

the  | 175 YEAR  
ANNIVERSARY

# Stories of Your *Impact*

**ANNUAL FUND 2026**

*YMCA of Greater Des Moines*

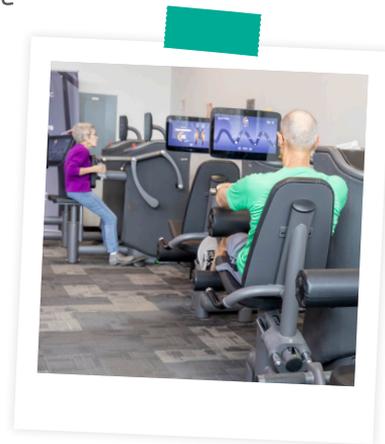


# Finding a New Path to *Fitness*

Y members are taking the guesswork out of their goals with EGYM, a personalized, full-body strength program. EGYM uses smart technology, guided instructions, and individual training plans to make healthy strength training available to all.

“As an amputee, finding effective, safe ways to condition and train my body can be difficult. Two years ago I became aware of the EGYM system at the Y and immediately became hooked. After over 20 years as an amputee who didn’t spend any time in the gym, I jumped into intense workouts 2-4 times per week. I am always struck by the mix of people I see using EGYM, a testament to its versatility and inclusivity.”

– Kale, Walnut Creek YMCA Member





# Great Summers Start *Here*

Meet Jenna, a Des Moines Y Camper. During her summer camp experience, Jenna discovered newfound friendships and confidence. Favorite activities like the rock wall and horseback riding sparked Jenna's self-discovery, fostering a love for trying new things. Jenna formed close friendships and learned leadership skills to inspire bravery in others and help fellow campers feel courageous in the face of new challenges. The lasting impact of Y Camp stretches beyond the summer, too. Her mother has seen positive changes, with Jenna returning more confident, honest, trusting, and respectful.

For 5th grader Jenna, a Y Camp scholarship opened up a summer of new experiences.





# Everyone Deserves a Place to Call *Home*

The YMCA Supportive Housing Campus provides permanent affordable housing and wrap-around services to those experiencing homelessness and housing insecurity. We work to provide not just shelter, but a community—one built on dignity, respect, and the belief that everyone deserves a second chance.

Sam, a YSHC resident, brings his experiences as a Veteran, culinary chef, and mental health survivor to our campus.

He enjoys sharing recipes or a meal with friends and other residents. Sam's story serves as a testament to the power of perseverance, resilience, and belonging.

"Being seen as a valued individual is important," he shares, "and so is finding community."





# Charting a Path for *Life*

Through individualized post secondary planning support, Y Achievers is assisting metro youth in planning for and thriving in life after high school.

“It helped a lot in just doing all the paperwork and stuff because just trying to apply for jobs is kind of hectic. The Y helped me to stick through it and provided me with opportunities that I wouldn’t have had otherwise. I now have a plan for when I graduate and even get to begin building my resume as a new Y employee.”

- Kaitlyn, Graduate



# Water Safety for *All*

It's never too late to learn how to swim. Through the generosity of donors, the Y can offer FREE swim lessons for adults. Adult Learn to Swim programs are essential for drown-proofing our community and provide a healthy fitness avenue for adults.



“When I started this program, I was a little bit uneasy about it—skeptical about whether I was really going to learn to swim at a very late age. I found that okay, it is doable! It has added to my enthusiasm and I look forward to going to the next level now. I already enrolled myself for the intermediate level of the beginner adult classes.”

- Tawfeeq, Y Adult Learn to Swim Participant



# Unlocking *Power* and *Potential*

Through a blend of physical activity and life skill development, Girls on the Run inspires participants to recognize their inner strength and unleash their confidence. See what runners Esme and Avery had to say about their GOTR experience:



**What did you learn in GOTR?**

“I learned to be positive about me and I made new friends and to love and be kind.”

**What is your favorite GOTR memory?**

“Running my 5K and being with friends.”

- Esme

**What did you like about GOTR?**

“I love to run and make new friends. I also like to help others no matter what they need help with!”

**What do you like about yourself?**

“I love my personality and I also love everything about myself because I am creative!”

- Avery



# Exploring, Learning, *Growing*



"I am a single working mother who has to have childcare due to my work hours. When my children started at King Elementary, I didn't know what I was going to do— until I found the Y's after-school program. My daughter and son take extra time to adjust to new situations and have some trust issues. My son struggles with anger and acts out, but the Y staff team is so patient. Even if his day was not the best, they encourage him and say tomorrow is a new day to do better. Additionally, both of my children struggle with math and reading. When they need guidance academically, Y staff help them understand the skills being taught in their classwork. They even brought in tutors to help. I can't say enough about this program and its staff, I thank the YMCA for funding such a great program!"

- Marissa, After-School Care Parent

When you support  
the Y, you open up  
opportunities for people  
of all ages, backgrounds,  
and income levels.

*You change lives.*



[dmymca.org/give](https://dmymca.org/give)