

the



**ANNUAL  
REPORT  
2023-2024**

**MISSOURI VALLEY  
FAMILY YMCA**

# We Are Your Y

For over 50 years, the Missouri Valley Family YMCA has been a pillar of the Bismarck–Mandan community, offering a safe and inclusive environment where people of all ages can grow in spirit, mind, and body. As our community evolves, so does the Y, adapting to meet the ever-changing health and wellness needs of the youth, seniors, and families we proudly serve. Every year, thousands of individuals walk through our doors, and thanks to the dedication of our board, staff, members, donors, and participants, we provide hundreds of programs and services that help build a stronger, healthier, and happier community where everyone can thrive.

## THE Y's MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## THE Y's CORE VALUES

- CARING—show sincere concern for others
- HONESTY—be truthful in what you say and do
- RESPECT—treat each other as we all would like to be treated
- RESPONSIBILITY—be accountable for your promises and actions

## THE Y's PURPOSE

We strengthen community by connecting all people to their potential, purpose and each other to deliver impact in three areas:

- YOUTH DEVELOPMENT—empowering young people to reach their full potential
- HEALTHY LIVING—improving individual and community well-being
- SOCIAL RESPONSIBILITY—providing support and inspiring action in our communities



# A Word from our Executive Director and our Board President

Your YMCA is a welcoming space for all, where people can improve their health, build confidence, reduce stress, strengthen family bonds, and connect with others at every stage of life. We aim to be a place where individuals experience a sense of belonging, achieve personal goals, and form meaningful relationships. Our mission is to empower others to grow, and through our programs and services, we inspire people to unlock their potential, nurture well-being, and foster healthy living. By promoting youth development, igniting positivity, and creating a sense of purpose, our impact reaches far beyond our walls, as we work every day to strengthen our community.

Your YMCA is always seeking new ways to engage families, enhance community wellness, and improve the member experience. At the time of this annual report, we've successfully completed the second year of our three-year strategic plan, "Moving Forward for a Stronger Community." This balanced approach focuses on innovation, growth, and quality, reinforcing our commitment to our members, staff, and community, as well as to sound fiscal responsibility. We promise to continue serving responsibly, respectfully, and reliably. We are your Y, and with your support, we will remain leaders in our community and the most recognized symbol of health and wellness for all.

Bill Bauman  
YMCA Executive Director/CEO

Jon Godfread  
YMCA Board of Directors President



# Year in Review

## Healthy Living

At the YMCA, we are committed to helping youth, seniors, and families reach their full potential. We understand that building healthy habits and maintaining an active lifestyle are essential to the well-being of both our members and the broader community. Through innovative and inspiring programs, we keep our members motivated, engaged, and dedicated to their personal fitness journeys. Some of our exceptional community health and wellness opportunities include:

- Hundreds of free group fitness classes each month with formats like BodyPump, Tibata Circuit, Gentle Yoga and much more
- A vast Life Center utilized daily by thousands of members who enjoy hundreds of stations of cardio, free weight and strength machines
- Clean, safe and accessible gyms and pools where members develop healthy habits and live a more active lifestyle
- New group and personal training opportunities, including programs to engage young people in safe and effective exercise
- YMCA360 virtual programming access where members receive workouts, recipes, healthy living information, youth and family programming, wellness education and much more
- Programming tailored to keeping older adults active, providing educational opportunities and creating connection to community

## Youth Development

Your YMCA is committed to nurturing respectful, responsible, and caring young people today to help shape healthier, happier adults for tomorrow. By providing a safe and accessible environment, we aim to support and empower youth, laying the foundation for stronger communities. Our youth programs and services focus on several key areas, including:

