

# STRENGTHENING GREATER DES MOINES



## THIS IS YOUR COMMUNITY. THIS IS YOUR Y.

For 157 years, the Y has been a leading nonprofit strengthening the Greater Des Moines community through its focus on youth development, healthy living, and social responsibility. Many people know us through our fitness facilities, exercise classes, and youth sports programs. But the Y is much more than a place— **it's a purpose.**

We create safe spaces where children and teens are encouraged to discover, dare, and dream...

We reach out to students who are at risk of falling behind their peers in school and help them gain the confidence and academic skills they need to succeed...

We provide seniors with a pathway to better health through Active Older Adults programs. We are a place where strangers become friends, and friends become a support network...

We help eliminate homelessness by providing hope, dignity, and support in the form of permanent, supportive housing at the YMCA Supportive Housing Campus.

We make all these programs and services available to everyone. Whatever your age, your income, your background, or your abilities, there is a place for you here in our community.

## ALL THESE THINGS, AND MORE, ARE MADE POSSIBLE WHEN YOU GIVE TO THE Y.

Every dollar of every gift stays right here in our community, ensuring that we all have access to the resources, relationships, and opportunities we need to learn, grow, and thrive.



**MAKE A GIFT!**  
[dmymca.org/give](https://dmymca.org/give)

# YMCA OF GREATER DES MOINES ANNUAL GIVING FUND

## THE NEED

1 in 5 kids **can't read**  
at a **3rd grade level**



**Social isolation** increases  
the risk of dementia by 50%



2,700 Iowans experience  
**homelessness** each year



Kids increasingly need  
**out-of-school-time** care



60% of **youth drownings**  
occur within 10 feet of safety



**Loss of muscle mass** can cause  
metabolic and cardiovascular  
problems like decreased bone  
density and diabetes.



Half of girls ages 10-13  
experience **bullying**



Minority, first-gen, and low-  
income students lag behind in  
high school **graduation rates**  
and **college enrollment**



## THE IMPACT

**Summer Learning Loss Prevention**  
programs advanced reading and  
math skills by 3 months

2,300 seniors took part in  
**healthy activities at the Y**

**YMCA Supportive Housing Campus**  
provides permanent housing and  
support to 140+ residents

More than 3,500 kids were served  
through **Y Camp, day camp,** and  
**after-school programs**

The Y provided **swim lessons** and  
**water safety instruction** for 1,500 kids

**EGYM** users accessed the latest  
technology to achieve an average  
strength gain of 24 - 27%

Through **Girls on the Run**, 1,534 girls  
became more confident and strong

**Y Achievers** helped 152 teens focus on  
college readiness, career exploration,  
and life skills development