

3 Priorities

Youth Development

Eliminating Health Disparities

Swim and Water Safety

So Many Ways to Give

The Challenge

Washington ranks in the lower half of the country in a state-to-state comparison in education.

Studies show that by the end of eighth grade, summer learning loss can account for **66%** of the achievement gap between low-and high-income students. The implications for our children, their families, and the community's economic health are significant.

We have a serious health crisis. For the first time in history, the next generation is facing a shorter lifespan than their parents.

30% of Thurston County residents are overweight or obese. Our family, friends, and neighbors are battling diabetes, obesity, and other preventable chronic diseases. Additionally, 35% of Thurston County residents live either below or at poverty level putting them at a severe disadvantage when it comes to accessing affordable health care and opportunities to be healthy.

In Washington state, accidental drowning is the 2nd leading cause of kids' death. Every day, three kids drown in the United States.

With 71% of our world made of water, every child in our community should have the opportunity to learn how to swim by the time they reach the 3rd grade to prevent drowning.

Donate Online

Visit our website to donate a gift to the South Sound YMCA at any time.

Matching Gifts

Does your company have a matching gifts program? Contact your Human Resources Office to learn more.

Combined Fund Drive

Donate through the Combined Fund Drive and direct your gift to the South Sound YMCA. Our CFD unique code is 0516506.

Gift of Stock

Please contact Colleen Oczkewicz, CFO, at 360-918-0316 for information on how to make a gift of appreciated stock.

In 2017, the South Sound YMCA awarded \$652,327 in financial assistance to individuals and families who needed it most.

The Y's Response

- Power Scholars Academy
- Before and After School Care
- Youth and Government
- Youth Sports
- Seasonal Day Camps
- Summer Resident Camp

Kids come to the Y for learning, mentoring, physical activity, and pathways for achievement.

- Diabetes Prevention Program
- Livestrong—Cancer Survivorship Program
- Financial Aid for Membership
- Lose to Win
- Personal Training
- ACT - Actively Changing Together

Members engage in Y programs and activities that promote wellness, reduce risk for disease and help others reclaim their health.

- Swim Lessons
- Lifeguard Training
- Swim Team
- Synchronized Swimming

Kids and adults who learn to swim at the Y build self-confidence and lifesaving water safety skills.

Snapshots of Impact

- 188 youth gained 2-2.5 months of reading and math skills in Power Scholars Academy.
- 1,500+ youth cultivated the values, knowledge, skills, and relationships that led to positive behaviors, better outcomes, and educational achievement in our school age programs.
- For over 70 years, teens found their voice and developed the skills needed to fulfill their potential through Youth and Government.
- YMCA Camps help build campers' achievements, sense of belonging, and relationships through a mix of fun and educational activities in a safe and supportive environment.

- The South Sound Y served more than 48,000 adults, seniors, and children in 2017 and provided more than \$226,000 in membership subsidies, ensuring that everyone has an opportunity to pursue personal wellness goals regardless of their financial circumstances.
- Participants in the Y's National Diabetes Prevention Program experience small group coaching to assist pre-diabetics to eat healthier, increase their physical activity, and lose weight which can delay or prevent the onset of Type 2 diabetes.
- More than 42,000 individuals have participated in the National YMCA Livestrong Cancer Survivorship program. The South Sound YMCA offers this innovative program designed to help cancer survivors connect with other survivors to reclaim their physical, mental, and emotional health.

- The South Sound Y saves lives through the use of our pools, teaching literally thousands of young people to swim.
- 4,956 swim lessons were provided in 2017, building participants' self-confidence and skills in the water.
- Many swim students graduate from lessons to swim competitively, qualify as lifeguards, and become instructors, giving back to the community by serving the next generation.



When you support the SOUTH SOUND YMCA your gift

- helps young people achieve their potential
- empowers people of all ages to lead healthier lives
- strengthens the bonds of community

