

eliminating racism
empowering women
ywca

yworks

gettysburg & adams county

September, October, November 2011

Program registration opens Aug. 15



Last year's champions, Froilan Ramirez Garcia and Vickie Corbett



eliminating racism
empowering women
ywca

In partnership with



November 11, 2011
Majestic Theater

Tickets available at
www.gettysburgmajestic.org

Cast list on Page 7

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facility hours

open

Monday - Friday 4:30 a.m. - 10 p.m.
 Saturday 8 a.m. - 5 p.m.
 Sunday 10 a.m. - 5 p.m.
 (Pool opens at 6 a.m. on weekdays and the same time as the building on weekends. It closes at 9 p.m. Monday - Friday and 4:30 p.m. on weekends.)

closed

Sept. 5
 Nov. 24
 Nov. 25 (Child care only)

Labor Day
 Thanksgiving

management team

Deb Geesey, Executive Director

dgeesey@ywcagettysburg.org, ext. 124

Ashley Andyshak Hayes,

Director of Advocacy and Public Relations

aahayes@ywcagettysburg.org, ext. 113

Jeff Cann, Director of Finance and Administration

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Justin Gaston, Membership Assistant

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Bud Glass, Building and Grounds Director

rglass@ywcagettysburg.org, ext. 130

Alex J. Hayes, Executive Administrative Assistant

ahayes@ywcagettysburg.org, ext. 116

Paula Howard, Children and Youth Director

phoward@ywcagettysburg.org, ext. 126

Christine Hoy, Volunteer and Community Program Coordinator

choy@ywcagettysburg.org, ext. 117

Jen King, Sports and Fitness co-director

fitness@ywcagettysburg.org, ext. 121

Derrick Kuhn, Sports and Fitness co-director

fitness@ywcagettysburg.org, ext. 121

Sue Pitzer, Membership Director

spitzer@ywcagettysburg.org, ext. 120

Cora Rhoads, Aquatics Director

crhoads@ywcagettysburg.org, ext. 129

Van Richards, Road Scholar Director

vrichards@ywcagettysburg.org, ext. 115

Teresa Rodgers, CEP Director at Commerce Park

trodgers@ywcagettysburg.org, 334-7150

Vikie Swint,

Human Resources/Accounts Payable Coordinator

vswint@ywcagettysburg.org, ext. 118

Sharks Swim Team (Megan Maslowski/Matt Teeter)

sharks@ywcagettysburg.org

YWCA Child care at Fairfield Elementary

642-2022

Fitness desk

ext. 145

board of directors

Carolyn Wagaman (President)

Vickie Corbett (Co-vice President)

Rukhsana Rahman (Co-vice President)

Wendy Weikal-Beauchat (Treasurer)

Lisa Tully (Secretary)

Adrienne Camel

Donna Dodson

Anne Douds

Erin Eline Aumen

Jennifer Gastley

Emily Knowles-Kellett

Sharen Neale

Carolyn Nunamaker

Jane Nutter

Kathleen Reed

Maxine Willis

Maria Zavala

our local statement

The YWCA Gettysburg & Adams County is a community membership organization founded by women. Our mission is to serve people of all ages, races, religions and economic levels. Our goals are:

- To provide opportunities for physical, spiritual and emotional well-being.
- To address changing needs and to improve the quality of life.
- To foster understanding among all peoples.

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REALTORS

Racial justice and women's economic advancement are the hallmarks of the YWCA. To promote these initiatives in our community, the YWCA Gettysburg & Adams County offers programs that encourage discussion about race and appreciation for the diversity in our community, and provide women and girls op-

portunities for economic advancement. For more information on the YWCA's racial justice and women's empowerment programs, call Ashley Andyshak Hayes at ext. 113 or email aahayes@ywcagettsburg.org.

eliminating racism, empowering women

4th annual Unity Walk

Oct. 7, 5 - 6:30 p.m.: Join us for a tour of McAllister's Mill, which was recognized this year as part of the National Park Service Underground Railroad Network to Freedom. The mill was one of the first stops on the Underground Railroad north of the Mason-Dixon Line, and the building housed hundreds of slaves seeking freedom between 1850 and 1855. Local historian Deb McCauslin, of For the Cause Productions, will lead tours at 5 p.m., 5:30 p.m. and 6 p.m. Parking is available at Mulligan McDuffer Adventure Golf, 1360 Baltimore Pike. Please register for the walk at ext. 113 or aahayes@ywcagettsburg.org.

Time to Talk

The Time to Talk study circle series returns this fall with an 11-part program based on the book "Witnessing Whiteness: The Need to Talk About Race and How to Do It" by Shelley Tochluk. The group will meet on the second Thursday of each month from 7 to 8:30 p.m., beginning Sept. 8. Books and program materials will be provided for participants free of charge, thanks to a grant from the Adams County Community Foundation.

Brown Bag Lunch Series

Learn and grow through the YWCA's free brown bag lunch series, held the third Tuesday of each month at noon in the Community Room. Bring your own lunch or order from the Ragged Edge II.

Upcoming Brown Bag Lunches include:

Sept. 20: Heather Purcell of U Financial will discuss long-term care planning.

Oct. 18: Wanda Gallimore will present "Italy: Just for Fun."

If you'd like to present a brown bag lunch or to submit ideas for future topics, contact Ashley at ext. 113 or aahayes@ywcagettsburg.org.

