensive operational safety reviews, conducted in partnership with Surf Lifesaving SA, the YMCA delivered essential frameworks including supervision plans, operational procedures, and safety assessments benchmarked against national Guidelines for Safe Pool Operation.

This expertise enabled safe opening of vital aquatic infrastructure serving Pukatja's, providing essential safety and relief from extreme temperatures. The project demonstrates YSA's commitment to equitable access to quality aquatic facilities across all communities while strengthening SA's aquatics sector through knowledge transfer and capacity building.

SECTOR LEADERSHIP

Recognised Sector Leader in OSHC Reform

YMCA South Australia's sector leadership was recognised when Head of Children's Services Komala Champion was invited to represent the OSHC community during the Royal Commission into Early Childhood Education and Care led by former Prime Minister Julia Gillard. Komala participated extensively, across roundtable sessions, a formal hearing, and specialised one-on-one discussions about children with additional needs and special school OSHC provision.

The Commission's Final Report highlighted several YMCA practices as positive exemplars. These directly informed several key recommendations, particularly those regarding third-party OSHC governance and improved special school access. The Department for Education has continued to engage YSA's team through FY25 as these reforms are implemented state-wide.



YMCA IMPACT FUND

YMCA Impact Fund

In FY25, we launched our new impact resourcing initiative, the YMCA Impact Fund.

This allows any YSA staff member (and particularly those based on the frontlines) to identify unmet needs that align with our mission and seek an internal grant (typically of between \$2,000 and \$20,000, together with other forms of internal support) to initiate a project to address it.

There are two streams:

- **Seed Fund:** allows YSA staff to design and prototype innovative new programs that address unmet needs in the community that will have real social benefit.
- **Community Chest:** allows YMCA teams to partner with local community organisations where there's a benevolent need (e.g. addressing disadvantage).

The Fund's **opening balance of \$210,000** will be replenished annually from operating surpluses generated by YSA and can be supplemented with other staff fundraising and grant matching.

Initial allocations from the Fund include:

- sponsoring one of our emerging gymnastics stars (and Sports Science student) to support her debut at the Australian Gymnastics Championships, covering advanced coaching and travel costs
- investment in a state-of-the-art technology that promotes physical activity, particularly with previously underrepresented groups in mind.



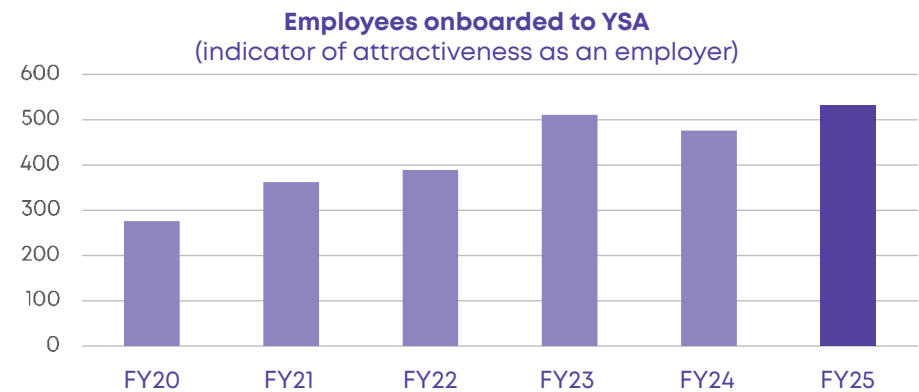
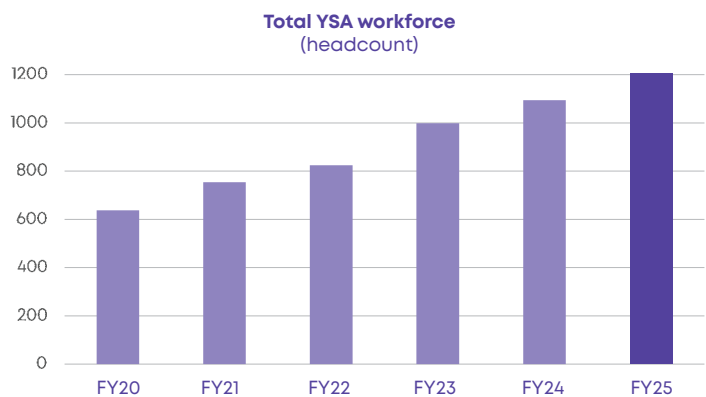