- Fostering the full potential of young people by building trust, instilling the values of respect and responsibility, and developing character
- A wide variety of recreational and competitive youth sports programs that offer outstanding opportunities for all ages, abilities and levels of skill
- Leading our community in providing life saving water safety and swim skills to area children through innovative instruction and programming
- The new indoor Learn and Grow Family Play Center for access to exciting year round imaginative activity
- New outdoor play equipment and indoor learn and grow materials added to YDC amenities
- Flood recovery throughout our Youth Development Center including new flooring, furnishings, walls/paint, educational materials and teaching equipment in all main location classrooms
- Serving over 400 children/families each day with trusted, quality, affordable Infant/Toddler/Preschool Child Care and Early Education which remain critical needs and priorities for our community and our workforce





# Year in Review

## Social Responsibility

Thanks to ongoing fundraising and development initiatives within our community, your YMCA is able to sustain and expand critical health and wellness services that benefit youth, seniors, and families in our area. These efforts allow us to offer a range of impactful programs designed to meet the diverse needs of those we serve. Notable program highlights include:

- A variety of volunteer opportunities for members, participants and the community
- Specialty programs designed to support people living with chronic illness including Livestrong at the YMCA, MStrong! Multiple Sclerosis Wellness and Parkinson's Wellness
- Financial assistance to create access and remove barriers for child care, early childhood education and summer camp experiences for children
- Enriching the lives of young people with sports scholarships and the Safety Around Water program
- Community wide activities and events focused on independent living and better quality of life for older adults
- Membership financial assistance to ensure access for youth, seniors and families in need
- Continuation of the official Strong Kids Challenge providing healthy living opportunities and new shoes to children at Myhre Elementary School
- Efforts to sustain operations with focused and dedicated work in public policy and advocacy

## Our Y

This past year has brought a series of exciting facility improvements and program updates to your YMCA. These enhancements are designed to enrich the experience of our members and provide even greater opportunities for health, wellness, and community engagement. We're thrilled to share some of the exciting new features now available for our members to enjoy, including:

- Growth in usage of the YMCA360 app for improved communication and increased engagement in virtual programming
- Completed LED lighting project for greater energy efficiency, providing better illumination of program spaces, offices and locker rooms, enhancing security for our members
- Finalized closed circuit security camera installation throughout the facility for increased safety
- Ongoing facility improvements including locker rooms, pools and gyms
- Full fitness studio sound system upgrades, and Life Center space and equipment updates including new strength machines
- Opening of the brand new indoor Learn and Grow Family Play Center
- Extensive repair to the Y Gym roof and installation of a new HVAC system
- Strong, sustainable growth in program enrollment, membership and facility usage

## Our Community

- Family Wellness in Mandan, in partnership with Sanford Health, continues to grow and offers unique and exciting wellness programs including Active As We Age, Youth Fitness and Rocksteady Boxing, and an expansive Wellness Center dedicated to creating a healthy living community.
- YDC North supports hundreds of working families in our community, by providing exceptional early childhood education programs for infants, toddlers and preschool age children, in partnership with Sanford Health, CHI St. Alexius and Basin Electric Power Cooperative.
- Your YMCA has been honored to host exciting and enriching community events, including National Senior Health and Fitness Day, Breakfast with the Easter Bunny, Sweets with Santa, Haunted Halloween Party, Youth Triathlon and The Basket Ball Fundraiser.

