

2025 IMPACT REPORT



“LONELINESS AND ISOLATION REPRESENT PROFOUND THREATS TO OUR HEALTH AND WELL-BEING. BUT WE HAVE THE POWER TO RESPOND. BY TAKING SMALL STEPS EVERY DAY TO STRENGTHEN OUR RELATIONSHIPS, AND BY SUPPORTING COMMUNITY EFFORTS TO REBUILD SOCIAL CONNECTION, WE CAN RISE TO MEET THIS MOMENT TOGETHER. WE CAN BUILD LIVES AND COMMUNITIES THAT ARE HEALTHIER AND HAPPIER.”

—*Dr. Vivek Murthy*,
FORMER U.S. SURGEON
GENERAL



March 2, 2026

When we reflect on the past year at the Y, we don't start with charts or statistics—we start with moments.

Moments like neighbors greeting one another in the lobby. A child stepping into the pool for the first time. Older adults lingering over coffee because *connection matters* to health just as much as movement. These are the everyday experiences that make the Y more than a building—they make it a community.

In 2025, our mission came to life in classrooms, camps, gyms, pools, and gathering spaces, some of them far beyond our walls in South Eugene. You'll see the full scope of our impact—and the numbers behind this work—throughout the pages of this report. But we hope you'll also notice the *human side of our story* in these numbers: the relationships built, the confidence gained, and the connections that strengthen our community every day.

Some of the most meaningful outcomes can't be measured: the shared meals, thoughtful conversations, and programs that bring people together to learn, listen, and grow across differences. These moments are at the heart of who we are, and the ones securing *a thriving community* into the future.

2025 also marks a moment we're particularly proud of: Launching the President's Advisory Council, comprised of community members focused on helping our Y enhance our understanding, deepen our relationships, and broaden our impact in the areas of Youth Development, Healthy Living, and Social Responsibility.

Looking ahead, we know *the needs in our community continue to grow* and we cannot possibly address them all without expanding our footprint. The next few years will be pivotal in our efforts to multiply our services and programs in other parts of the county.

Thank you for being a part of this community and this mission, and for taking the next steps with us.

Onward!

Brian Steffen
Chief Executive Officer

Matt Longtin
Board President



FOR 139 years

Established on the University of Oregon campus in 1887, the Eugene YMCA began as a nonprofit at a time before electric lighting and automobiles, in a city of just 2,500 residents.

Those humble beginnings laid the foundation for the Y's mission today: *strengthening a diverse community by building a healthy spirit, mind, and body for all.*

Now, the Y is our community's "third place"...

...THE SPACE PEOPLE TURN TO MOST OFTEN OUTSIDE OF HOME OR WORK/SCHOOL.

Today, the Y is more than a place to build physical strength. It's where people find connection, belonging, and meaningful relationships that support their overall well-being.