568
NEW JOBS

**HAVE BEEN CREATED BY YSA OVER
THE PAST 5 YEARS (AN AVERAGE OF
113 NEW JOBS PER ANNUM)**

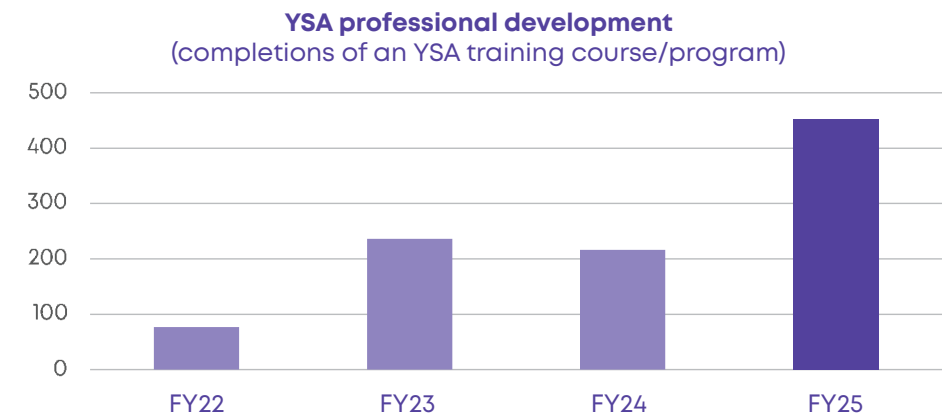
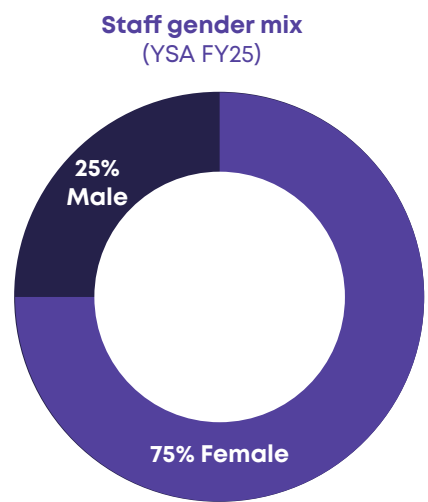
EMPLOYER OF CHOICE

When natural turnover is taken into account (e.g. when a university student working with the Y part-time graduates and progresses into their fulltime career), this growth is even more remarkable. A total of **2,269 new employees have been onboarded** over the past five years. Of these **531 were in FY25**. This clearly indicates the attractiveness of YMCA South Australia as an **employer of choice** and our sector role as an **engine room for emerging SA talent**.



In FY25, a majority of YMCA South Australia staff were female (75%).

This was also reflected in internal progression where 75% of promotions were also female.



EMPLOYER OF CHOICE

Developing Future Leaders: university student pathways

YMCA South Australia provides **meaningful pathways for young professionals** to build careers while having genuine community impact. Through casual employment opportunities, university students gain practical experience in recreation, fitness, education and health services while pursuing their studies—developing both professional capabilities and personal character.

For many, these early roles become the foundation for long-term careers. YMCA's new graduate program demonstrates this commitment, retaining promising team members and developing them as impactful professionals within the organisation.

Jack Norris exemplifies this journey. Beginning as a Customer Service Officer at Marion Leisure & Fitness Centre, Jack worked throughout his undergraduate Exercise Science degree and postgraduate Physiotherapy studies at Flinders University. Upon graduating with his Master of Physiotherapy in 2024, Jack was employed in our multidisciplinary Allied Health practice.

Now a practicing physiotherapist, Jack has a special interest in musculoskeletal and sports injury management, pre- and post-operative orthopaedic rehabilitation, and managing neurological conditions. His hands-on approach emphasises client education and empowerment, guiding individuals through journeys that support recovery, improve function, and enhance overall wellbeing.

Jack's progression—from customer service to qualified clinician—illustrates the breadth of opportunities at YMCA South Australia and reflects a culture that invests in people and nurtures emerging talent.



EMPLOYER OF CHOICE

Growing Global Leaders: World YMCA Change Agent Program

The **World YMCA Change Agent Program** is a global leadership development initiative designed to empower the next generation of changemakers within the YMCA and the communities we serve. Since the program's inception in 2012, nearly 900 Change Agents have graduated, leading change in 67 countries around the world.



Elysse McCabe with Vadis Rodato (Board President) at the YMCA South Australia Staff Awards.



World YMCA Change Agents in Mombasa, Kenya

Participants engage in transformative experiences including online and face-to-face training, coaching, mentoring, and local project development aligned with Vision 2030's four pillars: Community Wellbeing, Meaningful Work, Sustainable Planet, and a Just World.

