



## 2024 IMPACT REPORT

**2024 ushered in a new era in the history of the YMCA in Lane County.**

The opening of a state-of-the-art facility, made possible by the generosity of our community, has meant thousands more families have found support, youth have discovered confidence, seniors have maintained friendships and individuals have focused attention on their physical and mental health.

The new facility stands as a testament to a shared vision of spaces that nurture the well-being of all. And the impact has never been more evident.

Together, we are building a healthier, more connected community.

Dear Y supporters,

Looking back on 2024 reminds us of what is possible when our community unites with a shared vision for a better us.

As you read through this report, you'll see the impact of your commitment to the Y.

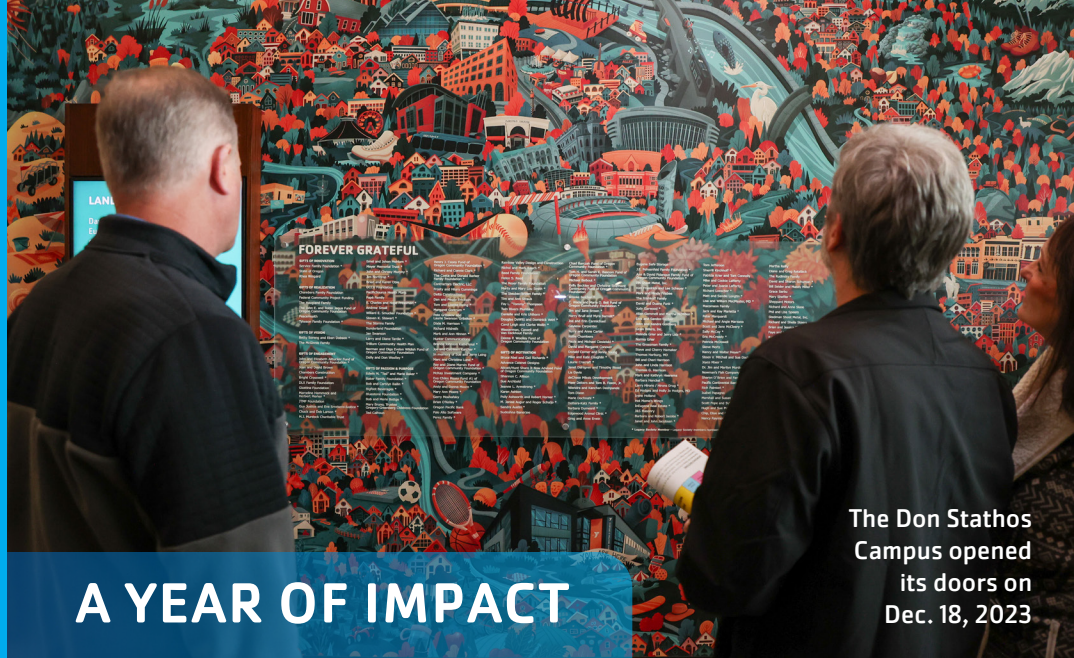
Every number, every story and every milestone reached is a reflection of the role you played in making this YMCA possible.

We invite you to celebrate with us—not just what has been accomplished in the first year of the new Y, but the foundation that has been built for generations to come.

With deep gratitude,

Brian Steffen  
CEO

Matt Longtin  
Board President



The Don Stathos Campus opened its doors on Dec. 18, 2023

## A YEAR OF IMPACT

At the heart of our mission is **a deep commitment to equity and inclusion**. We believe that everyone deserves access to the Y, regardless of financial circumstances. That's why no one is turned away due to an inability to pay.

On average, the Eugene Family YMCA gives \$150,000 in discounts for our programs and services each month.

