



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  
**MISSION VALLEY YMCA**

THE ANNUAL CAMPAIGN MOVES OUR MISSION FORWARD TO ENSURE ACCESS FOR ALL.

**OUR IMPACT**

The Mission Valley YMCA impacted the lives of

**13,071**  
individuals.

**COMMUNITY NEED**

**\$415,000 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



"When my family and I relocated from Japan to San Diego, there were many uncertainties. With our 1 year old daughter Mina, we were living in a hotel temporarily, looking for permanent housing. We were looking for a car to get around. And at times we were struggling looking for work. And just as we arrived back in America, my wife Naoko got pregnant, which was a great surprise! Needless to say things were uncertain, but during this period the one certain constant was the Mission Valley YMCA. It was a place we could go, everyday, and get amazing childcare at Childs Watch, exercise, rest, and just see smiling faces. I'm certain that my family, including Mina, have benefited so much from the YMCA. We have tremendous gratitude for this amazing place, and the amazing staff, that greet us warmly and are really just family, the YMCA family. Thank You Mission Valley YMCA." – Shepard Family

**GIVE.  
VOLUNTEER.  
SHARE.**

**SCAN  
QR CODE**



**CREATING  
HEALTH EQUITY**

**143**

**cancer survivors**

have found normalcy, support and wellness through the help of our LIVESstrong program.

**SUPPORTING  
MENTAL HEALTH**

**2,275**

**senior active-agers**

are engaging in physical and mental fitness programs that promote well-being.

**NURTURING  
YOUTH DEVELOPMENT**

**9,222**

**youth supported**

in Day Camps, Swim Lessons, Child Care, Sports, Digital Studio and Skatepark.

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

# INVESTING IN OUR COMMUNITY

## MISSION VALLEY YMCA



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

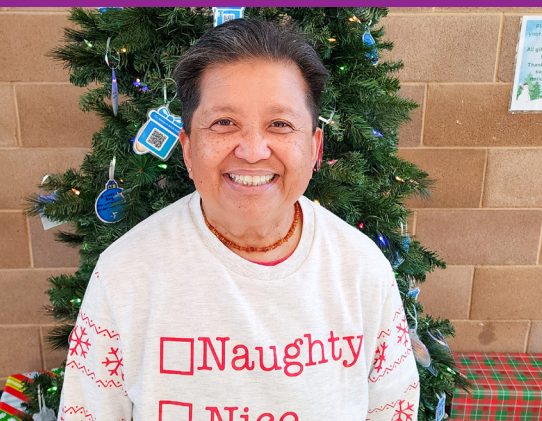
When you give to the Y, you are making an investment in our community and giving those in need the opportunity to thrive.

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

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

Mission Valley YMCA provided **19,394** scholarships ensuring access for all

### STORY OF IMPACT



"I was diagnosed with metastatic breast cancer in July 2023. The body I started this cancer journey with, is not the body I ended up with. After a year of treatment that included chemotherapy, surgery and radiation, I started working out with the LIVEstrong Program in August 2024. LIVEstrong brought me and other cancer survivors together. The camaraderie and being able to share our journeys with one another has been a gift. We continue to get strong and healthy with our common goal - to live strong!"  
- Luisa

**YOUR GIFT CHANGES LIVES**

- \$50** ..... provides a child with a month of life-saving swim lessons.
- \$100** ..... provides three months of monthly membership to the Mission Valley YMCA & Krause Family Skate and Bike Park.
- \$250** ..... provides two cancer survivors the opportunity to participate in LIVEstrong.
- \$500** ..... provides a child with a week of Day Camp.
- \$1,000** ..... supports a senior with a year of membership through our YMCA Active Adult (YAA) program.

Distributed **\$1,163,967** in scholarships and subsidies to families, teens, seniors, and children who needed us most.

**440** life-saving swim lessons were provided through scholarships last year.

**299** youth engaged in the Digital Studio, receiving STEM programming that allowed them to tap into their passions and develop skills.

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