



# 2022 Annual Report




OUR PURPOSE. OUR Y...



River Valley Regional YMCA

In 2022 the River Valley Regional YMCA provided more than \$901,561 in programs and services to the community. Below is a snapshot of the true measure of what the YMCA does for the community on a daily basis:

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- Children in our School Age Childcare Program had a safe place to go before and after school that focused on character development values to help children grow physically, mentally and spiritually.
  - Senior members were able to grow physically, socially, and spiritually through exercise programs and monthly social events.
  - Children enrolled in our Pre-K program graduated with the building blocks needed to thrive in kindergarten.
  - Children and Teens participated in summer day camp where they engaged in a broad range of activities and programs that captured imagination, fostered positive values, built self-esteem, and taught fundamental skills.
  - Families were able to participate in sports leagues, open swim, and family fun events that encouraged families to grow together.
  - Through our Wellness initiative, individuals were given the tools to achieve a healthier lifestyle through nutritional guidance and education, progress tracking, one on one personal training sessions and group support.

## OUR MISSION

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

## OUR VISION

We will strengthen our community by addressing service area needs through youth development, healthy living and social responsibility.

## OUR VALUES

Caring  
Honesty  
Respect  
Responsibility

## Dear Friends,

At the River Valley Regional YMCA our vision is to strengthen communities through our focus on Youth Development, Healthy Living and Social responsibility. This year's annual report highlights a few of the impacts our Y has made throughout multiple communities. This is only possible with great staff and volunteers who maintain a strong focus on being a Cause Driven YMCA.

2022 was a year of continued rebuilding. Recruiting staff in our childcare programs was a large focus to ensure children were learning and growing. We were able to bring back most of our services and programs that focus on improving the health of adults and families. Our Childcare programs were able to serve 40+ more children and they will continue to recruit staff to expand our services to more families. Our Membership increased by 590 units throughout the year to end the year at just under 100% of our 2019 membership numbers.

The Lock Haven Branch YMCA swimming pool was a large project including completing fundraising and installing new HVAC to be able to serve the community with aquatic programming again. The community raised over \$300,000 to cover the cost of the new equipment and minor renovations.

The Eastern Lycoming Branch YMCA is the next capital project that we are planning. This branch needs updated Pool HVAC as well as an expansion to serve more children and better serve more members.

As we move forward with our service to communities in the New Year, RVR Board and staff will work to implement our new Strategic plan. The four Strategies identified for the next three years include: Stewardship of Finances, Facilities and People; Communication and Access; Community Health Improvement; and Childcare. Accomplishing these strategies will ensure our Y can serve the needs of our communities for the future.

Our slogan for this year's Annual Report is "Finding Purpose" and as you review you'll see the many ways our YMCA's and staff served their communities and impacted lives. Everything the Y does is in service of making sure people and communities thrive. We are able to achieve this positive change and community impact due to the support of our donors, volunteers, staff and our communities. THANK YOU for making this possible and for being part of our Y family.

Thank You,

**Chad Eberhart**  
CEO



 **Chad Eberhart**  
CEO



 **Ed Metzger**  
Corporate Board Chair

Through later pages in this report you will notice our financials for the association in 2022 which continued to be strong due to a few additional federal grants to support programs.



# HELPING YOUTH LEARN, GROW, AND THRIVE



## Pre-School Program

At the Y, we believe values and skills learned early on are vital building blocks for quality of life and future success. The River Valley Regional YMCA Pre-School Program is offered at our Williamsport, Eastern Lycoming, and Lock Haven Branch YMCAs. Children ages 3-5 years old are cared for by adults who believe in their potential, help them develop attitudes toward making friends, and learning new things and staying healthy.



## School Age Childcare Program

All six branches of the River Valley Regional YMCA provide children within our local school districts with a safe place to go before and after the bell. More importantly, it helps youth realize who they are and what they can achieve by reinforcing positive values in a caring atmosphere.



## Summer Day Camp

Our Summer Day Camps offer children new experiences, skill building, a sense of community, and lasting friendships, while helping bridge the gap of summer learning loss. The Y is one of the largest providers of camp programs nationwide. Locally, all of our branches offer summer day camp programs with weekly themes and field trips to keep kids engaged and learning while having fun.



## 2022 YOUTH DEVELOPMENT

**365** Children served through our  
**Pre-School Program.**

**480**  
Youth were given a safe place to go  
before and after the bell through the  
**School Age Childcare Program.**

**478**  
Children and youth explored and played during  
**Summer Day Camp.**

**At the YMCA,** we believe all children deserve the opportunity to discover who they are and what they can achieve. Through programs such as Pre-School, School Age Child Care, Summer Day Camp, Swim Lessons, Community Youth Program, and sports leagues, children in our community are able to cultivate values, skills and relationships that lead to positive behaviors, better health, and educational achievement.



