



2024-2025

ANNUAL  
REPORT

MISSOURI VALLEY FAMILY YMCA



# WE ARE YOUR Y

For more than fifty years, your Missouri Valley Family YMCA has stood at the heart of Bismarck-Mandan; a trusted place where all generations come together to grow in spirit, mind, and body. Just as our community has changed, so too has the Y, continually evolving to meet the health and wellness needs of youth, seniors, and families. Each year, thousands of people find connection, encouragement, and opportunity within our doors. With the unwavering support of our board, staff, members, donors, and participants, we deliver hundreds of programs and services that strengthen lives and help create a healthier, happier community for all.

## 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 more than a building. It's a place where everyone belongs. Here, people of all ages and backgrounds come to improve their health, build confidence, strengthen family connections, reduce stress, and find support at every stage of life. We are proud to be a community where individuals not only set and achieve personal goals but also form meaningful relationships that last a lifetime.

Our mission is simple yet powerful: to empower growth. Through programs and services that inspire potential, nurture well-being, and promote healthy living, the Y sparks positive change. By encouraging youth development, igniting joy and resilience, and creating a strong sense of purpose, our reach extends far beyond our walls, we are helping to strengthen the very fabric of our community.

This year marked the successful completion of the final year of our three-year strategic plan, Moving Forward for a Stronger Community. With a focus on innovation, growth, and quality, this roadmap has ensured we continued to evolve, always keeping our members, staff, and neighbors at the heart of what we do. Grounded in responsibility, respect, and reliability, your YMCA remains committed to serving with excellence.

With your support, we will continue to be leaders in health and wellness and the trusted symbol of community strength and belonging for all.

Bill Bauman  
YMCA Executive Director/CEO

Christi Schaeftbauer  
YMCA Board of Directors President

# YEAR IN REVIEW

## YOUTH DEVELOPMENT

At the YMCA Youth Development Center, our mission has always been to provide a safe, nurturing, and high-quality learning environment where children can thrive. This year, we made several exciting improvements to strengthen our programs and enhance the experience for children and families:

- New Classroom Furniture & Learning Materials – Updated with developmentally appropriate furniture and engaging resources to enrich daily learning.
- New Flooring – Fresh, durable flooring installed to improve cleanliness, safety, and comfort.
- Upgraded Outdoor Play Structures – Refreshed spaces with new play equipment, seating, and activity areas that promote movement and exploration.
- Staff Investments – Expanded professional development, training, and fair compensation to support and retain our dedicated educators.

Looking ahead, we remain committed to sustaining these improvements and maintaining the highest standards of early childhood education and care. Beginning September 1, 2025, a tuition adjustment will help ensure:

- Continued investment in our team
- Ongoing facility upgrades and maintenance
- Quality educational materials and programming



# YEAR IN REVIEW

## HEALTHY LIVING

At the Y, we're committed to providing high-quality wellness spaces, programs, and experiences that help our members live stronger, healthier lives. In 2025, we made major improvements to our facilities, equipment, and systems to better serve you:

- Facility Enhancements – New lockers, fresh paint, stainless steel finishes for durability, remodeled Men's Fitness Locker Room hot tub area and improved layouts for more space, added air conditioning in the Family Play Center, improved security with new cameras, resurfaced flooring and stairs, and launched a new YMCA website.
- Life Center Enhancements – Expanded the Hammer Strength line with 9 new pieces, updated cable stations with new attachments, and added specialty equipment (hack squat, glute drive, belt squat, smith machine, XL hex bar, EZ curl bar.)
- Fitness Studio Enhancements – Added new Smart Bands and sound systems in all six studios, upgraded Coach by Color system with enhanced ride videos and gamified options, equipped more hand weights/dumbbells, yoga mats and new resistance bands.
- Aquatics Enhancements – Updated guard tubes and covers, upgraded swim lesson toys, new lap clock in the Family Splash Center, and Backstroke Flags installed in Kerr Pool.
- System & Program Innovations – Replaced "3 for \$70" with the Kick Start Program, launched Hybrid Personal Training, added Parent/Child adaptive swim, Yin/Nidra yoga, and Les Mills Mixers, and celebrated the success of Cardio Across ND and Swim the Missouri River.



# YEAR IN REVIEW

## SOCIAL RESPONSIBILITY

At the Y, we believe in the power of partnerships to strengthen community connections, support lifelong wellness, and expand access to vital resources. This year, we were proud to grow meaningful collaborations that enrich the lives of older adults and those managing chronic conditions:

- Alzheimer's Association Partnership – Hosted quarterly education sessions at the YMCA, providing older active adults with tools, resources, and knowledge to foster independence, build community, and support cognitive health.
- University of Mary School of Health Sciences Partnership – Created unique opportunities where students gain hands-on training while participants in Parkinson's Wellness and LIVESTRONG® at the YMCA benefit from expert guidance, intergenerational engagement, and personalized support.
- Expanding Program Access – Due to high demand, we to offer a variety of sessions of both Parkinson's Wellness and LIVESTRONG® to ensure that everyone who needs these programs has the opportunity to improve quality of life, strength, and overall well-being.