26,314

ANNUAL ACTIVE YMCA MEMBERS

911,989

ANNUAL VISITS TO YMCA CAMPUSES

7,552

ANNUAL YMCA PROGRAM PARTICIPANTS

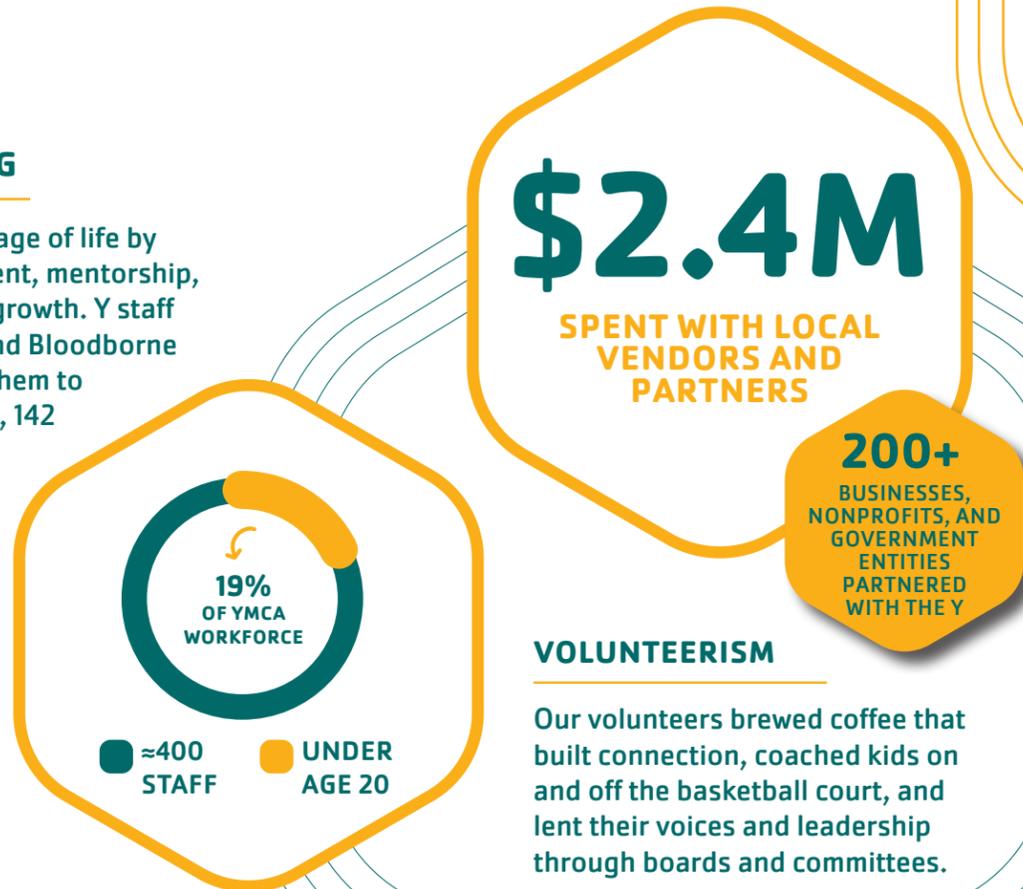
2025 IMPACT SNAPSHOT

OPPORTUNITY STARTS *here*

As a powerful economic driver and community anchor, the Y invests in local businesses, employs and develops staff across generations, *equips team members with lifesaving training, and mobilizes thousands of volunteer hours.* By investing in people, partnerships, and preparedness, the Y strengthens our workforce, supports our local economy, and builds a more connected and resilient community.

WORKFORCE & TRAINING

The Y invests in staff at every stage of life by providing meaningful employment, mentorship, training, and opportunities for growth. Y staff complete CPR, First Aid, AED, and Bloodborne Pathogens training to prepare them to lead with responsibility. In 2025, 142 staff were newly or re-certified.



VOLUNTEERISM

Our volunteers brewed coffee that built connection, coached kids on and off the basketball court, and lent their voices and leadership through boards and committees.



“FROM A BUSINESS PERSPECTIVE, THE Y DELIVERS MEASURABLE VALUE. BY INVESTING HUNDREDS OF THOUSANDS OF DOLLARS LOCALLY, EMPLOYING AND TRAINING HUNDREDS OF STAFF, AND ENGAGING HUNDREDS OF VOLUNTEERS, THE Y DRIVES REAL ECONOMIC ACTIVITY. ITS IMPACT EXTENDS FAR BEYOND HEALTH AND WELLNESS—IT IS AN ESSENTIAL ECONOMIC ENGINE AND COMMUNITY ANCHOR WE CANNOT AFFORD TO OVERLOOK.”

—*Brian Obie*, 2025 First Citizen, President of Obie Industries and highly respected Eugene business leader, civic servant and philanthropist.

\$356,866
Program Support

\$2,573,510
Facility Membership Support



OUR COMMUNITY BENEFIT—through financial assistance, scholarships and discounted access—*removes cost barriers* so families can participate in child care, youth programs and membership at the Y.

That stability helps parents stay in the workforce, supports our community’s youth and keeps household dollars circulating close to home. When access expands, *opportunity expands*—and the ripple effects are felt across our community.



Households received a Y discount last year

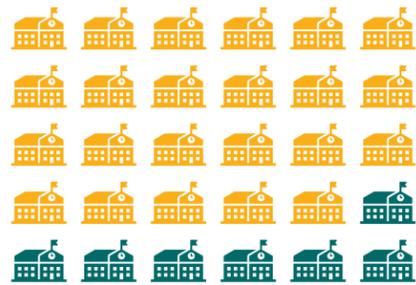
65%
of Y members receive discounted access to programs or services



ACCESS FOR *all*

As opportunities for youth connection among peers have declined, community-based programs are increasingly critical in creating supportive spaces where young people *build relationships, confidence, and a sense of belonging.* Afterschool and summer programs are one of the most effective ways to meet this need where kids already are.