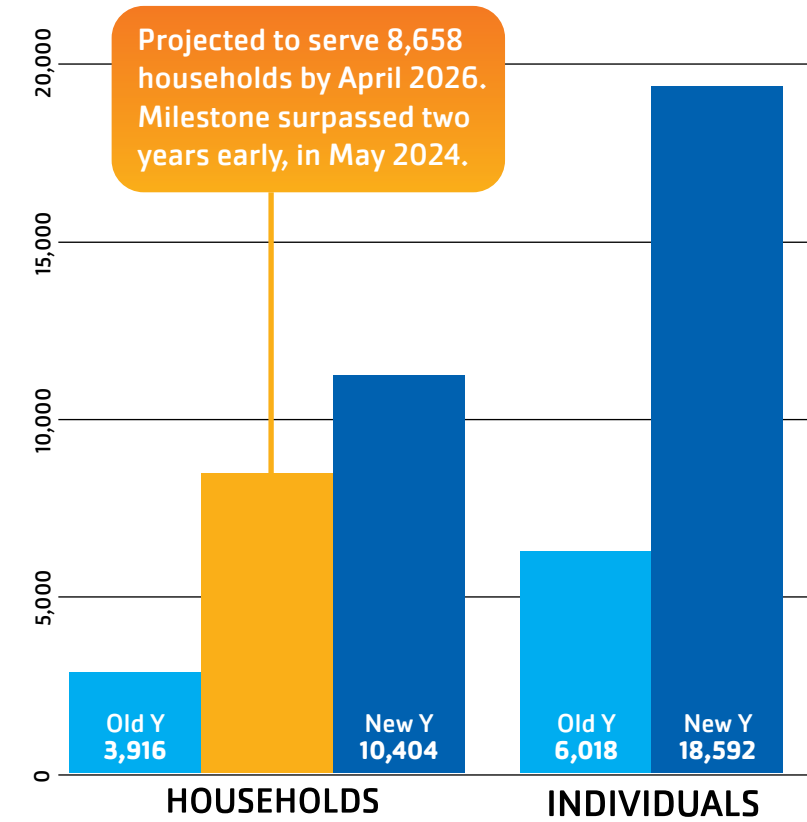
These discounts cover membership dues, program fees and child care services, **ensuring the Y is available to all**.

## A DAY AT THE Y...

- 3,141 members check in at the Don Stathos Campus
- 627 individuals focus on health in group fitness classes
- 574 kids go to before and afterschool care
- 143 youth play in drop-in child care spaces
- 45 kids splash in swim lessons
- 29 gallons of coffee fuel connection and community
- 23 basketball games stoke friendly competition

## In 2024, Y membership surged by 209%.

Today, the Eugene Family YMCA stands as one of the fastest-growing Ys in the nation.



“After a great workout for our health and wellness, we always stop for coffee and a social workout in the lobby. It’s such an important part of our emotional and social well-being—and it just so happens to be the best coffee in town!”  
—Morning Coffee Crew at the Y



**WELCOMING FESTIVAL**  
500+ people enjoyed live cultural performances, booths hosted by community partners, family-friendly games and international food trucks.



**WALK IT OFF WITH THE Y**  
400+ folks joined our summer walking event in Alton Baker Park that promotes physical and mental health by bringing community members together outdoors.



**HEALTHY KIDS DAY**  
800+ kids and families celebrated kids being kids and set themselves up for a successful summer by learning how to create healthy habits.

# NURTURING CURIOUS MINDS

# BUILDING BRIGHT FUTURES



## THE Y IS THE LARGEST YEAR-ROUND CHILD CARE PROVIDER IN LANE COUNTY.

We are proud to offer safe, nurturing and enriching youth, teen and family programs that foster growth and creativity.

Thanks to donor support, these programs continue to change lives, providing opportunities for all ages to grow, play and thrive together.