# By the Numbers



**24,030** Total Members  
Association

**17,913** Total Members  
YMCA

**5,070** Youth Sports & Swim  
Program Participants

**75%** Membership Retention  
Rate

**554** Children in Infant/Toddler/  
Preschool Care

**1,616** Senior Wellness  
Program Participants

**514** Children in School Age  
Programs

**5,186** Adult Health & Fitness  
Program Participants

**331** Part Time Employees

**116** Full Time Employees

**4778** Y for All Community  
Program Participants

**3** Program Locations

# Y for All Programs

Creating a Stronger, Healthier, Happier  
Community by Giving Back



137

Received Childcare &  
Camp Scholarships

267

Youth Development  
Pass Members

4

Youth Program  
Scholarship Recipients

1,303

Completed Safety  
Around Water

38

Primetime Wellness  
Members

29

Completed  
Adaptive Swim

29

Joined Livestrong  
at the YMCA

24

Participated in  
Parkinson's Wellness

12

Participated in  
MStrong

38

Completed  
Strong Kids Challenge

835

Community Support  
Organization Memberships

1,686

Received Membership  
Financial Assistance

4,778

Individuals/Families  
Served

\$409,807

Funds  
Distributed

Your Y is here to ensure everyone has the opportunity to participate in health and wellness programs, regardless of their beliefs, background or financial status. We work to provide opportunities that are customized to the needs of our community, and free or reduced to individuals and families, offering a place to belong to all our friends and neighbors. Through our annual fundraising efforts, we bring programs and services that build a stronger, safer, better community.







# Y for All Supporters

Our Y for All Community Programs are made possible by the generous gifts of and continued contributions by area individuals, organizations and businesses. Thank you to our donors for their support of the health and wellness of the youth, seniors and families we serve!

- 2023-2024 Fundraising Events:**
- Strong Kids Week
  - Haunted Halloween Party
  - Y Game Night with the Larks
  - Sweets with Santa
  - Youth Triathlon
  - Breakfast with the Bunny
  - The Basket Ball

## CHAIRPERSON'S ROUNDTABLE DONORS \$1,000+

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"><li>• In Memory Of Thomas Spagnolia</li><li>• Lisa Kudelka, Jesse &amp; Jenny Hanson</li><li>• Jack &amp; Connie McDonald</li><li>• Curt &amp; Bev Ann Walth</li><li>• Bismarck Larks</li><li>• Cornerstone Bank</li><li>• Dakota Eye Institute</li><li>• First International Bank &amp; Trust</li><li>• Starion Bank</li><li>• Associated Pool Builders, Inc.</li><li>• Fetzer Electric</li><li>• Mark Foss &amp; Sharon Eckert</li><li>• Twin City Roofing</li><li>• Community Options</li><li>• Lynn &amp; Carol Beiswanger</li><li>• Susan &amp; Tim Sisk</li><li>• Bismarck Public School Employees</li><li>• Northern Plains Plumbing &amp; Heating, Inc.</li><li>• Pepsi Co.</li><li>• Brave the Shave</li><li>• Richard &amp; Elizabeth Gross</li><li>• Bro Halff</li><li>• Strong Kids Week</li><li>• Mark &amp; Kim Geiger</li><li>• Mylapanahalli Sanathanamurthy</li></ul> | <ul style="list-style-type: none"><li>• American Family Insurance-Terry J Kraft Agency Inc.</li><li>• Aramark Uniform Services</li><li>• Bartlett &amp; West</li><li>• BEK Communications</li><li>• Bell Bank Wealth Management</li><li>• Bill Bauman</li><li>• Bismarck Cancer Center</li><li>• Bob &amp; Lorie Pope</li><li>• Brad &amp; Kerry Ann Thompson</li><li>• Bravera Bank</li><li>• Bryan Klipfel &amp; Katy Schoen</li><li>• Charlie Miller</li><li>• CHI St. Alexius Health</li><li>• Choice Insurance</li><li>• Chuck &amp; Carol Iten</li><li>• Dale Pahlke</li><li>• Dave &amp; Pat Goodin</li><li>• Don &amp; Phyllis Kerr</li><li>• EAPC Architects Engineers</li><li>• Farmers Union Insurance</li><li>• Garret Senger</li><li>• Gerald Willer</li><li>• HIT, Inc.</li><li>• Jack &amp; Kristi Paris</li><li>• Jame &amp; Jo Ann Todd</li><li>• Janelle &amp; Tom Gunderson</li><li>• Jason &amp; Christy Steffenhagen</li></ul> | <ul style="list-style-type: none"><li>• Jeff &amp; Jenny Ellingson</li><li>• Jerome Distributing</li><li>• Joe Hill</li><li>• Joel Bird &amp; Dave Schlafman Legacy Financial</li><li>• John Mongeon</li><li>• KLJ Engineering LLC</li><li>• Kyle &amp; Kristine Melby</li><li>• Lance Schreiner</li><li>• Larry Boschee &amp; Julie Buechler Boschee</li><li>• Lindtech Services, Inc.</li><li>• Mann Signs Inc.</li><li>• McQuade Charity Softball Tournament</li><li>• MDU Resources Foundation</li><li>• Myron L. &amp; Judy J. Pfeifle</li><li>• NRG Technology Services</li><li>• Pete &amp; Jane White</li><li>• Petro-Hunt, LLC</li><li>• Platinum Photography</li><li>• Puklich Chevrolet, Inc.</li><li>• Randy &amp; Susan Hansen</li><li>• Raymond James (Robin Schaner)</li><li>• Scheels</li><li>• Schwan Buick GMC Cadillac</li><li>• Specialized Cleaning &amp; Restoration Inc.</li><li>• Tim &amp; Stacy Olson</li><li>• Tonya &amp; Shane Holmstrom</li><li>• Wheeler Wolf Law Firm</li></ul> |
|--|---|---|