# LIVING YOUR HEALTHIEST LIFE

## Swim Lessons

YMCA swim lessons provide a foundation for water safety and a platform for advanced swimmers. Teaching children water safety is not a luxury, it is a necessity. Drowning is the #2 leading cause of death in young children and the Y is the #1 community resource for providing water safety and teaching swim lessons. Every year the RVR YMCA provides private, group, and homeschool swim lessons for hundreds of local children.



## Group Exercise Classes

Group exercise classes are one of the many ways the YMCA supports our members in achieving their health and wellness goals. At the Y, Group Exercise Classes are led by highly trained staff members who tailor the classes to meet the specific needs of the community. Group settings offer peer support for reaching your goals as well as making new friends!



## Active Older Adults

At the YMCA, seniors have a chance to keep active while growing in spirit, mind and body. Physical activity is essential in maintaining higher quality of life and independence among seniors. It's a place for active older adults to grow physically, but also a place to connect with others through exercise classes, social events, low impact water exercise, community education programs and more!



**At the YMCA,** healthy living is about spirit, mind and body at every age and stage. That's why the YMCA works to improve the health and well-being of those in our community by providing programs and activities that promote wellness, reduce risk for disease, helping our community members lead fuller, healthier, lives.



**2022**

## HEALTHY LIVING

**420**

Individuals learned how to be safe and have fun around the water through **Swim Lessons**.

**126**

**Group Exercise Classes** gave members the opportunity to be active and have fun!

**10,568**

**Active Older Adults**

increased their self-confidence and sense of achievement while building relationships.

**2023**

# GIVING BACK TO OUR COMMUNITY



## Volunteerism

YMCA volunteers give men, women and children the resources and support they need to be healthy confident, connected and secure. Our volunteers include YMCA members and community members who believe in the Y's mission and want to activate their social responsibility by participating in the Y's work to strengthen community. At the RVR YMCA, we wouldn't continuously move our mission forward without our dedicated volunteers.



## Wellness Initiative

A free 6 week, referral based program designed for individuals seeking a healthier lifestyle to achieve their goals by making gradual changes to every day behaviors and forming sustainable healthy habits. This eat right and exercise program provides individuals with one on one personal training, nutritional guidance and education, and group support both in person and online. Now being offered at all six branches of the RVR YMCA.



## Superstars

This unique class is designed especially for individuals with diverse abilities. SUPERSTARS is a movement class where participants can develop motor skills, coordination, stamina and strength. More importantly, the class is an opportunity to make friends, provide a safe environment for self-advocacy, and have fun! A positive attitude is all that is required. Now being offered at Eastern Lycoming, Williamsport, and Bradford County Branch YMCA's.

2022

## SOCIAL RESPONSIBILITY

**286 Volunteers** gave their time and talents to help the RVR YMCA better serve its communities.

**182 Individuals** completed the new Wellness Initiative and became healthier in Spirit, Mind and Body.

**236 Individuals with Diverse Abilities**, came together to make friends, exercise and have fun!



**At the Y**, we know that when we work together, we move individuals, families and communities forward. We are committed to inspiring a spirit of service by uniting individuals from all walks of life to participate in and work for positive social change.



# FINANCIAL REPORT

## River Valley Regional YMCA

Year Ended December 31, 2022

\*The following are unaudited results.

ASSETS	2022
Current Assets	\$ 3,480,402
Investments	3,525,651
Land, Buildings & Equipment	14,382,172
Other Assets	38,251
<b>Total Assets</b>	<b>\$21,426,476</b>

PUBLIC SUPPORT & REVENUE	2022
Program Service Fees	66%
Contributions & Grants	30%
Other	1%
Investment Income	3%
<b>Total</b>	<b>\$10,431,325</b>

LIABILITIES AND NET ASSETS	2022
Accounts Payable	\$ 416,265
Deferred Revenue	179,825
Long-term Obligations	2,240,930
<b>Total Liabilities</b>	<b>2,837,020</b>

FUNCTIONAL EXPENSES**	2022
Youth Development	49%
Healthy Living	33%
Administrative Services	14%
Social Responsibility	3%
Fundraising	1%
<b>Total</b>	<b>\$10,094,031</b>

\*\*Includes Depreciation

NET ASSETS	2022
Unrestricted	
Undesignated	13,775,701
Board Designated	2,423,573
Temporarily Restricted	1,471,643
Permanently Restricted	918,539
<b>Total Net Assets</b>	<b>18,589,456</b>
<b>Total Liabilities and Net Assets</b>	<b>\$21,426,476</b>





# IMPACT STORIES

The Impact of the River Valley Regional YMCA is seen every day in the faces of our members, volunteers, program participants and staff. From their stories we encourage you to learn more about our cause.