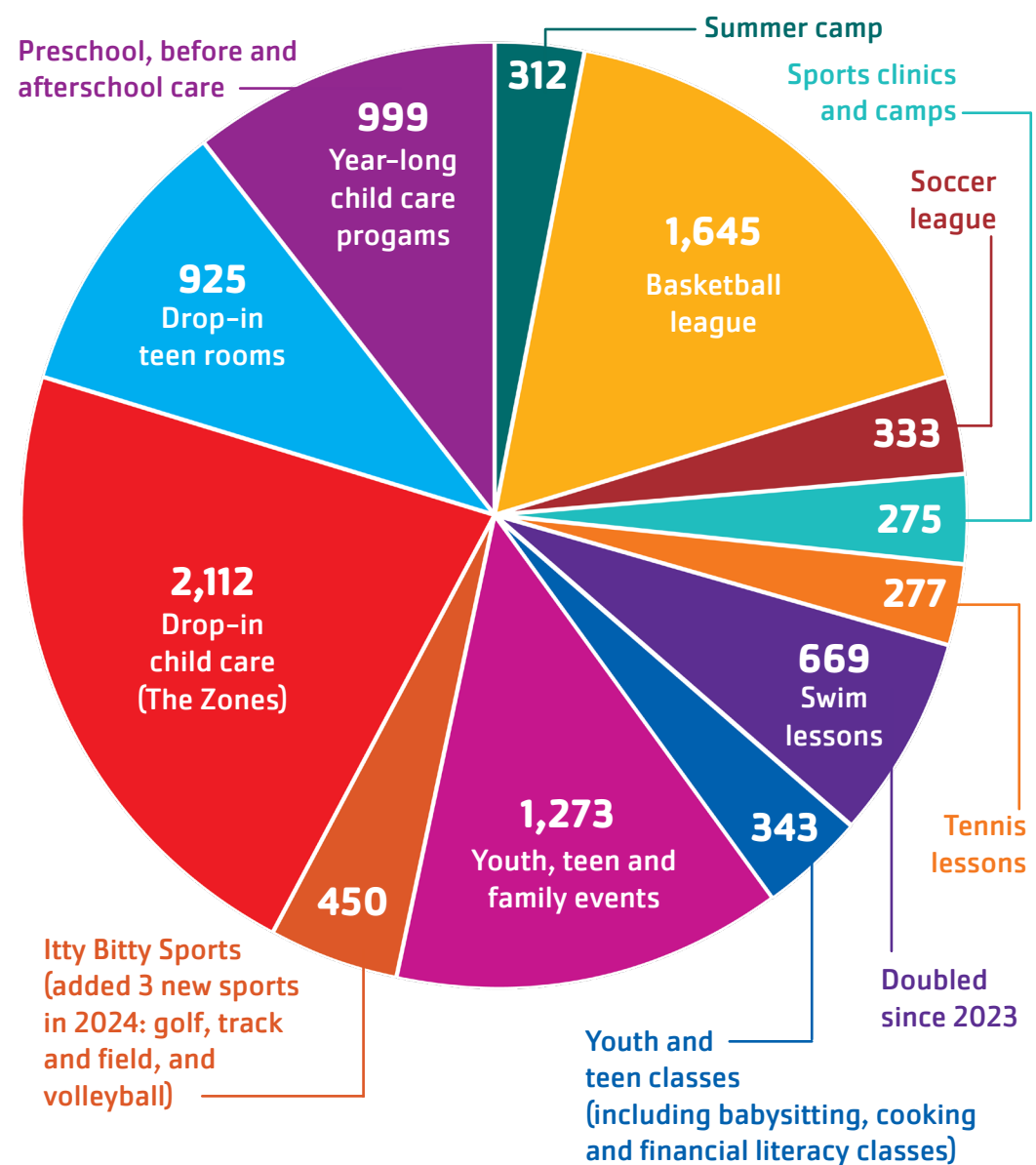


**Our first year in the Don Stathos Campus has revolutionized our ability to serve families.**

The campus' teen rooms—the Creation Station and the Corner Hut—provide safe spaces for middle and high schoolers to go after school.

The Zones provide Y members two hours of free child care for kids a day, allowing **parents to focus on their health and well-being, knowing their children are safe, engaged and nurtured.**

## KIDS IN 2024 YMCA YOUTH PROGRAMS



Jovie Urhausen (right) and her caregiver

## EMPOWERING ALL THROUGH PLAY

The Y is committed to creating adaptive recreation opportunities for all ages. The new Y has expanded such offerings.