Entry into the program is highly competitive, with participants ranging in age from 18-30 years. Though there are around 7,000 YMCAs across 120 countries (and around a million staff and volunteers in total), YMCA South Australia has had staff accepted into the program two years running.

Our first participant was Elysse McCabe, who completed her 18-month program during 2023-25 alongside around 100 global peers. Since joining the Y in 2012 as a Lifeguard, Elysse has risen to become Frontline and Programs Director at both Fleurieu Aquatic Centre and Strathalbyn Community Swimming Pool.

Elysse's journey culminated at the YMCA Innovation Accelerator Summit in Mombasa, Kenya, in October 2024, where she collaborated with young leaders on innovative solutions for communities worldwide.

This exemplifies why talented young people love working at the Y—the opportunity to make genuine difference locally and globally, while growing personally and professionally through world-class leadership experiences that few employers can match.

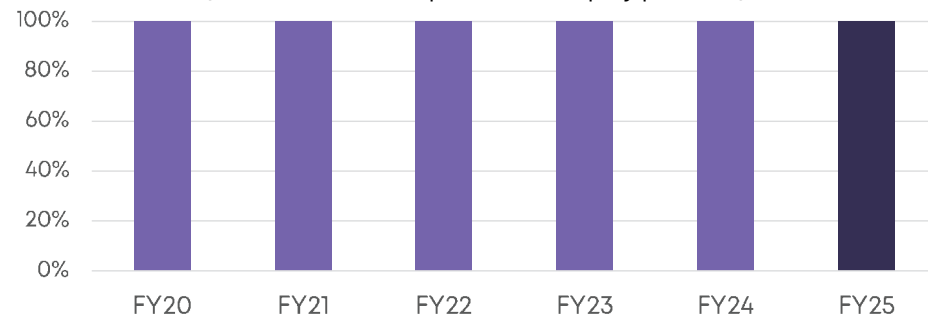


Perhaps the most conclusive indicator of partners' engagement with YSA is the rate at which they renew their service contracts.

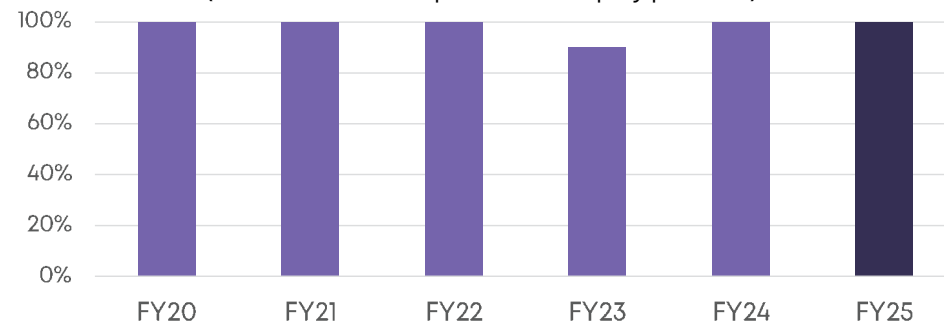
**ONCE AGAIN, 100% OF SUCH CONTRACT
OPTIONS WERE TAKEN UP IN FY25 (12 OF 12).**

PARTNER ENGAGEMENT

Contract renewals | Sport & Recreation
(Share of contract options taken up by partners)



Contract renewals | Children's Services
(Share of contract options taken up by partners)



PARTNER ENGAGEMENT

Three South Australian schools needed Outside School Hours Care (OSHC) services, but individual site viability was uncertain due to small enrolments and operational requirements.

First Bundled OSHC Contract: A Partnership Innovation



When YSA modelled these financial sustainability constraints, we collaborated with the Department for Education's Procurement team to redesign the solution. Through consultation, we explored alternative models including transport arrangements and cross-catchment access.

Together, we developed South Australia's first bundled OSHC contract, combining Hackham West School (with transport from neighbouring schools) and the separate Moana Primary School into a single viable service agreement.

This groundbreaking model demonstrated how genuine partnerships between the YMCA and government can transform unviable community service needs into sustainable solutions that have real impact—establishing a new precedent for OSHC service delivery in South Australia.

PARTNER ENGAGEMENT



The South Australian Government's **Sports Vouchers** initiative aims to **increase the number of children participating in physical activity** by helping to reduce cost as a barrier. This also serves to provide cost of living relief for families and encourage

children to be more active and socially connected within their communities.