#### FRIENDS OF YOUTH - \$500-\$999

- Advanced Business Methods
- Arnold & Sigrid Strebe
- Bill & Becky Marion
- BNI Energy
- Brenda Nagel
- Capital Credit Union
- Capital Credit Union Employees
- Coyote Creek Mining Company
- Crowley Fleck PLLP Attorneys
- Dan & Mary Kuntz
- Gate City Bank
- George & Cheryl Mizell
- James & Charlotte Hill
- Jason Dockter
- Jim & Karen Tyler
- Mandan Moose Lodge #425
- Myron L. & Judy J. Pfeifle
- North American Coal- Falkirk Mining Company
- Paul & Colette Sukut
- Randall & Shannon Bakke
- Randy & Shelley Traynor
- Rob Montgomery
- Scott & Tracy Wegner
- Terry & Barb Blinsky
- The Coteau Properties Company
- Wayne & Terry Beutler
- Wayne Beutler
- Western ND Charity Pro-Am
- WSI- Servant Leadership Ambassadors
- First International Bank & Trust Employees
- Cornerstone Bank Employees
- Monte L Serr
- Tom & Mary Woodmansee
- Bismarck Larks
- Raquel Nachatilo
- Vern & Joyce Welder
- Kirkwood Bank & Trust Employees

#### PATRON - \$250-\$499

- Bernard & Cheryl Bailey
- Bismarck Kiwanis Club
- Bruce & Frances Hovland
- Bruce & Karin Haskell
- Cory & Cecily Fong
- Craig & Cindy DeGree
- D&E Supply, Inc.
- Dakota Community Bank & Trust
- Dr. Steven & Donna Hamar
- Eric & Karla Aldinger
- Goebel Pediatric Dentistry
- Joel & Kristy Stugelmeyer
- John Warford
- Jonus & Tera Elston
- Mike & Ashley Ross
- NISC
- Richard Hacker
- Russ Hanson
- Steven & Kelsey Zottnick
- Thomas & Sandra Deis
- Tim & Eve Hennessy
- Tracy & Jane Porter
- Traffic Safety Services, Inc.
- Kamie Miller
- Michele Seadeek
- Bismarck Public School Employees
- Brent & Kaara Kleijnan
- Brian Marquardt
- Bryan & Julie Hinsz
- Craig Keller
- Jennifer Bandy
- Julie Nachatilo
- Linda Larson
- Morgan & Donna Doll
- Shelly Roth
- Bismarck Marathon
- Wally & Cynthia Goulet
- Anonymous Anonymous
- Cottingham Insurance
- James McGurren
- North Dakota Petroleum Foundation
- Greg & Shelly Gunderson
- Lux Wealth Advisors
- Schmitz-Holmstrom CPA's/ Point CPA
- Gail Hagerty
- Lawrence & Rita Klemin

