

# LIVING OUR MISSION

As a single mom, the YMCA has been a lifeline for my family. When school was out, I worried about how I could afford safe, enriching care for my daughter. Through the Y's scholarships, she was able to attend summer camp and participate in sports—opportunities we couldn't otherwise access. While I worked, she was surrounded by counselors who cared for her like family and helped her build friendships that made her feel truly included.

Thanks to the YMCA, my daughter experienced the joy of summer, and I had peace of mind knowing she was growing, thriving, and supported.

-Sally's YMCA Summer Camp Parent



When I first came to the YMCA, I didn't realize how much it would change my life. Living with Lupus has been a constant challenge—especially after losing my first child and now raising my little girl while balancing work and treatments.

One day, I noticed the preschool program. I shared how difficult it's been to find care for my daughter during my treatments, and the staff showed me how the Y could help.

To my relief, the YMCA offered a scholarship. Now, my daughter has a safe, nurturing place to learn and play, while I can focus on my health with peace of mind. The Y lifted a huge weight off my shoulders. Their support gives me hope for my daughter's future and strength to continue my own journey toward healing.

-Lincoln County Family YMCA  
Preschool Parent



# 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.



Scan here to view more stories

## Making An Impact Together

Generous contributions transform the lives of children, adults and families in our community. Here are some examples of how a gift can have an immediate, life-changing impact.

**\$120** Will give a child the opportunity to learn water safety and swimming.

**\$150** Will allow a child the opportunity to participate in one season of youth sports.

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

**\$375** Allows a cancer survivor to be a part of LIVESTRONG at the YMCA gaining strength in mind, body, and spirit

**\$480** Provides 12 personal training sessions for an active older adult with limited income, supporting their health, strength, and overall well-being.

**\$1,000** Provides a senior family with one year's membership, including activities for improved health and new friendships.

**\$1,400** Provides a three-year old child with the opportunity to be enrolled in a safe, secure, educationally stimulating half-day preschool for one year.

## 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: \_\_\_\_\_

\_\_\_\_\_ 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.