Families can save up to \$200 per annum (2x \$100 vouchers) on sport, active recreation, or music fees by redeeming their vouchers at an approved partner of the scheme.

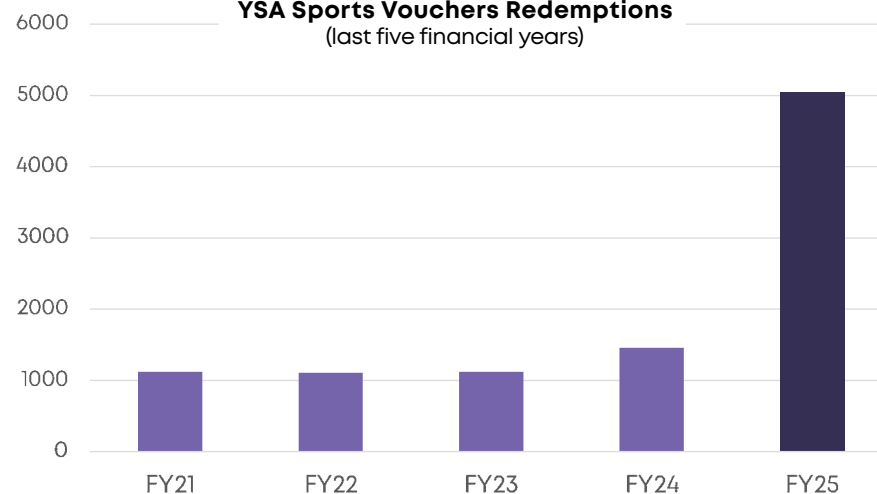
In 2025, **YMCA South Australia was the second largest provider** of opportunities to young people (i.e. #2 out of 1,315 active providers, after the SANFL). The estimated value of YSA-redeemed Sports Vouchers during FY25 was **\$504,500**.

This represents an **increase of almost 3.5x** on the prior year. This is partly due to the Government's expansion of the program (from January 2025) but YSA's performance significantly over-indexes that increase. This is due to:

- being one of the first organisations to digitise the application process
- having the widest range of eligible programs across the state
- the opening of two new centres
- using our communication reach and extensive networks to promote the program more widely to families across South Australia

YSA voucher redemptions were principally for swim lessons and gymnastics, but now also extend to our youth theatre programs.

YSA Sports Vouchers Redemptions
(last five financial years)





A photograph of a modern gym with large windows and people exercising on treadmills and weight machines. The gym is well-lit with natural light from the windows. Several people are visible: a woman in a black tank top and leggings running on a treadmill, a man in a striped shirt and shorts walking on a treadmill, a woman in a pink tank top and leggings running on a treadmill, and a man in a blue shirt and shorts performing a squat on a weight machine. The gym has a clean, modern aesthetic with a grid ceiling and large windows.