## Meet Larry Solomon

Larry joined the Y as an adult in 2012, but spent his tween years riding his bike to the Y to swim and play pool. He is a 76 year old retired school teacher who taught primarily middle school for 35 years and then was a substitute. He's blessed to be married to his wife, Kathy, have 4 children, 12 grandchildren ,and 11 great-grandchildren.

Larry joined the Y to play Racquetball but quickly discovered Wallyball and played with a group of teachers all over, including the Jersey Shore Y and Ragnar's. The court has not only been a physical outlet, but a social one too.

In 2021, after playing Wallyball regularly for over a year, Larry had to leave the court due to feeling light headed. He saw a doctor for testing, including a stress test which came back inconclusive and showed no problems. Larry left thinking everything was fine.

In February 2022, while playing Wallyball, Larry felt winded, light headed, and dizzy so he sat on a chair outside the court. His friends checked on him and noticed he was sliding off the chair and not responding. They lowered him to the floor and alerted YMCA Staff, who responded immediately. With no pulse detected, staff began CPR and administered 2 shock cycles from an AED . EMS arrived, took over care, and transferred Larry to the hospital.

Larry spent 20 days at the hospital; his first 8 in a coma, on a ventilator, then was transferred to a rehab facility. His diagnosis was total cardiac arrest from a blockage in the heart. In June 2022, he received a Quadruple Bypass and valve job, with 3 months of cardiac rehab, and monthly maintenance visits that he continues to this day. His main concern was his wife Kathy being home alone. He knew he had to get well for her. To help with his continued progress, Larry walks his dog and walks on his at home treadmill.

In January 2023, Larry returned to the Y and to Wallyball. He continues to build endurance by playing a few games, then rests for one. He is improving! Larry says "It was a good thing I was at the Y that day or I may not have had such a positive outcome." His Dr. told him that he wouldn't have recovered as well, possibly not at all, if he had not been in great shape prior to the heart attack. His body was strong, which ultimately helped save his life. Today, Larry thinks about his life and what could have happened that day. He is so thankful to have been given another chance at life and plans on appreciating every day!





The River Valley Regional YMCA isn't just for the young, it's also for the young at heart. By providing classes such as Silver Sneakers, Boomer Fit, Aquatic Arthritis, and more, the Y offers a place for seniors to be active and make new friends. These classes have some of the oldest members in our association and we are blessed enough to learn some of their stories.

Phyllis Shevitski, 89 years old, has been a member for over 28 years. A coal cracker originally from Shamokin, she comes to the Williamsport Y 3 times a week. She lives alone so coming to the Y helps keep her going. She looks forward to seeing her friends. Phyllis was in a car accident and the doctor recommended the Y. She liked it so much that she stayed. She says the best thing about the Y is the friendship and camaraderie.

Louis Stanzione is the oldest participant in the Arthritis Class at 95 years old. He graduated in 1945 and has been coming to the Y for about a year now, proving that it's never too late to join the Y.

Mary Kyler, 91, has been a member of the Williamsport Branch YMCA for more than 7 years and enjoys the Arthritis Class in the pool and senior socials.

Mary Cole, 93, has been coming to the YMCA for almost 3 years since her grand-daughter, who is a nurse, recommended it. She attends the Arthritis Class in the pool because it helps with her walking and to have friends.

Betty Allen, 92, has been a member of the YMCA for 50+ years and also attends Silver Sneakers at the Jersey Shore Branch YMCA. Her favorite thing about the Y is the fellowship, friendship and the wonderful staff. They've made excellent friends and even go to lunch together. She has found that the classes help with her balance. She tried the Arthritis Class because she had back pain and now it's part of her regular schedule.



# INVESTING IN OUR COMMUNITY

The Y recognizes the importance of working together to create lasting social and personal change. We have the community's trust to convene, partner, and support community collaborations with schools, government agencies, faith-based organizations, businesses and others.

## A Very Special Thank You To:

- **UPMC and UPMC Health Plan** for their continued support of the River Valley Regional YMCA Programs, Services, and Community Wide Events.
- **First Energy** for their support of the Act 80 Day and Family & Community Events. Amount: \$2,500
- **Lycoming County Act 13 Mini Grant** to support the Beautification of the Parking Lot and Trail Entrance at the Jersey Shore Branch YMCA. Grant Amount: \$10,000
- **The Harry Plankenhorn Foundation** for their support of the Eastern Lycoming Branch YMCA, Williamsport Branch YMCA, and the Jersey Shore Branch YMCA Summer Day Camps. Amount: \$4,000 per branch.
- **DuPont** for their generosity in supporting STEM activities for our School Age Childcare Program. Amount: \$500
- **The Donald B. and Dorothy L. Stabler Foundation** for their support of facility improvements at the Eastern Lycoming Branch YMCA. Grant Amount; \$7,000
- **Guthrie Health System** for their support of the Bradford County Branch YMCA LIVESTRONG at the YMCA Program. Amount: \$4,740
- **American Lung Association** support of the Bradford County Branch YMCA Diabetes Prevention Program. Amount: \$6,000
- **All the generous donors** that supported the Lock Haven Branch YMCA Pool Restoration Project.
- **The businesses** that supported the RVR YMCA Pre-School Program and Summer Day Camp through the Pennsylvania Educational Improvement Tax Credit Program.