#### CENTURY - \$100-\$249

- Al & Linda Kunick
- Amber Rae Bernhardt
- Barton's Bus & Auto Sales
- Bob Graveline
- Boulevard Laundromat LLC
- Brenda Bulawa
- Brian & Kim Ritter
- Callie Iglehart
- Cedric Theel Toyota
- Charles Bosch
- Dan & Jenni White
- Diane Rath
- Gerald & Aileen Fay Behm Charitable Fund
- James & Shelley Porter
- Jason Jahner & Mikayla Jablonski Jahner
- Jason Larson
- Jon & Amanda Godfread
- Kathryn & Efosa Ede-Imafidon
- Kenneth & Kathryn Lien
- Linda Tonolli
- Lori Sperling
- Lynda Tschider
- Mark & Sharon Olson
- Mary Kay Keller Ralston
- Mavis Heinz
- Megan Martin
- Mindy Garland-Sayler
- Morgan & Donna Doll
- Polished Dental
- Ralph & Marcia Kilzer
- Ronald & Sue Nichols
- Samantha Lachenmeier
- Sara & Craig Turner
- ShayLynn Kadrmas
- Shayne & Marnie Walth
- Tammy Wheeler
- University of Mary
- VanVechten Crane
- Zac Smith & Joanna Drennen
- Andrew Kalonick
- Jeanne Prom
- Roberta Modin
- Duane Roth
- Lisa Atkinson
- Megan Johnson
- Stacey Geiger
- Taco Del Mar
- Wally & Cynthia Goulet
- Dustin & Rachael Ketterling
- Bartlett & West Employees
- Cathy Watkins
- Gretchen & Steven Bitz
- Jay Feil
- Joe & Kathy Ibach
- Pat & Liz Ward
- Sara Kelsch
- Wayne & Lorraine Mattern
- Kurt & Theresa Schmidt
- Scott & Cindy Weigum
- Christi & Brian Schaeftbauer



## FRIENDS OF THE YMCA – \$1–\$99

- Brianna Weisbeck
- Sarah Walch-Wosepka
- Brielle Sargent
- Ella Rica Maranan
- Kaylyn Christopherson
- Brandon Baggenstoss
- Lawrence & Rita Klemin
- Keith & Diane Grotewold
- Schmitz-Holmstrom CPA's/  
Point CPA
- Dustin Ketterling
- Melissa Hvidsten
- Carol Cashman
- Donald & Leona Hertz
- Dorothy & Brad Lick
- In Memory of Ben Sitte
- In Memory of Renee Hoffman  
Walker
- James Goalder
- Jason Lawson
- Justin & Nicole Davy
- Letter the Lawn
- Matthew & Lacie Baumgartner
- Scott & Dana Hager
- William & Mary Kelsch
- Alexis Reneker
- Barb & Bruce Evanson
- Bev Cross
- Brandy Peterson
- Brenda Stone
- Brianna Baird
- Camrynn Parker
- Chuck & Cindy Ruppert
- Clare & Lisa Carlson
- Cole Lafferty
- Dana Turcotte
- Danielle Deibert
- Doris Falconer
- Elizabeth Peterson
- Ellen Dietz
- Gilstad, Tammy
- Grace Buckeye
- Jacob Pitcher
- Jacqueline Ritz
- Jen Jablonski
- Jennifer Keller
- Jodie Stewart-Karolewics
- Joyce Foss
- Julie Stavn
- Kara Colon
- Kassandra Tobin
- Kellie Fonte
- Kelly Allen
- Kevin Kerr
- Lacey Wicker
- Madelyn Klee
- Mandy Schaaf
- Mary Schwab
- McKaela Halvorson
- Natalie Edwards
- Olivia Heintz
- Pamela Lill
- Parker Doll
- Scott & Dana Hager
- Sean & Amy Cleary
- Vicky Kuglitsch-Mathieu
- Zena Zuther
- Carole Watrel
- Matthew & Lacie Baumgartner
- Cheyenne Leis
- In Memory of Ben Sitte
- Peggy Kopp
- Justin & Kelly Thomas
- Tonya & Shane Holmstrom
- Jillian Lagasse



# Board & Staff

We are forever in service to our community because of the hard work and dedication of our Board of Directors, Board of Trustees and Leadership Team, to whom we are forever grateful!