# OUR COMMUNITY

- Family Wellness in Mandan, in partnership with Sanford Health, continues to grow and thrive, offering a wide array of unique and engaging wellness programs designed for every stage of life. From Active As We Age to Youth Fitness and Rocksteady Boxing, our programs are thoughtfully designed to help participants build strength, confidence, and lifelong healthy habits. Our expansive Wellness Center serves as a vibrant hub for the community, a welcoming space where individuals and families can come together to move, connect, and support one another on their wellness journeys. Affordable, accessible, and community-focused, Family Wellness empowers youth, seniors, and families alike to live stronger, healthier lives.
- YDC North plays a critical role in supporting hundreds of working families in our area, offering 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, YDC North creates a safe, nurturing, and stimulating environment where young children can learn, grow, and thrive, setting the foundation for a lifetime of success.
- Your YMCA is proud to host exciting and enriching community events that bring people together, spark joy, and foster connection. Highlights from the past year include National Senior Health and Fitness Day, Breakfast with the Easter Bunny, Sweets with Santa, Haunted Halloween Party, and the Youth Triathlon, all designed to strengthen community bonds while promoting health, wellness, and fun for participants of all ages.

# BY THE NUMBERS

The impact of your YMCA in the Bismarck Mandan community.



**25,209** Total Members Association

**75.16%** Membership Retention Rate

**7,615** Adult Health & Fitness Program Participants

**2,279** Senior Wellness Program Participants

**492** Children in School Age Programs

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

**5,099** Youth Enrichment Program Participants

**346** Part Time Employees

**109** Full Time Employees

**5,119** Y for All Community Program Participants

**3** Program Locations



# Y FOR ALL

Health and wellness programs  
and services supporting  
youth, seniors, and families  
in our community.



123

Received Childcare &  
Camp Scholarships

235

Youth Development  
Pass Members

38

Completed  
Strong Kids Challenge

3

Youth Sports  
Scholarship Recipients

19

Completed Adaptive  
Swim

1,398

Completed Safety  
Around Water

35

Participated in  
Parkinson's Wellness

42

Joined Livestrong  
at the YMCA

61

Foreverwell Members

1,652

Received Membership  
Financial Assistance

1,513

Community Support  
Organization  
Memberships

5,119

Individuals/Families  
Served

\$443,906

Funds  
Distributed



The Y is for Everyone: No matter your background, beliefs or financial situation, your Y offers affordable, accessible programs, and a place to belong. Through our Annual Support Campaign, we provide free and reduced-cost opportunities that strengthen health, foster connections, and create 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!

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

- American Family Insurance- Terry J Kraft Agency Inc.
- Associated Pool Builders, Inc.
- Bartlett & West
- Basin Electric Power Cooperative
- BEK Communications
- Bell Bank Wealth Management
- Bill & Lisa Bauman
- Bismarck Cancer Center
- Bismarck Larks
- Bismarck Marathon
- Bismarck Moose Lodge #302
- Bismarck Public School Employees
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- Jack & Connie McDonald
- Jack & Kristi Paris
- Jame & Jo Ann Todd
- James Gemmel
- Joe Hill
- John & Barb Dwyer



# Y FOR ALL SUPPORTERS

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

- John Mongeon
- Karen & Richard Espeland
- KAT Marketing
- Kirkwood Bank & Trust
- KLJ Engineering LLC
- Kyle & Kristine Melby
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- MDU Resources Group
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- Vern & Joyce Welder
- Veterans of Foreign Wars 1326
- Vivian Rickertt
- Zoe & Peter Manstrom



# Y FOR ALL SUPPORTERS

## HERITAGE CLUB MEMBERS

- Randy & Shannon Bakke
- Elizabeth Byrne
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- William & Marietta Ekberg
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- Jim & Shari Schlosser
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- John Watkins
- Sybil Wezelman
- Bonnie & Woody Wilson
- Tom & Karen Zimmerman

We are deeply grateful to our Heritage Club members for their generosity and commitment to building a healthier, stronger community. Through their lasting support, they've created a legacy that ensures youth, families, and seniors will thrive for generations to come.



