

# LIVING OUR MISSION

I don't even know if I can put into words how much the YMCA scholarship has meant to me and my boys. One Christmas Eve, I made the hardest decision of my life—I left an abusive relationship. We packed everything we could into a U-Haul, with our Christmas tree being the very last thing we loaded, and I had no idea what life was going to look like for us.

When I found the scholarship program at the YMCA, it felt like a lifeline. It gave us the chance to sign up for daycare and summer camp, and soccer which gave my boys safety, joy, and friendships during a time when everything else felt so uncertain. For me, having the gym has been more than just exercise—it's been a way to release my stress, clear my mind, and rebuild my strength, not just physically but emotionally. Every step I take in that gym feels like I'm moving forward into a healthier, stronger version of myself for both me and my boys.

Now, seeing my son Julian start soccer again, running out on the field with the same friends they made before, fills my heart with hope. The YMCA has given us more than programs—it has given us belonging. From the staff to the other families, everyone has welcomed us with open arms. You made us feel safe, supported, and part of a family when we needed it most.

Thank you from the bottom of my heart for giving us not just opportunities, but healing, hope, and community.

–Dulce Galvan  
Member at Adrian L. Shuford Jr. YMCA



Scan here to  
view more stories



# CONTACT US

To learn more about YMCA giving opportunities,  
contact the Financial Development Office  
at 828.324.9622

**YMCA of Catawba Valley**  
**Administrative Office**  
315 1st Avenue NW  
Suite 104  
Hickory, NC 28601

Phone: 828.324.9622

[www.ymcacv.org/ways-to-give](http://www.ymcacv.org/ways-to-give)

**Adrian L. Shuford Jr. YMCA**  
1104 Conover Blvd. E, Conover, NC 28613  
828.464.6130

**Hickory Foundation YMCA**  
701 1st St. NW, Hickory, NC 28601  
828.324.2858

**Lincoln County Family YMCA**  
1402 E Gaston St, Lincolnton, NC 28092  
828.838.1890

**Phifer Family YMCA**  
2165 S. Sterling St., Morganton, NC 28655  
828.679.2500

**Sally's YMCA**  
1601 Forney Creek Parkway, Denver, NC 28037  
828.838.1920



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**STRONGER TODAY.  
BRIGHTER  
TOMORROW.**

ANNUAL GIVING CAMPAIGN    YMCA OF CATAWBA VALLEY

THIS IS Y your support matters

Our community is stronger with a stronger Y. This is whY your support matters in our commitment to improve the lives of more people – of all ages and all walks of life.

Every year, the Annual Giving Campaign is used to work together toward a common goal: To improve the lives of thousands of people across our community.

Your financial support enables us to make a lasting impact in our focus areas of youth development, healthy living, and social responsibility.

Children, families, and adults continue to need our support, and the Y is committed to being there for them. We can't do it alone. We need caring neighbors like you. Your gift can make a world of difference to your neighbors in need.

## Making An Impact Together

Generous contributions transform the lives of children, adults and families in our community. Your donation stays local and supports those in Lincoln County. Here are some examples of how a gift can have an immediate, life-changing impact.

**\$75** Will allow a child the opportunity to participate in one season of youth sports.

**\$95** Will give a child the opportunity to learn water safety and swimming.

**\$175** Sends a child to summer day camp filled with swimming, crafts, games and other values-based activities for one week.

**\$190** Allows one teen the experience of Leaders-In-Training camp for one week.

**\$300** Provides a sports team with a season of physical fitness and team building skills.

**\$900** Provides a family with one year's membership, including activities for improved health and new friendships.

**\$1400** Provides a child with the opportunity to be enrolled in a safe, secure, educationally stimulating child development center for 8 weeks.

## The Y. Stronger Today. Brighter Tomorrow. 2026 YMCA Annual Campaign Pledge Card

Every day, the Y supports kids, adults, seniors, and families with programs that protect, teach, connect, heal, nourish, and encourage. Everything we do helps empower our communities and those who live in them, to thrive. We can't do it alone. We count on the generosity of our donors to make a better community possible. The Y is now...as it always has been...a place of possibility. Your financial commitment makes a strong statement to the community about the value and importance of the YMCA mission.

Total Pledge \$ \_\_\_\_\_ PAYMENT OPTIONS: Please choose one

\_\_\_\_\_ Check/Cash attached (Make payable to YMCA of Catawba Valley)

\_\_\_\_\_ Make a single payment, send a reminder the month of \_\_\_\_\_

\_\_\_\_\_ I plan to make 4 payments by December 31, send 4 reminders beginning \_\_\_\_\_

\_\_\_\_\_ I plan to make monthly payments, send month reminders beginning \_\_\_\_\_

\_\_\_\_\_ Credit Card

Name as it appears on card \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Number \_\_\_\_\_ Security Code \_\_\_\_\_ Type \_\_\_\_\_

\_\_\_\_\_ I plan to give online at [www.ymcacv.org/ways-to-give](http://www.ymcacv.org/ways-to-give)

Donor Name: \_\_\_\_\_

Recognition Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Donor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

2026 Storyteller: \_\_\_\_\_

Branch: \_\_\_\_\_

### Recognition Levels:

\$250+ Special Friend

\$400+ Youth Sponsor

\$600+ Youth Patron

\$1200+ Chairman's Roundtable

\$2000+ Tony A. Pope Society

\$3000+ "Chic" Robinson Society

\$5000+ Adrian L. Shuford, Jr. Society

\_\_\_\_\_ I would like to learn more and plan to include the YMCA of Catawba Valley in my estate plans.

\_\_\_\_\_ I would like to receive information on the BUILDING STRONG COMMUNITIES INITIATIVE.

\_\_\_\_\_ I would like to receive information about stock transfers.

Contribution receipts will be emailed to donors when email addresses are provided. Thank you for your financial investment in our YMCA family. We promise to continue our efforts to meet the needs of our community. The Y is for youth development, healthy living, and social responsibility.

YMCA of Catawba Valley – Gerry Knox  
315 1st Avenue NW, Suite 104, Hickory, NC  
28601 (828) 324-9622 | [www.ymcacv.org](http://www.ymcacv.org)

To Donate Online,  
Please Scan this  
QR code:



Office Use Only: Donor #: \_\_\_\_\_ TY: \_\_\_\_\_ Staff: \_\_\_\_\_

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