In May, the inaugural partnership between the Y and Circle of Friends launched with 13 families with children with complex disabilities enjoying recreational swim in the small pool.

"We now have a space that really caters to families of children with disabilities," says Katie Urhausen, Circle of Friends founder and mom to Jovie, who was born missing part of her brain.

Other Y partnerships focused on expanding access to adaptive recreation include the life skills education program at South Eugene High School and Spencer Butte Middle School as well as monthly Adaptive Sports Samplers hosted by the City of Eugene Adaptive Recreation.

## 2024 VISITS TO THE Y'S DROP-IN YOUTH SPACES

Creation Station & Corner Hut

6,578 check-ins to the teen rooms

925 unique middle and high schoolers served

PlayZone & KidZone

34,286 check-ins to the Zones

2,112 unique youth from 6 weeks to 10 years

"The Y is a place where I know my kids are not just watched but truly cared for, surrounded by people who are invested in their growth and well-being. It allows me to work and pursue the life I'm building for my family, knowing they are safe, supported and loved.

In a way, the YMCA has become part of my village, standing in where community once naturally existed, giving parents like me the space to breathe—knowing we are not doing this entirely on our own.

—Kendra Goldberg, Chambers Family Foundation Trustee

# MENTAL HEALTH MATTERS

Annemieke, a mental health therapist, joined the Y about 2 years ago. She recommends the Y to many of her clients because the effects of the pandemic have meant continued disconnection for them.

She says spaces like the Y provide a natural way to reconnect, helping individuals rebuild confidence, overcome social anxiety, and regain a sense of self.

“The Y does an amazing job of creating an inclusive environment where people feel accepted, find a sense of belonging and connect with others of all ages and backgrounds,” she says. “The Y has been a powerful force in bringing people back together and creating a true sense of community.”



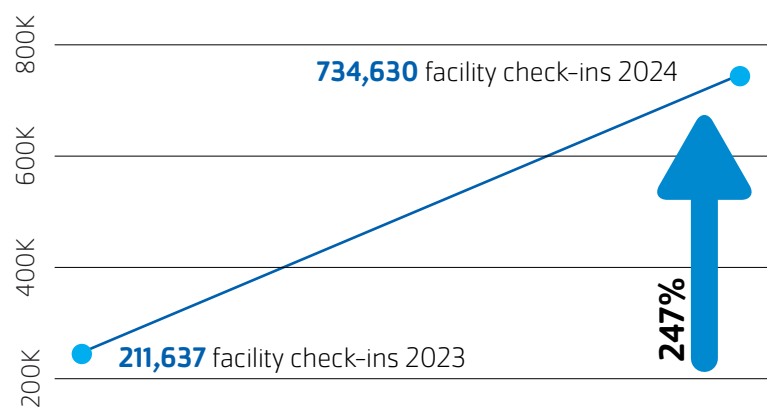
## TRANSFORMING WELLNESS ACCESS

The opening of our new Y has **transformed community access** to health and wellness—making it a **hub for holistic health, connection and lifelong wellness**.

Group fitness participation increased 266% in 2024. With **more than double the amount of studio space, a fully ADA-accessible facility and expanded class offerings**, members of all ages are finding it easier than ever to stay active through group classes.

**Youth fitness programs are thriving**, particularly the Teen Strength Program, which equips young members with lifelong healthy habits by teaching weight lifting techniques and gym etiquette.

**In 2024, annual visits to the Y increased 247%.**



“The way the community has embraced and enjoyed the new and improved Y demonstrates just how important of a resource it is. We look forward to our ongoing partnership with the Y, ensuring healthy, active lifestyle opportunities for all.”

—Jim McGovern, MD  
Chief Hospital Executive, PeaceHealth Oregon Network

**134,630**  
Facility check-ins

**1,767**  
Spots filled in specialty series and workshops

**121,807**  
Miles logged on 13 treadmills

**277**  
Youth completed the Teen Strength Program

**126,629**  
Spots filled in group fitness classes

**3,574**  
Personal Training sessions

### EVIDENCE-BASED HEALTH INITIATIVES

These programs create a bridge between clinical care, health promotion and chronic disease prevention.