# Y FOR ALL SUPPORTERS

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

- Arnold & Sigrid Strebe
- Bill & Becky Marion
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- Coyote Creek Mining Company
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- Cornerstone Bank Employees
- Dan & Mary Kuntz
- Michael Parker
- Monte L Serr
- Tom & Mary Woodmansee
- Josh & Raquel Nachatilo
- Wally & Cynthia Goulet



# Y FOR ALL SUPPORTERS

## PATRONS \$250-\$499

- Bernard & Cheryl Bailey
- Bismarck Kiwanis Club
- Bismarck-Mandan Elks Lodge 1199
- Bruce & Karin Haskell
- Cory & Cecily Fong
- Craig & Cindy DeGree
- D&E Supply, Inc.
- Dakota Community Bank & Trust
- Dr. Steven Hamar
- Dustin & Rachael Ketterling
- Eric & Karla Aldinger
- Goebel Pediatric Dentistry
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- Lux Wealth Advisors
- ND Association of Rural Electric Cooperatives
- Richard Hacker
- Thomas & Sandra Deis
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- Tracy & Jane Porter
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- Bryan & Julie Hinsz
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- Daniel Companies
- Faith Mori
- Gail Hagerty
- Jeff & Jenny Ellingson
- Neal & Shelly Roth
- James McGurren
- North Dakota Petroleum Foundation
- Greg & Shelly Gunderson
- The Planning Team Financial Advisors & Staff

# Y FOR ALL SUPPORTERS

## CENTURY \$100-\$249

- Al & Linda Kunick
- Al Jaeger
- Allen Koppy
- Amber Rae & Tommy C
- Barton's Bus & Auto Sales
- Bob Graveline
- Brad & Dorothy Lick
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- Carole Watrel
- Cathy Watkins
- Chuck Bosch
- EAPC Architects Engineers
- Chad & Erin Oban
- Gerald & Aileen Fay Behm Charitable Fund
- Grace Buckeye
- HDR Engineering, Inc.
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- Jason & Christy Steffenhagen
- Jason & Deanna Larson
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- Jon Hunke
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- Megan Martin
- Michelle Walker
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- Morgan Hayden
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- Peggy Kopp
- Polished Dental
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- Shayne & Marnie Walth
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- Thomas & Stacie Wade
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- Zac Smith
- Claudina Ferderer
- Jeanne Prom
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- Joel & Kristy Stugelmeyer
- Kara Colon
- Owen & Lisa Atkinson
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- Joe & Kathy Ibach
- Pat & Liz Ward
- Wayne & Lorraine Mattern
- Cash Wise Foods
- Chad & Marcella Hasche
- Scott & Cindy Weigum



# Y FOR ALL SUPPORTERS

## FRIENDS OF THE YMCA \$1-\$99

- Austin Nagel
- Devin Ternes
- Kristin Miller
- Anonymous
- Anonymous
- Stacey Kessler
- Tareena Johnson
- Frances Goetz
- Sherri Miller
- Roberta K Modin
- Amanda Yellow
- Kayla Oneill
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- Nicole Moos
- Pamela Lill
- Papa's Pumpkin Patch
- Rachael Brash
- Rose Powell
- Sady Ell
- Virginia Kerzman
- Winnie Ng
- Jon Griffin
- Anonymous



# BOARDS OF DIRECTORS AND TRUSTEES

## BOARD OF DIRECTORS

- Angie Engelhardt
- Arnie Strebe - Treasurer
- Brad Thompson - President Elect
- Brenda Nagel
- Christi Schaeftbauer - President
- Dustin Ketterling
- Erin Oban
- Jame Todd - Vice President
- Jillian Lagasse
- Joel Stugelmeyer
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- Justin Thomas
- Kristine Melby
- Kurt Schmidt - Secretary
- Michelle Walker
- Mike Ross
- Mike Weber
- Rachael Brash
- Sean Cleary
- Stacey Pahlke
- Steve Zotnick
- Wes Engbrecht
- Wray Wright
- Zac Smith

## BOARD OF TRUSTEES

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- Bill Marion - Vice Chair
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- Daniel Kuntz
- D'Arcy Honeycutt
- Dave Goodin
- Eric Aldinger
- Ernie Godfread
- Jack McDonald
- Jim Hill
- Jim Tyler
- John Mongeon
- Lisa Kudelka
- Mark Foss
- Patrick Ward
- Paul Sukut
- Randy Hansen
- Sean Smith
- Shannon Bakke
- Susan Sisk - Chair
- Thomas Gunderson
- Tim Hennessy
- Tonya Holmstrom
- Wally Goulet - Past Chair



# 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**
- **Nikia Parson - Membership Director**
- **Kara Colon - Healthy Living Director**
- **McKaela Halvorson - Group Fitness Director**
- **Julie Korkowski - Family Wellness Healthy Living Director**
- **Cole Lafferty - Sports Director**
- **Rose Powell - Aquatics Director**
- **Grace Buckeye - Executive Administrative Coordinator**



We are proud to celebrate 8 years of success as one of the 50 Best Places to Work in the region through Prairie Business Magazine!





THANK  
YOU

MISSOURI VALLEY FAMILY YMCA