



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.



2026 ANNUAL CAMPAIGN EAST COUNTY YMCA'S

The Annual Campaign moves our mission forward
TO ENSURE ACCESS FOR ALL.

OUR IMPACT

Our Y impacted the lives of

33,476
individuals



COMMUNITY NEED

\$295,000 to provide equitable access to YMCA memberships, programs, and services.



KEY STRATEGIC PRIORITIES

HEALTH EQUITY

MENTAL HEALTH

POSITIVE YOUTH DEVELOPMENT

TESTIMONIAL

"I want to express my heartfelt gratitude for the incredible impact the LIVESTRONG program has had on my recovery. Chemotherapy left me extremely weak, and while I hoped to slowly regain strength afterward, I truly believe I wouldn't feel this empowered, physically or mentally, without LIVESTRONG."

This program is transformative. Thanks to the YMCA team, I regained not only strength but confidence and resilience. I enthusiastically recommend it to anyone facing treatment or recovery.

I first learned about LIVESTRONG when I was newly diagnosed, and waiting until after chemotherapy was the best decision, it allowed me to fully benefit at the moment I needed it most.

Thank you for providing such life-changing support. I am deeply, sincerely grateful.



CREATING HEALTH EQUITY

17,536
personal well-being

touch points from a Y membership to crucial programming such as overnight camp, child care, and social services.

SUPPORTING MENTAL HEALTH

6,000
swimmers

gained confidence, developed essential water-safety skills, and discovered the joy of being in the water through YMCA swim lessons this year.

POSITIVE YOUTH DEVELOPMENT

Through YMCA Overnight camps, we've helped to inspire resilience, curiosity and growth for

5,326
young people

YOUR SUPPORT MATTERS
ymcasd.org/eastcountygive

**GIVE.
VOLUNTEER.
SHARE.**



INVESTING IN OUR COMMUNITY

YMCA OF SAN DIEGO COUNTY

WAVES OF IMPACT



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

YMCA of San Diego
County provided
171,698
touchpoints for
scholarship and services

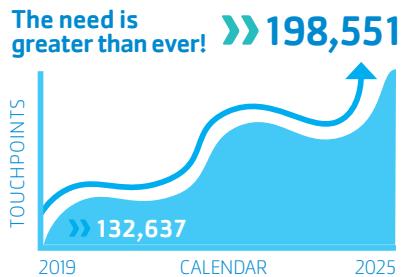
STORY OF IMPACT

I'm a mother of two incredible boys on the autism spectrum. Like so many parents, I've carried the quiet worry of wanting my children to feel safe, understood, and welcomed for exactly who they are. Then we found the YMCA, and everything shifted. From the moment we walked in, my boys, who often struggle in new environments, felt at ease. The child watch staff became their safe place, and the no-cost inclusion aide in gymnastics was a gift I hadn't even known how to ask for. I've watched my children make friends, gain confidence, and feel like they truly belong. And the Y gave me something precious too, a place to breathe, to care for myself, and to feel supported. For us, the Y isn't just a building. It's home



**YOUR
GIFT
CHANGES
LIVES**

\$50	provides a child with a month of life-saving swim lessons.
\$100	gives a child the chance to build confidence and strength through gymnastics.
\$250	sends a child to a full week of Day Camp, filled with learning, friendships and adventure.
\$500	supports a senior with a full year of membership, promoting health, connection and independence.
\$1,000	provides a cancer survivor with healing, hope, and strength through the LIVESTRONG program.



Through LIVESTRONG,
52
cancer survivors
were able to regain strength,
rebuild confidence, and connect with
others who understand their journey.

19,392
families
and children
connected to child care referrals
and direct financial support
with child care vouchers.