4

SOCIETAL IMPACT

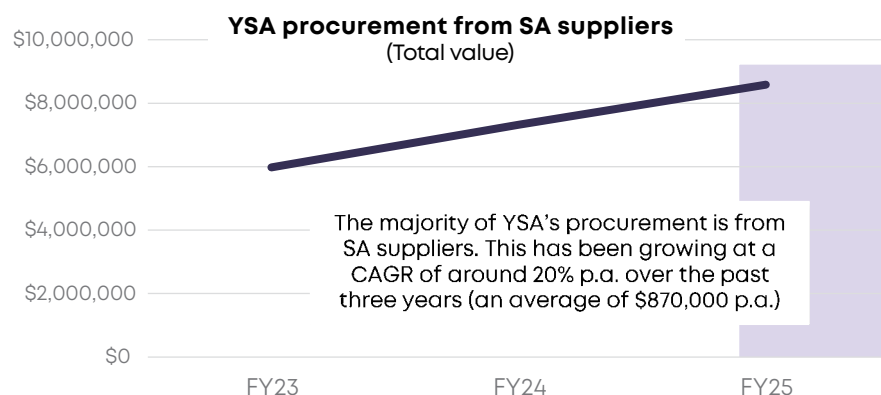
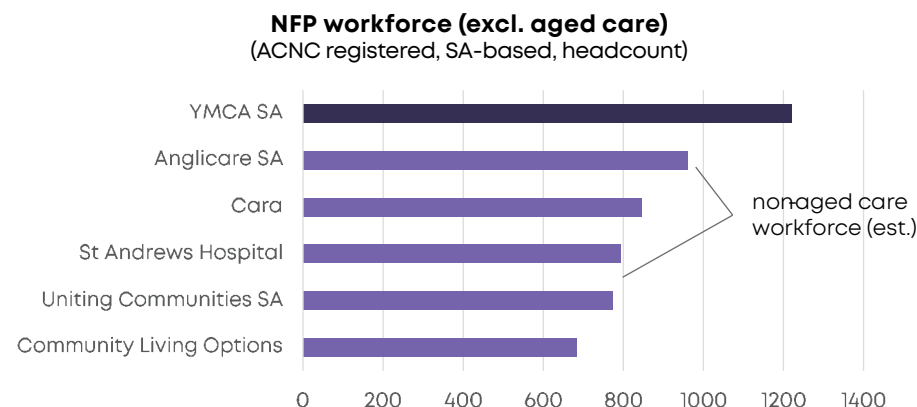
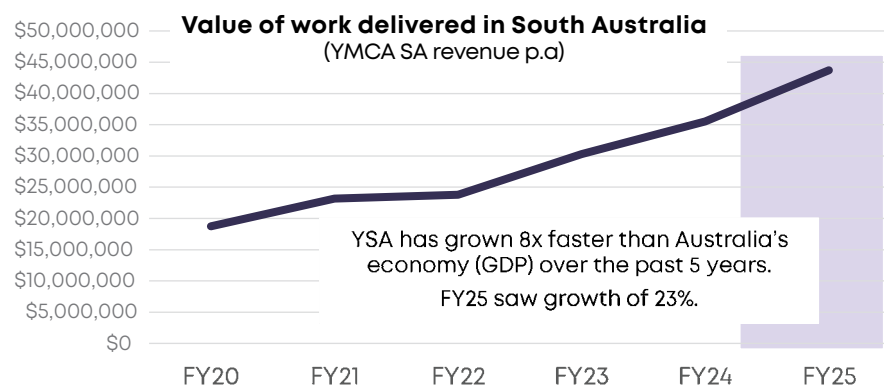
HELPING MAKE SA A
HEALTHIER PLACE TO LIVE



**YMCA SOUTH AUSTRALIA HAS GROWN
8X FASTER THAN AUSTRALIA'S ECONOMY
OVER THE PAST 5 YEARS. IN FY25, WE
EXPANDED BY ANOTHER 23%.**

ECONOMIC CONTRIBUTIONS

YMCA SOUTH AUSTRALIA IS NOW THE STATE'S LARGEST ACNC-REGISTERED EMPLOYER OUTSIDE OF AGED CARE.



YMCA South Australia's longstanding membership of the **"Buy SA. For SA."** campaign reflects our commitment to strengthening the South Australian economy by:

- encouraging state and local governments to choose a South Australian headquartered, non-profit partner (in sectors where most providers are based interstate and/or for-profit)
- YSA prioritising local entities in its own procurement and partnering practices.

This underscores our commitment to capturing and reinvesting maximum economic value within SA.

ECONOMIC CONTRIBUTIONS

The social value generated through YSA's recreation centres exceeded \$16m in FY25 (an increase of 23%).

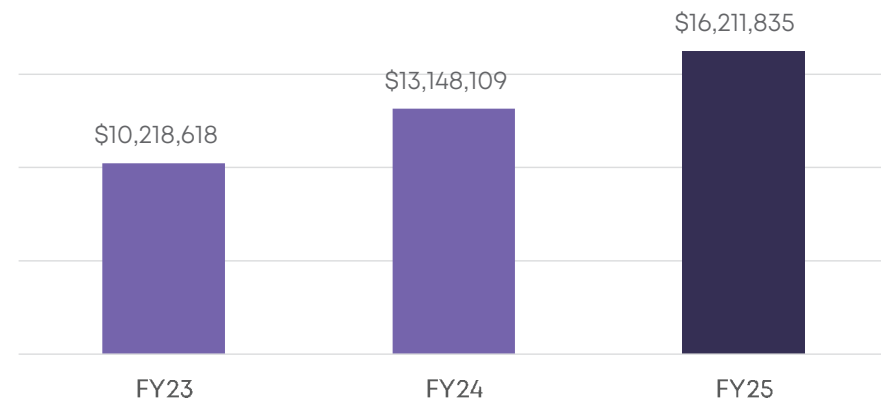
The **ActiveXchange Social Value methodology**, developed by KPMG to align with Federal reporting standards, converts YSA member participation data into estimated dollar value savings generated for the community. The model quantifies societal economic benefits across several factors that are currently supported by reliable research:

- cardiovascular disease, cancer, type 2 diabetes, dementia
- mental health benefits
- reduced drowning risk
- health system savings
- increased productivity and improved educational outcomes.

