



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  
**RYAN FAMILY YMCA**

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

**OUR IMPACT**

The Ryan Family YMCA impacts the lives of

**13,700+**  
community members annually

As a leading non-profit, our Y is making a difference in the lives of the Point Loma, Ocean Beach & Midway communities.

**COMMUNITY NEED**

**\$367,000 to provide equitable access to**  
YMCA memberships, programs, and services.



**GIVE.  
VOLUNTEER.  
SHARE.**



**SCAN  
QR CODE**



**ENSURING ACCESS FOR ALL**



**TESTIMONIAL**



**My Y story begins in childhood..** During the good times, it was where we went to have fun, and in hard times, it became kind of a sanctuary for my sister and I. A place where I started to learn what community was really about.

Fast forward 30 years and it's no wonder that in tough times, I would come to the Y as my haven. A single mom at the time, I would come here not just for my physical well-being, but mental, even spiritual. I know I would have never made it through if it wasn't for the support and relationships that I cultivated here. I would bring the kids to Child Watch and study for exams, work out, and do a meditation class. So my children have been very impacted by the Y as well. My son was awarded a scholarship to the preschool program here. He has some developmental delays and special needs, and the support and love that we received from the Y has made the biggest impact on my family.

I'm just so grateful for everything the Y has done for me and my family. And I have now graduated—I am a mental health clinician as well, so I feel like because of all the values of being of service, that sense of community, I'm now able to give back to my community. -Megan, Ryan Y Member

**CREATING  
HEALTH EQUITY**

**391**

**scholarships**

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

**SUPPORTING  
MENTAL HEALTH**

**562**

**seniors**

are active and connected through free membership and community classes.

**NURTURING  
YOUTH DEVELOPMENT**

**\$177,078**

**invested through scholarship**

and subsidy to provide youth and teens with positive youth development in preschool, afterschool and recreational programs.

**YOUR SUPPORT MATTERS >>>>>**

**ymcasd.org/ryangive**

# INVESTING IN OUR COMMUNITY

## YMCA OF SAN DIEGO COUNTY



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.

Older adults with strong social ties are **50% MORE LIKELY** to live longer

**42% OF TEENS** experience persistent feelings of sadness or hopelessness

San Diego County is experiencing a shortfall of over **13,000** licensed childcare spaces



## CREATING HEALTH EQUITY <<<<<<

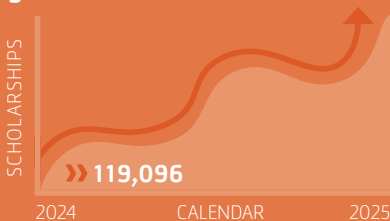
"Part of being human is connection with people. It's a whole welcoming atmosphere at the Y, starting with staff.. I moved here for a purpose, to come to the Y. My health continues to improve, I see the benefits and the scientific evidence is there, if you don't do certain things as you age, bad things will happen. It's preventative medicine. Everything works for me here at the Y.. the classes and the people... it's an environment that you can feel comfortable in. I might not always be in a great mood when I get here, but I'm always in a great mood when I leave." -Doug, Ryan Y member

## SUPPORTING MENTAL HEALTH >>>

"I think [a YMCA Teen Center] would be good because some kids are insecure about talking to other people about stuff so if you had a place where you could just do that freely, I think would be good... It could be a place to throw out your anxiety and hang out with your friends... Because if you're not feeling good mentally, and you're not very happy, friends can cheer you up." -Amara, Camp Leader in Training



The need is greater than ever! >> **149,694**



**I have had 3 children go through the Ryan Y preschool...**

this program has been part of our lives for the past 7 years. I have really seen their confidence boost, when they move on to Kinder or TK, my shy little kids are the leaders of their classrooms. They learn about how to be a leader and how to communicate with others. The preschool has supported us in a lot of ways, when our family was going through financial stress, they helped us with a scholarship. When I was looking for a preschool, I toured a whole bunch but when I came to the Y I just felt like this was an extension of our home; a very calming and peaceful space where my kids could explore, and be imaginative and grow." -Mandy, Ryan Y Preschool Parent

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[ymcasd.org/ryangive](https://ymcasd.org/ryangive)