



YMCA OF SAN DIEGO COUNTY  
**COMMUNITY  
WELL-BEING  
& BELONGING**

**MISSION**

We nurture a healthy spirit, mind, and body so all can thrive while honoring our faith-based heritage.

**VISION**

To be the catalyst to transform lives and communities.



**CONNECTION  
IN COMMUNITY**

2025 ANNUAL CAMPAIGN  
**EAST COUNTY FAMILY YMCA'S  
CAMERON | DAVIS | McGRATH**  
THE ANNUAL CAMPAIGN MOVES OUR MISSION  
FORWARD TO ENSURE ACCESS FOR ALL.

**OUR IMPACT**

The East County Family YMCAs  
impacted the lives of

**45,302**  
individuals

across a variety of programs and  
services focused on health and well-being.

**COMMUNITY NEED**

**\$277,000 to provide  
equitable access to**  
YMCA memberships, programs,  
and services.



**OPENING OUR  
DOORS TO:**

**HEALTH EQUITY**

**MENTAL HEALTH**

**YOUTH  
DEVELOPMENT**

**ENSURING ACCESS FOR ALL**



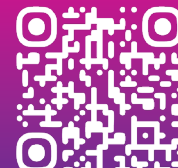
**TESTIMONIAL**



"LIVESTRONG at the YMCA helped me with my day-to-day life. My mobility improved immensely. It got me up and going in the morning and looking forward to my day. The licensed instructors were fantastic, so patient and knowledgeable. This has made my life so much better in three short months. Looking forward to continuing at the YMCA."  
- LIVESTRONG participant

**GIVE.  
VOLUNTEER.  
SHARE.**

**SCAN  
QR CODE**



**CREATING  
HEALTH EQUITY**

**48**  
participants in  
**LIVESTRONG at the YMCA**

This essential 12-week program supporting cancer survivors throughout their journey continues to expand. We anticipate helping even more survivors move beyond illness to focus on reclaiming their health and mental wellness.

**SUPPORTING  
MENTAL HEALTH**

Let's lift up our teens!  
**1 in 7 teens**

will experience a mental disorder. Our recently opened Teen Center at the McGrath YMCA is open Tuesday and Thursday for teens to relax, make new friends and have fun with their peers.

**NURTURING  
YOUTH DEVELOPMENT**

**1,436**  
youth gymnasts

awarded scholarship support so they can focus on strength, flexibility, confidence, teamwork and discipline ... focused on the dream of becoming our next Simone Biles!

**YOUR SUPPORT MATTERS >>>>> [ymcasd.org/eastcountygive](https://ymcasd.org/eastcountygive)**

# INVESTING IN OUR COMMUNITY

## EAST COUNTY FAMILY YMCA'S CAMERON | DAVIS | McGRATH

Through generous donations to our Annual Campaign, we are able to give every individual the Y experience, regardless of their ability to pay.

When you give to the Y, you are making an investment in our community and giving those in need the opportunity to thrive.

**1 IN 10 PEOPLE**  
that live in San Diego live in poverty

Our Y ensures **ACCESS FOR ALL** regardless of ability to pay

The East County Family YMCAs provided **44,462** direct scholarship, subsidized program/membership enrollments in the past year ensuring access for all



## STORY OF IMPACT

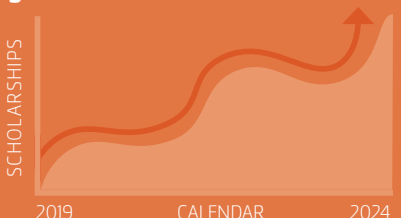
"I'm a mother of two beautiful boys, both of whom are on the autism spectrum. I've had my fair share of challenges — worrying about how to give my kids the support they need, and wondering where they could feel safe, accepted and thrive. Then, we found the YMCA. The inclusion aide for gymnastics, provided at no cost, is a blessing I hadn't even known to hope for. This aide gave my children the one-on-one support they need to fully engage and participate in all the activities, helping them grow in ways I hadn't seen before or have had the opportunity to do so. My boys love being at the Y. I watch them make friends, build confidence and, most importantly, feel like they belong. A genuine feeling of community — that's been the greatest gift I could receive."

- Jennifer

**YOUR GIFT CHANGES LIVES**

- \$1,000** ..... provides a low-income working family with two months of licensed childcare
- \$500** ..... assists in cultivating equity and opportunity for all
- \$250** ..... supports a child with a memorable camp experience for one week
- \$150** ..... gives the gift of safety around water with one month of swim lessons

The need is greater than ever! **»» 533,212**



**31,500** participants

were taught life-saving swim lessons and engaged in water therapy programs.

**3,550** camper weeks

provided kids with positive youth programming while enjoying friends, fun and great childhood memories

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