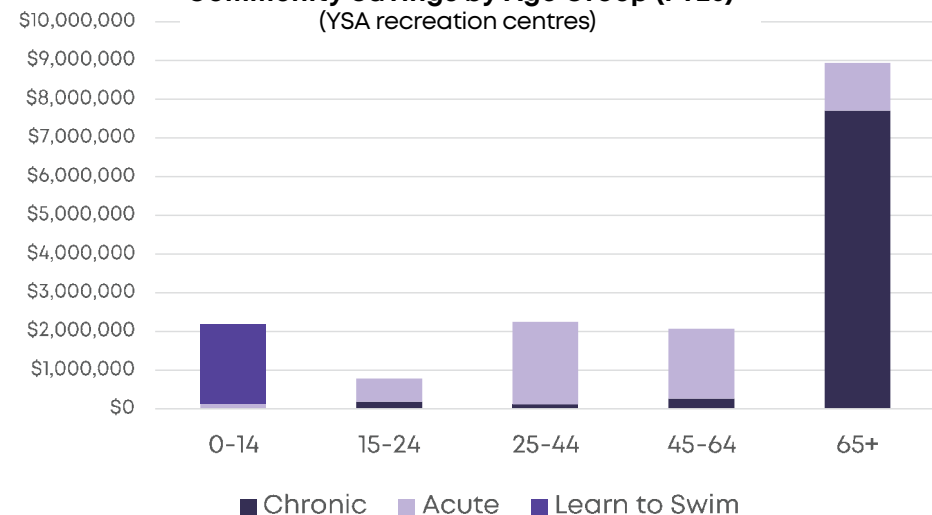
This credible evidence base demonstrates how physical activity at our recreation facilities generates measurable economic impact.

The social value generated across the fuller spectrum of YSA's activities (including OSHC, ELC, Allied Health, Gymnastics, etc) will far exceed this \$16.2m calculation – but at this stage the capability of the modelling is limited to just some Recreation activities. Nevertheless, it serves to illustrate the broader ripple effects of the Y.

Social value generated
(YSA recreation centres)



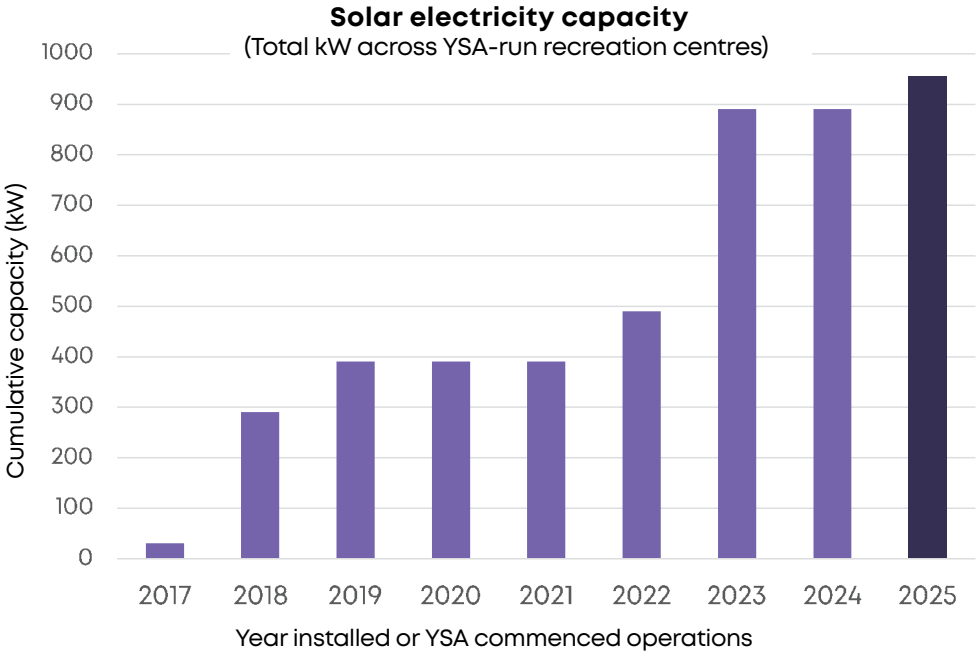
Community Savings by Age Group (FY25)
(YSA recreation centres)



ENVIRONMENTAL SUSTAINABILITY

Solar capacity across YSA-operated recreation sites has grown 57% per annum, on average. It currently stands at 956kW (with 66kW being added in FY25).

