



# 2025 ANNUAL REPORT

YMCA of Catawba Valley

## Message from our Administration

Dear YMCA Family & Friends,

As we reflect on another meaningful year in the life of our YMCA, we do so with deep gratitude and renewed purpose. Since our founding in 1969, our association has remained grounded in a simple but powerful mission: to put Christian principles into practice through programs that build a healthy spirit, mind and body for all. What began as a modest effort rooted in service has continued to evolve into a trusted community leader across Catawba Valley and surrounding counties, guided by values of leadership, kindness, and care for all.

In 2025, our YMCA experienced a year of steady growth, thoughtful investment, and mission centered impact made possible by the unwavering support of our members, volunteers, staff, donors, and partners. Through the generosity of our community, we completed our Building Strong Communities Capital Initiative, raising and investing more than \$12.8 million to reimagine the Hickory Foundation YMCA, strengthen the Adrian L. Shuford Jr. YMCA, and enhance early learning environments that serve children and families each day. More than 26,000 individuals were connected through YMCA membership and programs, reflecting not just participation, but relationships and a deep sense of belonging. Through new collaborations with health and wellness partners, school systems, and community organizations, we expanded access to programs at little to no cost, removed financial barriers, and served more than 2,900 children through early learning, afterschool, and camp experiences across 25+ program sites. Our partnership with Hickory City Schools launched additional afterschool programs, the integration of medical and wellness services through UNC Health Caldwell, and advocacy efforts at the state and federal level all demonstrate how strategic partnerships allow our Y to serve with greater care, scale, and purpose. These efforts were further strengthened by volunteer leadership, with hundreds of program and policy volunteers giving their time, wisdom, and heart to advance our shared mission.

Looking ahead, our YMCA is thoughtfully updating our strategic plan to reflect the growth, complexity, and opportunity before us. Through collaboration with board leadership, staff, and community partners, we are engaging in a deliberate planning process to clarify our future priorities and ensure they align with the evolving needs of our communities. Supported by strong governance, a board approved \$14.9 million operating budget for 2026, we are positioning our association to move forward with clarity and purposeful leadership for the families and communities we are honored to serve.

In closing, we extend our heartfelt appreciation to each of you who make this work possible. The impact of our YMCA is never the result of one person or one program, but the collective leadership, generosity, and shared belief of a community that values youth development, healthy living and social responsibility. Because of you, lives are changed, families are supported, and hope continues to grow across our region.

Nat Auten, President & CEO  
Eric Levin, Chief Volunteer Officer

# 2025 FINANCIALS

## STATEMENT OF ACTIVITY

<b>Income – Public Support</b>	<b>Un-Audited</b>
Contributions	\$903,529
Grants	\$900,856
Government Contracts	\$154,912
<b>Income – Earned Revenue</b>	
Membership	\$6,241,379
Childcare / Camp	\$4,185,423
Programs	\$1,010,927
Other	\$1,446,299
	<b>Total Income: \$14,843,325</b>
<b>Expenses</b>	
Staffing	\$8,201,417
Contract Services	\$1,083,317
Supplies	\$1,199,551
Occupancy	\$1,458,696
Equipment	\$381,049
Advertising / Promotions	\$17,094
Financing	\$634,465
Other	\$2,040,457
	<b>Total Expenses: \$15,016,045</b>
<b>Change in Net Assets</b>	<b>-\$172,721</b>

## STATEMENT OF FINANCIAL POSITION

<b>Assets</b>	
Current	\$6,179,650
Investments	\$6,066,515
Property, Plant, & Equipment	\$32,959,575
	<b>Total Assets: \$45,205,740</b>
<b>Liabilities and Net Assets</b>	
Current Liabilities	\$1,629,785
Long Term Liabilities	\$6,701,022
<b>Total Liabilities</b>	<b>\$8,330,807</b>
<b>Net Assets</b>	<b>\$36,874,933</b>
<b>Total Liabilities and Net Assets</b>	<b>\$45,205,740</b>

# HEALTHY LIVING



## MORE THAN JUST A FITNESS CENTER

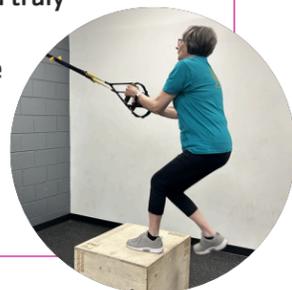
Because we know that healthy lifestyles are achieved through nurturing mind, body and spirit, well-being at the Y includes more than just working out. In addition to our physical fitness classes and activities, we provide educational programs to promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength.

