



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.

WAVES OF IMPACT

2026 ANNUAL CAMPAIGN SOUTH BAY FAMILY YMCA

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

OUR IMPACT

Our Y impacted the lives of

22,551
individuals



COMMUNITY NEED

\$370,000 to provide equitable access to YMCA memberships, programs, and services.



KEY STRATEGIC PRIORITIES

HEALTH EQUITY

MENTAL HEALTH

POSITIVE YOUTH DEVELOPMENT

TESTIMONIAL

"I'm incredibly grateful for the family scholarship that allowed us to join the YMCA. A few years ago, I went through major medical challenges and surgery, and even simple physical activity felt impossible. When I first walked into the Y, I could only last about five minutes on the treadmill before I had to stop.

But with a lot of perseverance—and the constant encouragement from the Y community—I've slowly rebuilt my strength. Now I can stay on the treadmill and keep improving, something I never thought I'd say. Our whole family of seven is part of the Y: my husband comes 3-4 times/week and has taken up hiking and ALL of my children have become active at the Y and now run competitively together.

This Thanksgiving we completed a 5K together, hiking down Airo Mountain together. I finished in about 35 minutes, and my daughter followed close behind. We're so proud—and we're training to run a marathon together in 2026!"

-Blanca and family



CREATING HEALTH EQUITY

5,515
scholarships

provided to families, teens, seniors, and children who needed us most.

SUPPORTING MENTAL HEALTH

3,250
students

received subsidies for camp, providing safety and social connections for youth and childcare for families during school breaks.

POSITIVE YOUTH DEVELOPMENT

2,324
youth

were supported in day camp, swim lessons, child care, sports & dance.

YOUR SUPPORT MATTERS
ymcasd.org/southbaygive

**GIVE.
VOLUNTEER.
SHARE.**



INVESTING IN OUR COMMUNITY SOUTH BAY FAMILY YMCA

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

South Bay Family YMCA
provided
5,515
scholarships
ensuring access
for ALL

STORY OF IMPACT

"We wanted to thank you for your hard work with the youth programs at the South Bay YMCA these last couple of months. Ulysses has enjoyed both the baseball and basketball sessions, but we have seen enormous growth in basketball. He not only enjoys it but seems so dedicated to improving. It was so rewarding for all of us to see his progress this weekend when he finally homed in his shot. Below are a couple of quotes that I wanted to share from him.

'My arms were so tired
but I'm glad I kept going!'

'I think I'm way
better now!'

'I think I can beat
you now.'

And ever since basketball started we constantly hear, 'Can we go to the park and play basketball.' The lesson of perseverance is invaluable. Thank you both for your enthusiasm and dedication."

-Ulysses' Mom



**YOUR
GIFT
CHANGES
LIVES**

\$397	sends a child to a week of Day Camp.
\$936	gives a senior one year of membership with access to physical fitness, social connection & vitality.
\$183	provides swimming lessons for one month.
\$1,524	provides a family with membership and a safe, healthy place to grow & thrive together.



456
elementary school students
received free or subsidized
swimming lessons

138
seniors received
scholarship funding
for membership