Solar capacity

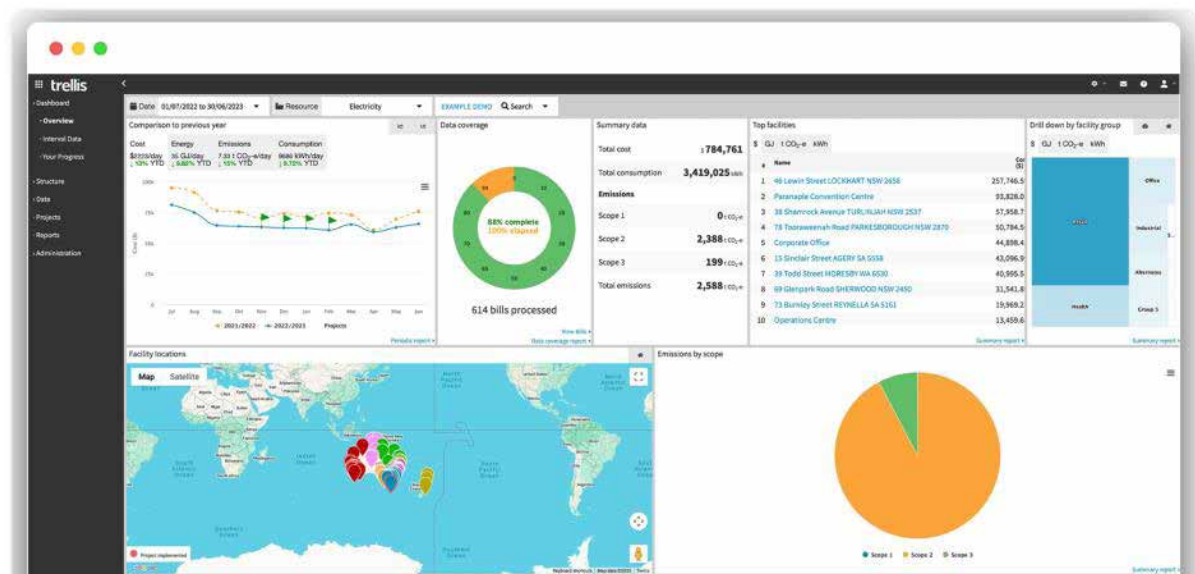


Community recreation centres are typically substantial users of electricity given their scale (e.g. St Clair Recreation Centre has 9,000 m2 of court space). The same applies to aquatic centres given the unique operational demands of maintaining a safe, comfortable, and hygienic swimming environment. YSA and its partners work together in reducing such consumption, including the installation of solar panels. In some facilities the YMCA has co-invested with local government partners in doing so.

ENVIRONMENTAL SUSTAINABILITY

YMCA South Australia is pioneering environmental accountability in our sector through its implementation of the **Trellis platform across 70 service locations statewide.**

Environmental Stewardship Through Technology



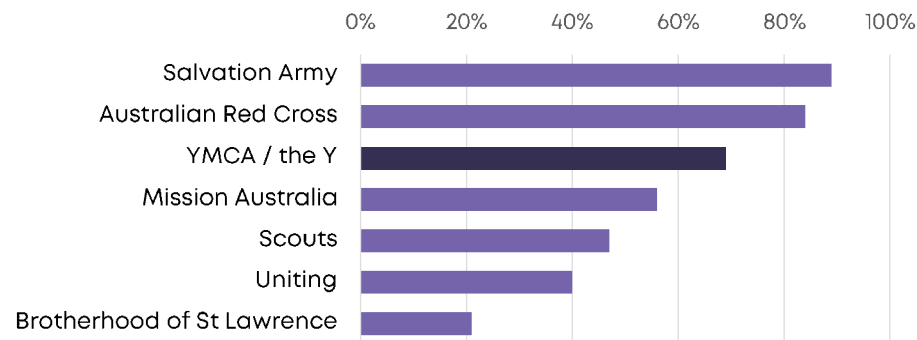
This Adelaide-developed AI-powered platform automates the tracking and reporting of carbon emissions, waste, and water consumption, delivering audit-ready sustainability data that positions YSA at the forefront of responsible corporate citizenship. Trellis is trusted by the SA Government—including the Department for Education and Department for Environment and Water—as well as local councils across Australia.

This represents institutional-grade environmental monitoring. YSA's adoption of this sophisticated technology sets a new benchmark for organisations in our sector.

