



# BECOME A **SUSTAINER**

YMCA Annual Campaign

## WHY BECOME A Y SUSTAINER?

Y Sustainers help support and strengthen our programs and community work with ongoing monthly gifts that renew automatically. This type of donation allows the YMCA to look beyond the “now” as we strive to improve health outcomes, support education, develop changemakers, and strengthen families in the Capital Area.

## HOW TO BECOME A Y SUSTAINER.

Becoming a Y Sustainer could not be easier. Use the QR code to navigate to the Monthly Giving Page, select your preferred branch, Login or Create an Account, enter your monthly amount, add to cart, and complete checkout. Your gift will be continuous until cancelled.



## SMALL GIFTS. BIG CHANGE

A monthly gift of:

- \$5/month gives a child a week of afterschool care where kids feel safe, supported, and connected.
- \$9/month supports seniors and helps them stay active and prevent chronic disease through YMCA wellness programs.
- \$21/month gets 4 kids in the game by building teamwork, responsibility, and lifelong confidence through Y youth sports.
- \$42/month develops community leaders, and teens gain skills to become the next generation of civic leaders through Youth & Government.
- \$84/month creates confident, safe swimmers and gives 10 children access to life-saving swim lessons that build confidence, teach safety, and skills that last a lifetime.

YMCA of the Capital Area | [ymcabr.org](http://ymcabr.org) | 225-767-9622

A. C. Lewis YMCA  
Americana YMCA  
Charles W. Lamar Jr. YMCA

Dow Westside YMCA  
ExxonMobil YMCA  
Paula G. Manship YMCA/Lamar Tennis Center