AFTERSCHOOL PROGRAMS



The Y serves 23 elementary schools or *77 percent of elementary schools* in 3 Lane County school districts.

761
AFTERSCHOOL PROGRAM PARTICIPANTS

FOR YOUNG PEOPLE AGES 15 TO 24, TIME SPENT IN PERSON WITH FRIENDS *decreased nearly 70%* OVER TWO DECADES.
—former U.S. Surgeon General's report

THE LARGEST CHILD CARE PROVIDER IN *Lane County*

Our PlayZone and KidZone drop-in spaces provide free, safe, and nurturing environments for children so that parents can focus on their own health and well-being.

Our drop-in teen spaces provide safe, accessible places for young people—*especially middle and high school students who can stop by after school*—to receive nutritious snacks, homework help and enriching STEM and creative experiences.

DROP-IN CHILD CARE
PlayZone and KidZone

39,762
TOTAL CHECK-INS TO THE ZONES

2,227
UNIQUE NUMBER OF YOUTH FROM 6 WEEKS TO 10 YEARS OLD

MIDDLE & HIGH SCHOOL
Creation Station and Corner Hut

15,059
TOTAL CHECK-INS TO TEEN ROOMS

1,340
UNIQUE NUMBER OF MIDDLE AND HIGH SCHOOL VISITORS

FINANCIAL ASSISTANCE

300 ▶▶ **\$323,336**

Almost 300 families received financial assistance for child care and summer camp, totaling \$323,336.

“ACCESS TO HIGH-QUALITY CHILDCARE AND YOUTH PROGRAMS CAN CHANGE THE TRAJECTORY OF A FAMILY'S LIFE. THE YMCA MEETS FAMILIES WHERE THEY ARE—PROVIDING SAFE, AFFORDABLE CARE AND ENRICHING EXPERIENCES THAT HELP YOUNG PEOPLE THRIVE AND GIVE PARENTS PEACE OF MIND. THIS IS ESSENTIAL TO A STRONGER OREGON.”
—*Amy Tykeson*, as a third generation Oregonian and trustee of the Tykeson Family Foundation and Meyer Memorial Trust, she is committed to expanding opportunity for children and families.



SUMMER CAMPS

Last summer, *more than 550 youth* attended summer camps, preventing “summer slide,” the decline in academic skills experienced by children, who can *lose 20 to 30 percent* of their reading and math gains over the summer, particularly young children and those from low-income families.



HEALTHIER *together*

In a time when *only 43.5 percent of U.S. adults* meet recommended physical activity levels and *6 in 10 adults* in Lane County are above a healthy weight range, the need for accessible, community-based wellness opportunities has never been clearer.

The Y responds with diverse options—including cardio and strength training equipment, a year-round indoor track, and group fitness classes that *combine physical activity with social connection*, an important contributor to improved mental health from childhood to adulthood.



Through Itty Bitty programs, *325 children*, ages 3 to 5, discovered movement, creativity, and play.

Itty Bitty activities include cooking and STEM, NinjaZone, and introductory sports like basketball, golf, track and field, T-ball, and soccer.



Youth who are more physically active report *reduced symptoms of anxiety and depression*.

The CDC notes that motor-skill development in early childhood is *directly linked to higher physical activity levels in adolescence*.



“MANY WOULD AGREE, HEALTH IS SHAPED LONG BEFORE SOMEONE WALKS INTO A CLINIC AND LONG AFTER THEY LEAVE. THE Y AND ITS PROGRAMS CONTRIBUTE TO BETTER HEALTH OUTCOMES BY HELPING PEOPLE STAY ACTIVE, CONNECTED, AND ENGAGED.”

—*Kianna Cabuco*,
EXECUTIVE DIRECTOR,
LANE COUNTY MEDICAL SOCIETY

WHILE THE FULL IMPACT OF THE Y’S WORK MAY BE DIFFICULT TO MEASURE, WE SEE ITS EFFECTS EVERY DAY IN STRONGER INDIVIDUALS AND A MORE RESILIENT COMMUNITY.”