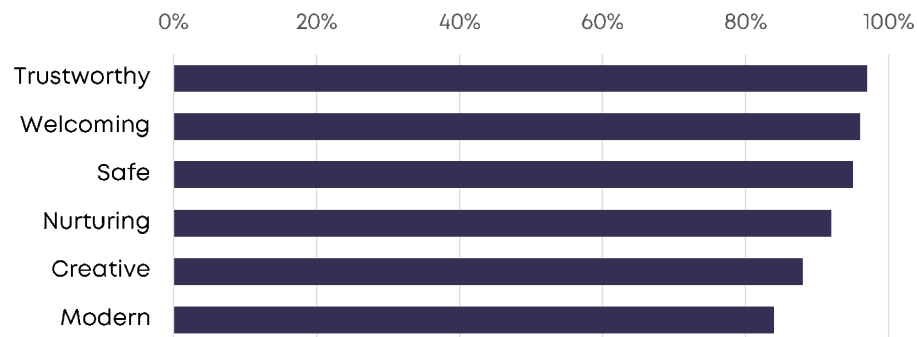
SOCIAL RESPONSIBILITY

Brand research validates our community standing. The YMCA is widely recognised and consistently rated as trustworthy, welcoming, and safe—as well as creative and modern.

National brand recognition
(aided brand awareness)



YMCA brand associations
(amongst those who know the Y)



Perhaps the most conclusive evidence of the trust our community places in YMCA South Australia—and the sustained social responsibility and impact required to earn it—is our longevity. In September 2025, we celebrate the 175th anniversary of our founding in 1850.

To appreciate the significance of this milestone, consider that when the YMCA was first established here in 1850, Adelaide's population was approximately 14,000. Today, it stands at 1.4 million—one hundred times larger. We are the oldest non-profit organisation still operating at scale in South Australia, yet we continue to demonstrate remarkable passion, growth, innovation and impact, as evidenced throughout this report.

This longevity becomes even more remarkable when viewed against broader trends. The average lifespan of an Australian company has declined sharply over the past five decades—from around 65 years to approximately 10 years today. That YSA has not merely survived but thrived for 175 years speaks to something deeper.

This reflects our place in the social fabric of this state. It is evidence of sustained commitment and consistent social responsibility, enduring values paired with adaptability and innovation, organisational resilience, responsive service delivery, operational integrity, and the continuing value the community places on what the YMCA brings.

SOCIAL RESPONSIBILITY



YMCA South Australia is formally **accredited as a social enterprise** by Social Traders. In FY25 it remained the only such social enterprise in our key service areas of Recreation Management, Aquatics, Gymnastics, OSHC and Early Learning. We are also the **oldest accredited social enterprise in Australia** (founded in 1850), and **one of the largest**.

As a **non-profit** organisation, **all value is retained and reinvested in South Australia**.



As a registered charity with the **Australian Charities and Not-for-Profits Commission (ACNC)**, YSA meets all associated governance, compliance, reporting, and accountability standards.

Our **Board of Directors** comprises a range of accomplished South Australians who oversee the governance and strategic direction of the organisation, ensuring it continues to meet community expectations. All reside in SA, although many have also had national and international careers. All volunteer their time for the benefit of our community. During FY25 there was an equal number of male and female directors.



YSA complies with all required internal standards as a **Member of the National Council of the YMCAs of Australia**. These include Mission Focus, Good Governance, Charitable Status, Financial Health, Child Safeguarding, Risk Management, Social Inclusion, Being an Employer of Choice, Quality Programs & Services and Good Systems & Processes.



YMCA South Australia was the **first organisation in Australia** to have all its gym operations quality **accredited by AUSactive**. AUSactive is Australia's peak body for the active health sector, providing nationally recognised accreditation programs that ensure gyms, health and fitness centres meet rigorous standards of quality, professionalism, and continuous improvement.



All YMCA aquatic facilities are managed in compliance with Royal Life Saving Society of Australia's **Guidelines for Safe Pool Operations (GSPO)** being benchmarked against the Guidelines every two years.



YSA's Allied Health team complies with all relevant professional standards, including registration with AHPRA for physiotherapists and accreditation through ESSA for exercise physiologists.



YSA's OSHC and Early Learning services are subject to rigorous assessment and review under the **National Quality Framework (NQF)**, which evaluates performance against seven quality areas to promote continuous improvement and ensure high standards of care and education. All services that have been assessed whilst under YSA management meet or exceed these quality standards.



The Y has some of the most rigorous **Child Safeguarding** practices in the country. These are periodically reviewed by an expert independent body (most recently, the Australian Childhood Foundation). This is in addition to normal regulatory requirements under State and Federal law.



5

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