### Programs Include:

- Chronic Disease Prevention Programs
- Community Speakers
- Holistic Workshops
- Group Fitness Classes
- Aquatics
- Youth & Adult Sports



“ Liz, a member at Adrian L. Shuford Jr. YMCA says this about Personal Training. “I feel very safe and supported with my trainer. He’s knowledgeable, helpful, and truly cares about my well-being. He also makes sure I get the proper rest and recovery appropriate for my age.”



“ My name is Denise Ring and I am a proud graduate of the Livestrong Program. I am a cancer survivor three times over. My doctor at Novant recommended the Livestrong program. It treats mind, body, and spirit. There are so many elements and they treat the whole body. We were introduced to water exercise, yoga, cycle, functional boxing for balance since some of us have balance issues. The nutritional classes were amazing. They brought in burners for us to cook a meal and then we all ate together. It was everything and more than I hoped that it would be. I met new friends and coaches that will be lifelong friends.”



**3,558** hours of group fitness classes



## Chronic Disease Prevention Programs

**41** participants in Livestrong at the Y classes

**733** Parkinson’s Programs participants



**2,092** Active Older Adults

“ Cynthia says, “I love this program (Rock Steady Boxing at Sally’s YMCA). I’ve been here since the beginning of the program in Denver. This keeps me going.”

“Rock Steady is my life. We’re a family here,” says Tish

Julia, who has been coming for 2 years, says, “it has helped her balance and she tells everyone who has been diagnosed with Parkinson’s Disease about the Rock Steady Boxing program.”



# SOCIAL RESPONSIBILITY

The YMCA has been an integral part of the Catawba Valley region for over 55 years.

Today, our YMCA's commitment to the health and well-being of our community is stronger than ever.

We've always been more than just a gym and swim – filling gaps and supporting critical needs in ways that no other organization can. But, today our Y faces extraordinary challenges.

With your help, our Y can focus on what we do best and where we're needed most – caring for our community.

## Programs Include:

- YMCA Scholarships funded through the Annual Campaign
- Summer Food Program
- Volunteer Opportunities



**75** volunteers  
**1,000** hours of service  
**245,009** meals served  
**828** unique donors  
**150** students received school supplies and clothing for the school year



“ 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. 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.

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



“ 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



# YOUTH DEVELOPMENT

We believe the values and skills learned early on are vital building blocks for life.

Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

## Programs Include:

- Youth Sports
- Swimming Lessons and Safety Around Water Classes
- Parents Night Out
- The C.O. Miller Teen Center
- Infant & Toddler, Preschool, School Age Childcare
- Summer Camp



**2,154** children in Y Childcare

**1,467** children learned to swim and be safe in the water

**4,504** children played youth sports

**940** students were enrolled in Before and After School programs outside of the traditional school day.

**1,480** children attended Summer Camp



“

“Sending my child to summer camp in Burke County was one of the best decisions we made. The field trips gave them the chance to explore new places and learn something different every week. Just as important, the staff were incredible—caring, attentive, and truly invested in every child. As a parent, I always felt confident that my child was safe, supported, and having a wonderful experience each day.”



“

We're so grateful for the Hickory Y's positive presence in our family and community! We've had children playing sports here since 2021 and have consistently seen how much the director and staff work to keep coaches and teams running smoothly with a focus on good sportsmanship.



# RECOGNIZING OUR 2025 ANNUAL CAMPAIGN DONORS

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## OUR MISSION

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

## OUR FOCUS

Youth Development,  
Healthy Living and  
Social Responsibility

## OUR CAUSE

To strengthen community

YMCA OF Catawba Valley  
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Hickory, NC 28601



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY