



YMCA of Brockville & Area

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YMCA of Kingston

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Rob Adams, Chief Executive Officer



Stepping in during an exciting time, Rob Adams will lead the YMCA of Brockville and Area and the YMCA of Kingston into their shared future in his role as Chief Executive Officer (CEO) of both organizations.

Rob was intrigued by the prospect of joining the YMCA of Kingston and the YMCA of Brockville and Area as CEO, noting that “opportunities like this do not come up too often in life. My career started here and to be able to provide leadership to enhance the long-term reach and sustainability of the YMCA in this region is a gratifying feeling.”

Since 2014, Rob has served as Vice President-Health, Fitness, Aquatics, and Children’s Services at the YMCA-YWCA of the National Capital Region. In that role, he implemented operational change strategies in membership, child care and camping, in addition to

expanding business practices and community partnerships.

Within Rob’s professional career, he has held a variety of leadership roles within the YMCA; he has provided administration to the YMCA-YWCA of the National Capital Region’s camping portfolio, re-launched youth programs and adult recreation services at the YMCA of Brockville and Area, and held operational influence within Health, Fitness, and Aquatics for the YMCA of Brockville and Area and the YMCA-YWCA of the National Capital Region in a variety of capacities. To date, some major accomplishments have included providing support to a program aimed at combatting child inactivity. This program has gained thousands of participants and provided 4000 children with the opportunity to be active in their communities through YMCA programs and services.

As a volunteer, Rob has been largely involved with Family and Children’s Services of Lanark, Leeds and Grenville (FCSLLG) as Vice Chair of the Board of Directors, and currently serves on the Governance and Resource Committee. This organization stood out for Rob due to the direct synergy between the federated mandate to protect children and vulnerable persons, while fostering independence, growth and self-discovery. Furthermore, Rob enthusiastically coaches his youngest son’s little league baseball team, and also coaches for the Brockville Blazers Basketball Association.

Rob studied Finance Management at Queen’s University and has completed several marathons, such as the Ironman and Boston Marathon. He is an avid runner and will be running the New York Marathon in November 2018. In his spare time, Rob enjoys reading biographies and vacationing on the West coast. Rob notes that his “own piece of heaven is visiting his eldest son who lives around Roberts Creek on the Sunshine Coast in BC.” Spending time with his family is his first choice when it comes to unwinding.

*Building healthy
communities*