## BOARD OF DIRECTORS

- Sean Cleary
- Angie Engelhardt
- Stacey Geiger
- Jon Godfread President
- Russ Hanson
- Tonya Holmstrom Past President
- Mikayla Jablonski Jahner
- Sara Kelsch
- Dustin Ketterling
- Jillian Lagasse
- Kristine Melby
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- Kurt Schmidt
- Zac Smith
- Arnie Strebe Secretary
- Joel Stugelmeyer
- Justin Thomas
- Stacey Thomas
- Brad Thompson Vice President
- Jame Todd Treasurer
- Jim Tyler
- Dan White
- Steve Zottnick

## BOARD OF TRUSTEES

- Eric Aldinger
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- Mark Foss
- Ernie Godfread
- Dave Goodin
- Wally Goulet Past Chair
- Tom Gunderson
- Randy Hansen
- Bruce Haskell
- Tim Hennessy
- Jim Hill Past Chair
- D'Arcy Honeycutt
- Bryan Klipfel
- Lisa Kudelka
- Daniel Kuntz
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- Jack McDonald
- John Mongeon
- Myron Pfeifle
- Susan Sisk Vice Chair
- Sean Smith
- Amber Smith-Heinert
- Paul Sukut
- Curt Walth
- Patrick Ward
- John Warford



## LEADERSHIP TEAM

- Bill Bauman – Executive Director
- Tim Olson – Operations Director
- Brian Marquardt – Facilities Director
- Morgan Doll – Finance Director
- Raquel Nachatilo – Human Resources Director
- Taija Bohn – Family Wellness Director
- Mindy Garland-Sayler – YDC Director
- Amber Rae Bernhardt – Marketing & Annual Support Campaign Director
- Alyssa Yantzer – YDC Site Director
- Lisa Atkinson – YDC North Site Director
- Dani Deibert – YDC Mandan Site Director
- Michele Seadeek – Membership Director
- Kara Colon – Healthy Living Director
- McKaela Halvorson – Group Fitness Director
- Julie Korkowski – Family Wellness Healthy Living Director
- Cole Lafferty – Sports Director
- Grace Buckeye – Executive Administrative Coordinator

We are proud to celebrate 7 years of success as one of the 50 Best Places to Work in the region through Prairie Business Magazine!

We would also like to recognize this year's milestone service awards for our dedicated employees. Thank you for your continued service to your Y!

### 5 Years

- Caleb Dockter, Sports
- Nathaniel Parker, Transportation
- Tara Hill, Personal Training
- Natalie Edwards, YDC North
- Tiffany Gartner, YDC
- Kara Colon, Life Center
- Christine Elzenga, Group Fitness
- Shaylynn Kadrmas, YDC
- Megan Martin, Group Fitness
- Dale Palmer, Family Wellness Housekeeping
- Sara Richter, Family Wellness Child Watch
- Lynn Beiswanger, Group Fitness
- Tyler Scherr, Sports
- Nicholas Jessen, Family Wellness Wellness Center
- Jayme Schwartz, Group Fitness

### 10 Years

- Brianna Myers, YDC
- Mark Kamphuis, Group Fitness & Transportation
- Brianna Weisbeck, Group Fitness
- Cole Lafferty, Sports
- Beverly Cross, Life Center

### 15 Years

- Jennifer Bandy, Group Fitness

### 25 Years

- Scott Wick, Housekeeping
- Jason Larson, Member Services

### 30 Years

- Ellen Dietz, YDC







**THANK  
YOU!**



**MISSOURI VALLEY  
FAMILY YMCA**