

## The YMCA: Waves of Impact

For more than **175 years**, the YMCA has created **waves of impact**—starting with a single act of care and expanding outward to strengthen families, neighborhoods, and entire communities. Rooted in innovation and propelled by compassion, the Y responds to evolving community needs, opens doors to opportunity, and builds lasting connections across generations.

From its historic beginnings to its bold leadership today, the YMCA proves that when people come together with purpose, **one wave of impact can become a movement for lasting good.**

---

## Where It All Began

**Basketball was born at the Y.** In 1891, James Naismith invented the game at a YMCA in Massachusetts—followed by other iconic sports like volleyball and racquetball.

**Father’s Day started at the Y.** The very first Father’s Day was celebrated at the Spokane YMCA in Washington, honoring the vital role of dads and caregivers.

**One of the world’s oldest nonprofits.** Founded in 1844 in London, England, the YMCA has been strengthening communities for nearly two centuries.

---

## The YMCA Today: A Movement at Scale

**175 years of connection and community.** The Y builds stronger communities in more than **10,000 neighborhoods nationwide.**

**A national movement.** Each year, the Y serves **18 million people across the United States.**

**A global force for good.** The YMCA operates in **120 countries and territories**, advancing health, youth development, and social responsibility worldwide.

**A launchpad for young leaders.** The Y is one of the nation’s largest employers of young adults, providing jobs to **92,000 people age 24 and under each year.**

---

## YMCA of San Diego County: Leading the Nation

**The largest YMCA association in the United States.** San Diego leads the nation in scale, innovation, and community impact.

**Impact at scale.** In FY 2024–2025, the YMCA of San Diego County reached **340,496 individuals** through **553,494 life-changing well-being touchpoints.**

**Access matters. 88,681 people** received Y memberships and financial scholarships—removing barriers to health, connection, and opportunity.

**\$8.4 million invested in community access.** Financial assistance ensured kids, teens, families, adults, and seniors could access critical programs and services.

---

## Meeting Critical Community Needs

**The largest child care provider in San Diego County.** The YMCA supports working families and early learners across the region—ensuring children have safe, nurturing environments to grow.

**Child care that unlocks opportunity.** The Y provided **8,249 families** with child care vouchers, directly supporting **14,859 children** and empowering parents to pursue work, education, and long-term stability.

**Mental health support when it matters most.** YMCA Youth and Family Services delivered **mental and behavioral health care to 1,362 individuals**, strengthening emotional well-being and family stability.

**Stability for youth experiencing homelessness.** The YMCA of San Diego County operates **three transitional living programs**, helping young people build pathways toward independence and self-sufficiency.

---

## Inspiring Growth, Connection, and Belonging

**Life-changing experiences in the outdoors.** Through **three YMCA Overnight Camps** in Julian and Imperial Beach, **19,080 campers** built independence, resilience, and confidence while connecting with nature and each other.

**A historic bi-national partnership.** The YMCA of San Diego County and YMCA Mexico launched the **first-ever YMCA Bi-National Agreement**, strengthening support and opportunity across the Cali-Baja region.

---

## Why Philanthropy Matters

Every statistic represents a person. Every program represents a possibility. Philanthropic support ensures the YMCA can continue to respond to urgent needs, expand access, and build a healthier, more connected San Diego for today and for generations to come.

**Together, we are building community for all.**