



2026 GRANT APPLICANT GUIDE



YMCA MEMBERSHIP



GRANT AT A GLANCE

Grant Type: YMCA Membership Grant

Funding Covers: Free membership for up to four individuals (including the grant recipient) at YMCA of San Diego County locations

Application Window: Open year-round

Decision Timeline: Applicants notified within 30 days of submission

Who Can Apply: Individuals with a permanent physical disability residing in San Diego County



2025-2026 APPLICANT GUIDE

YMCA MEMBERSHIP

GRANT DETAILS & RESTRICTIONS

The grant provides a free YMCA membership valid at YMCA of San Diego County locations. Membership includes the grantee plus up to three immediate family members or caregivers residing in the same household. Memberships are non-transferable and must be used primarily by the grantee. Members must use the YMCA at least four times per year, barring medical or extreme circumstances. YMCA and CAF reserve the right to terminate memberships that do not comply with program guidelines. Recipients are encouraged to attend at least one CAF or affiliated event annually.

SELECTION CRITERIA

Applications are evaluated based on:

- Verification of physical disability
- Demonstrated interest in sports or fitness
- Eligibility to use YMCA locations in San Diego County
- Availability of program spots

FAQ HIGHLIGHTS

Q: Who can be added to my YMCA membership?

A: Up to three additional immediate family members or caregivers living in your household, all 3 years or older.

Q: Can I transfer my membership to someone else?

A: No, memberships are non-transferable.

Q: What if I don't meet the minimum usage requirement?

A: Membership status will be reviewed after one year. Medical or extreme circumstances are considered.

ELIGIBILITY REQUIREMENTS

- Must have a permanent physical disability that impacts mobility, balance, coordination, or limb function
- Memberships are intended primarily for the recipient (grantee)
- Up to three additional members allowed per membership; all must be immediate family members or caregivers residing in the same household as the grantee
- All members must be 3 years or older at time of application submission

TIMELINE

- Application window: Open year-round
- Review period: Monthly
- Award notifications: Within 30 days of submission



APPLICATION CHECKLIST

BEFORE APPLYING, HAVE THESE READY:

- Medical verification documentation
- Personal statement about your interest in fitness or sport (optional but recommended)

CONTACT

For questions or support:

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