4,773
PERSONAL
TRAINING SESSIONS



9,588
GROUP FITNESS
CLASSES



Group-based physical activity provides social support that, in turn, *increases physical activity levels*.



SAFETY BUILT ON *confidence*

Aquatics centers are among the busiest spaces in YMCAs, serving many purposes at once. Teaching children water safety is a top priority, alongside rehabilitation, group fitness and lap swimming.

A vibrant aquatics center is more than a place with pools — it is essential to advancing the Y's mission. These spaces support recovery, prevent drownings and build lifelong health. For many in our community, this type of rehab and water safety instruction isn't accessible elsewhere.



1,735
SWIM LESSON SPOTS FILLED

807
learned water safety skills and took swim lessons at the Y

Youth returned again and again as they progressed



IN OREGON, DROWNING IS:

- The No. 2 cause of death for children ages 0 to 4
- The No. 4 cause of death for ages 5 to 18.

Participation in formal swim lessons is *associated with an 88% reduction in drowning risk* for children ages 1 to 4.



ROOTED IN *community*

120+
ORGANIZATIONS COLLABORATED WITH THE Y

Through innovative programs and community partnerships, we are ensuring that individuals facing physical, cognitive and health-related challenges have equitable opportunities to pursue wellness, find belonging, and thrive.

U CAN GYM



U Can Gym is an adaptive wellness program that supports people of all abilities in *building strength, confidence, and independence* through movement, guided exercise, and a welcoming community environment.

44%
INCREASE IN U CAN GYM DROP-IN PARTICIPANTS

The Y partners with the city of Eugene, 4J School District and nonprofits to provide *access to the Y's specialized equipment* in the pool and the PeaceHealth Wellness Center—ensuring adaptive recreation opportunities for dozens of youth and adults.

ALZHEIMER'S LECTURE SERIES

More than *4 in 5 adults* nationally worry about developing Alzheimer's, and yet *fewer than 1 in 5* say they know a lot about the disease or others that cause dementia. The number of Oregonians with Alzheimer's is expected to *increase by 31 percent* in the next few years, but there are already more than 8,000 people in Lane County living with Alzheimer's.

In partnership with the Y, the Alzheimer's Association of Oregon delivers a free lecture series each month focused on everything from brain health to caregiver advice.



270
ALZHEIMER'S LECTURE REGISTRATIONS

53
PEOPLE WITH CANCER SUPPORTED

36
HOURS OF PERSONALIZED FITNESS TRAINING AND EXPERT INSTRUCTION

132
ON THE WAITLIST AT THE END OF 2025

LIVESTRONG

Through the Y's LIVESTRONG program, 53 people diagnosed with cancer each received personalized fitness training and expert instruction plus a 4-month membership. As of 2025, *the Y offers five 12-week Livestrong programs a year* and launched a new cancer speaker series!

A PLACE TO *belong*



The health and societal *impacts of social isolation and loneliness are a critical public health concern* in light of mounting evidence that millions of Americans lack adequate social connection in one or more ways.



Studies indicate that loneliness and isolation are more widespread than many of the other major health issues of our day and *with comparable levels of risk to health and premature death*, including:



CAUSE OF DEATH FOR U.S. ADULTS

—*Dr. Vivek Murthy,*
FORMER U.S. SURGEON GENERAL

Addressing social isolation doesn't always require complex interventions—*it often starts with accessible, welcoming spaces.*

In response to the U.S. Surgeon General's report on loneliness and social isolation, the Y stepped up. Senior potlucks create intentional time and space for conversation, shared meals and meaningful connection—strengthening relationships and reducing isolation.



21
Y HOSTED
POTLUCKS AND
SOCIAL EVENTS

573
PEOPLE ATTENDED
OUR POTLUCKS AND
SOCIAL EVENTS

Brewing Connection.

Each cup of coffee served at the Y is a simple but intentional investment in gathering people together—creating daily opportunities for conversation, belonging and connection to combat loneliness in our community.



3,305
POUNDS OF
COFFEE



146,889
CUPS OF
COFFEE



\$73,432
INVESTED IN
COMMUNITY
BUILDING