

the YMCA

175 YEAR ANNIVERSARY

NO PLACE Like *This Place*

2025-2026

ANNUAL REPORT

MISSOURI VALLEY FAMILY YMCA



WE ARE YOUR Y

For 175 years, the Y has brought people together through wellness, belonging, and community. For 59 years, the Missouri Valley Family YMCA has proudly carried this legacy forward in Bismarck-Mandan, serving 30,000 people annually through programs and services that support youth development, healthy living, and social responsibility. Made possible by the generosity of our donors, volunteers, members, staff, and community partners, our work strengthens lives and builds a healthier community for all, proving there really is No Place Like This Place.

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

For 59 years, your Missouri Valley Family YMCA has been a place where youth, seniors, and families come together to learn, grow, and thrive. Through programs and services that strengthen spirit, mind, and body, we create opportunities for connection, wellness, and belonging at every stage of life. We're proud to be part of the Y's 175-year legacy of making a lasting difference in communities like ours.

As we close out our final year as Executive Director and Board President, respectively, we are confident that the Y's impact will continue for generations to come. With strong leadership, a clear mission, and a shared vision for the future, we look forward to serving Bismarck-Mandan for the next 59 years and beyond.

Thank you for being part of what makes the Y so special. Your trust, generosity, and continued support make this work possible. Together, we're building a healthier, stronger, more connected community ensuring that we will always be The Belonging Place.

Bill Bauman
YMCA Executive Director/CEO

Brad Thompson
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 grow and thrive. This year, we made several exciting improvements to strengthen our programs, and enhance the experience for children and families:

- Began work on our newly acquired camp land to ensure a fun, safe, and exciting outdoor educational experience for school age kids in our community
- Added two full classroom spaces to expand access for early childhood development
- Invested in new classroom furniture and learning materials
- Provided ongoing professional development and training to teachers and staff
- Installing new sun shades on playgrounds at YDC North and YDC Mandan

Looking ahead, we remain committed to sustaining these improvements, and maintaining the highest standards of early childhood education and care. In 2027, we look forward to:

- Continuing work on creating an excellent outdoor summer camp experience to encourage imagination, increase physical activity and foster connection



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 2026, we made notable improvements to our facilities, equipment, and systems to better serve you:

- Facility Enhancements – Refreshed Member Services desk and lobby, upgraded Wi-Fi, enhanced building signage and images
- Life Center Enhancements – New lockers, added LifeFitness Connect technology to selectorized strength equipment, refinished platforms
- Fitness Studio Enhancements - Refinished flooring, new fans, added resistance bands and mats
- Aquatics Enhancements – Expanded access to swim lessons for advanced swimmers, underserved youth and children with disabilities, upgraded air handler in the Family Splash Center
- Sports Enhancements - Refinished flooring, additional staffing, sponsored team jerseys
- Service & Program Innovations – Flying Fish Club, 4-5 Grade Flag Football, Ladies Who Lift, Active Aging Strength, Silver Sneakers Classes



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 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 their quality of life, strength, and overall well-being. This year alone, we certified three new instructors, and certified an instructor trainer to lead future training sessions.





OUR COMMUNITY

- Family Wellness in Mandan, in partnership with Sanford Health, is making healthy living more fun, accessible and inclusive for everyone. From Active As We Age to Youth Fitness and Rock Steady Boxing, our programs help people of all ages build strength, confidence, and healthy habits. With an expansive Wellness Center designed for movement, connection, and community, Family Wellness is helping youth, seniors, and families live healthier, stronger lives.

- YDC North helps hundreds of local working families balance work and family life with quality early childhood education for infants, toddlers, and preschoolers. In partnership with Sanford Health, CHI St. Alexius Health, and Basin Electric Power Cooperative, YDC North provides a safe, nurturing, and engaging environment where children can explore, discover, and build the foundation for lifelong learning.

- From Breakfast with the Easter Bunny and Sweets with Santa to our Haunted Halloween Party, National Senior Health and Fitness Day and Youth Triathlon, the Y creates memorable experiences for all ages. These events bring neighbors together, celebrate active living, and build the connections that make our community stronger. At the Y, there's always something to experience, someone to meet, and another reason to feel connected!

BY THE NUMBERS

The impact of your YMCA in the Bismarck Mandan community.



25,341 Total Members Association

73% Membership Retention Rate

9,854 Adult Health & Fitness Program Participants

3,658 Senior Wellness Program Participants

595 Children in School Age Programs

536 Children in Infant/Toddler/ Preschool Care

5,025 Youth Enrichment Program Participants

342 Part Time Employees

110 Full Time Employees

4,941 Y for All Participants

3 Program Locations

the YMCA

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Y FOR ALL

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



174 Received Childcare & Camp Scholarships

195 Youth Development Pass Members

103 Completed Strong Kids Challenge

3 Youth Sports Scholarship Recipients

19 Completed Adaptive Swim

1,256 Completed Safety Around Water

25 Participated in Parkinson's Wellness

46 Joined Livestrong at the YMCA

108 Foreverwell Members

1,421 Received Membership Financial Assistance

1,591 Community Support Organization Memberships

the Y YMCA

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4,941 **Total Y for All Participants**

$406,041 **Funds Distributed**

There's No Place Like This Place: 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 wellness, 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+

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Y FOR ALL SUPPORTERS

CHAIRPERSON'S ROUNDTABLE DONORS $1,000+

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- Y's Men Tent Rentals
- Youth Triathlon
- Strong Kids Week



Y FOR ALL SUPPORTERS

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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.



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FRIENDS OF YOUTH $500-$999

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- Amber Rae Bernhardt - Marketing & Annual Support Campaign Director
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- Dawn Nichols - YDC School Age Director
- Lisa Atkinson - YDC North Site Director
- Dani Deibert - YDC Mandan Site 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 9 years of success as one of the 50 Best Places to Work in the region through Prairie Business Magazine!



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THANK YOU

MISSOURI VALLEY FAMILY YMCA