PPL Electric Utilities

Fulton Bank

UPMC Health Plan

Susquehanna Community Bank

UGI Utilities Inc

Jersey Shore State Bank

Truist

United Concordia Companies, Inc.

Northwest Savings Bank



**UPMC**  
LIFE CHANGING MEDICINE



# THANK YOU

To all our volunteers who contributed to another  
successful year at the River Valley Regional YMCA  
— We couldn't have done it without you!

## Branch Advisory Councils

### Bradford County Branch

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Doreen Secor	Jack Coates
Shannon Clark	Jim Winterringer
Mike Angerson	Nate Halverson
Melinda Gourlie	Ryan Eberlin
Brenda Munkittrick	Valerie Miller
Randileigh Vanderpool	

### Eastern Lycoming Branch

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Joseph Reighard	Joanne Cromley
Beth Myers	Courtney Kasenchak
Greg Galante	Gary Smith
Michael Laychur	Jeron Kennedy
Darla Hardy	

### Jersey Shore Branch

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Dan Simmons	Tammy Palmetier
Joe Dunleavy	Travis Andrus
Suzanne Forcey	Rich Camerer
Delores Brown	Jason Eberhart
Colleen Crowley	Cody Hoover
Mindy Engle	

### Lock Haven Branch YMCA

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Ron Reynolds	Dagmar Trippen
Jason Madigan	Randy Probst
Brooks Luzier	Laura Jameson
Ashley Fedroff	Megan Prough

### Williamsport Branch

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Jamie Johnson	Paul McGinn
Chris Tsai	Jamie Maggs
Dennis Hosey	Philip Marrie
John (JR) Confer	Jennifer Hubler
Eric Gaetano	Matt Rebeck
Sherry Paulhamus	David Tanney
Ron Cimini	Jennifer Lake
Andree Phillips	Jason Fink
Bob Phillips	
Daniel Velte	

### Tioga County Branch

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Kathleen Campbell	TJ Howe
Ben Weiskoff	Coleen Nealen
Jill Pino	Robin Knapp
Janie Hilfiger	Matt Dishler
Ed Preston	
Kim Jennings	

# River Valley Regional YMCA Trustee's

Betty Allen  
James Bower Sr.  
Ronald Cimini  
Robert Elion

William Fox  
John Fry  
Craig Kremser  
Andree Phillips

Jeffrey Rauff  
Peter Schultz  
Kathleen Campbell

## River Valley Regional YMCA Corporate Board of Directors

Dee Brown (Secretary)  
Joe Dunleavy  
Ashley Fedroff  
Greg Galante

Patti Jackson (Vice Chair)  
Jamie Johnson  
Brooks Luzier  
Jason Madigan

Ed Metzger (Chair)  
Brian Paulhamus (Past Chair)  
Andree Phillips  
Joe Reighard

John Baker (Treasurer)  
Melinda Gourlie  
John (JR) Confer  
Kathleen Campbell

## River Valley Regional Heritage Club

### PRESERVING THE RIVER VALLEY REGIONAL YMCA FOR FUTURE GENERATIONS

Membership in the Heritage Club simply requires a commitment of a gift, now or in the future, ensuring the RVR YMCA is strong for future generations. With your support, the YMCA can help safeguard youth development, healthy living, and social responsibility in our communities.

### Thank you to our Heritage Club Members

**Bradford County Branch YMCA**  
9 College Avenue  
Towanda, PA 18848  
(570) 268-9622

**Eastern Lycoming Branch YMCA**  
50 Fitness Drive  
Muncy, PA 17756  
(570) 546-8822

**Williamsport Branch YMCA**  
641 Walnut St  
Williamsport, PA 17701  
(570) 323-7134

**Jersey Shore Branch YMCA**  
826 Allegheny St  
Jersey Shore, PA 17740  
(570) 398-2150

**Lock Haven Branch YMCA**  
145 E. Water St  
Lock Haven, PA 17745  
(570) 748-6727

**Tioga County Branch YMCA**  
40-42 Besanceney Drive  
Mansfield, PA 16933  
(570) 662-2999

**River Valley Regional Corporate YMCA**  
641 Walnut St  
Williamsport, PA 17701  
(570) 323-7134