**LIVESTRONG® at the YMCA**  
Empowered **47** cancer survivors through physical fitness and group support.

In 2024, LIVESTRONG® at the YMCA expanded 193%

**DIABETES PREVENTION PROGRAM**  
Helped **21** adults at high risk for developing type 2 diabetes adopt and maintain healthy lifestyles in a year-long course.

New offerings

**PEDALING FOR PARKINSON'S**  
*Launched Sept. 2024*  
Improved **14** lives and reduced Parkinson's symptoms through indoor cycling.

**ALZHEIMER'S AWARENESS LECTURE SERIES**  
*Launched Sept. 2024*  
Built caregiving skills and educated **112** people on the latest brain health research.

**5-2-1-0 PROGRAM**  
*Launched Sept. 2024*  
Equipped **38** kids and their families with the tools to embrace a healthy lifestyle in partnership with PeaceHealth.

**DIVIDAT SENSO**  
*Launched July 2024*  
Enhanced physical and mental performance through cognitive-motor training for **237** people.

The PeaceHealth Wellness Center at the new Y covers **14,372 sq. ft.**, a **321% increase** from the former Y's Wellness Center footprint.



U Can Gym provides a community space for people with disabilities to pursue personal fitness.

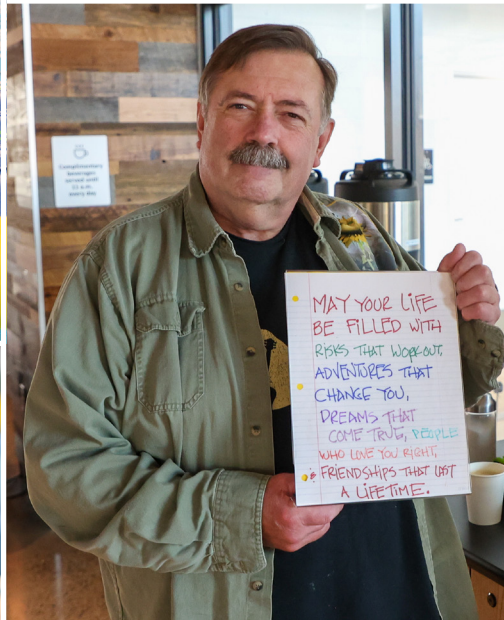
“It truly is an amazing Y that embraces all people. I see smiles in abundance every time I’m at the Y.

—Y member



“You all have given us a space to grow, a space to be strong and a safe place to call ours. I am honored to walk through your doors each day!

—Y member



• MAY YOUR LIFE BE FILLED WITH RISKS THAT WAKE-UP ADVENTURES THAT CHANGE YOU, DREAMS THAT COME TRUE, PEOPLE WHO LOVE YOU RIGHT, FRIENDSHIPS THAT LAST A LIFETIME.

“The Oregon Community Foundation is proud to have supported making the new YMCA facility a reality. This partnership with the YMCA, supported by the generosity of our donors, exemplifies our commitment to initiatives that create lasting, positive impact for all. Our donors’ contributions have been instrumental in bringing this vision to life, ensuring that the YMCA can continue to serve and uplift our community.

—Maylian Pak  
Oregon Community Foundation



“My parents believed in a thriving YMCA for families of all ages. Growing up in this region, I very much enjoyed the fun times at the Y, especially the time playing and learning to swim in the pool. As I grew older, I recognized their deep commitment to the Y as evidenced by my father’s serving as President, and then Co-Chair of the Capital Campaign in the 1950s to build the Y at the Patterson location. Their dedication certainly inspired me to support the vision of the new Y—one that now connects so many people in this community in the same meaningful way as the YMCA did in the past.

—Jon Jaqua  
Son of John and Robin Jaqua, long-time community leaders in Lane County