Women's Book Review and Discussion Group

This group meets the second Tuesday of each month at 6:30 p.m. in the Community Room. For more information, call coordinator Marian Ruth at 717-677-7198. Upcoming discussions include:

Sept. 13: "American Eve" by Paula Uruburu

ENCORE

ENCORE, the YWCA's breast cancer support group, meets the fourth Tuesday of each month at 6:30 p.m. in Danner Lounge. Breast cancer survivors and caretakers are welcome. For more information, contact Deb Geesey at ext. 124 or dgeesey@ywcagettsburg.org.

Single Parent Support Group

Open to both mothers and fathers, this group meets the third Tuesday of each month at 6 p.m. in the Community Room. Meetings include special speakers, discussions on nutrition and parenting techniques, fitness classes, and an opportunity to eat and socialize with other single parents. Free child care is available by reservation. YWCA membership is not required. For more information, leave a message at the Service Desk, ext. 110, for coordinator Adrienne Camel.

road scholar

Road Scholar is America's first, and the world's largest, educational travel organization for adults 40 and older. The YWCA's Road Scholar programs explore Gettysburg's significance in our country's history by offering programming that is of interest to locals as well as people from across the US and around the world. Programs focus on the Battle of Gettysburg, the civilians and

town during the Civil War, and related topics.

Call the Road Scholar department and speak with Van Richards at ext. 115 or email vrichards@ywcagettsburg.org for a list of 2011 program dates, courses and fees. Commuters are welcome. A list of 2012 programs will be available Oct. 1.

community

American Red Cross babysitters' training

This seven-hour course led by a certified Red Cross instructor is designed for youth ages 11-15. The course covers recognizing unsafe conditions, choking emergencies and rescue breathing, preventing injuries and illnesses, basic child care, first aid, decision making and age-appropriate behavior and play. Participants receive an American Red Cross Babysitters Handbook, first aid kit and a certificate of completion. Spaces are limited and pre-registration at the service desk is required.

Saturday, Nov. 5 9 a.m. – 4 p.m. ECSBABYSIT11
Rec \$65 Basic \$75 Non \$85

Pets 101: caring for dogs and cats

Come to the YWCA to learn from the experts on pet care, training and community management. This four-part series is designed to provide some basic information in a very interactive style. Each class will include time to address your personal questions. One lucky student will be chosen, through a random drawing, to bring his/her dog to the first class! This student will receive individualized instruction on how to work with challenging training issues.

Instructors: Pat Sutton, Blue Ridge K9 training; Jody Dickey, Confederate Woods Veterinary Hospital; Lisa Wolkind, Emmitsburg Veterinary Hospital and Kate Hall, Richmond SPCA

Sept. 19 Dog behavior and training
Sept. 26 Dog care and diseases
Oct. 3 Cat care and behavior
Oct. 10 Community cat management

All classes are from 6:30 – 8 p.m. ECSPETS101
Rec \$50 Basic \$60 Non \$75

create a class

Do you see the need for a class or program that has not been offered before? Do you know someone who is a great teacher (or could be) and knows an unusual or interesting subject or craft? Do you have a special interest that you think others might like to share in a class? If you have answered YES to any of the above questions, contact Christine Hoy at ext. 117 or choy@ywcagettysburg.org. We look forward to hearing your ideas!

explore your future

Explore Your Future is a workshop series that helps you envision your next phase of life. Whether you're retired or just thinking about it, whether you want to go back to school, start a second career, give back to your community through volunteering, or become a civic leader, the Explore Your Future program includes a range of proven techniques and activities for self-discovery. This is a hands-on learning experience, led by a trained facilitator, which focuses on helping you create a vision for making your future satisfying and rewarding. A partnership with RSVP of the Capital Region allows this class to be offered at a reduced cost.

Instructor: Ruthmary McIlhenny ECSEXPLOR10
Wednesdays, Oct. 5, 12, 19 and 26 6:30 – 8:30 p.m.
Rec \$20 Basic \$25 Non \$30

focus on photography

This "back-to-basics" class is designed for hobbyists or amateur photographers interested in improving photo composition and knowledge of digital cameras. This is a two-part class: the first session focuses on key principles of photography that can be applied to any digital camera brand/model. Participants will learn how to utilize their camera's maximum capabilities and features so that photographs become more than just images, but beautiful and meaningful memories. Please bring four images on CD or flash drive — images that you would like to have critiqued or images that did not turn out as expected. The second session includes constructive feedback on all images submitted by the class and time allowed for individualized questions and answers. Participants will receive copies of the presentation materials. All CDs or flash drives will be returned.

Instructor: Karen Hendricks ECSPHOTO
Saturdays, Oct. 22 and Nov. 5 10 a.m. – 12 p.m.
Rec \$25 Basic \$35 Non \$45

dreamwork: unraveling the messages of your dreams

Do you ever wonder why you dream about a particular person or place? Do you have a dream that has intrigued you for years? Have you been chased in your dreams? Do you fly in your dreams? Have you had a recurring dream? Do you dream about people you have never met or places you have never seen? Do you have troubling or unsettling dreams? Do you have nonsensical or bizarre dreams?

Come learn about the messages your dreams have for you and how to interpret your own dreams.

Dr. Shirley Hess is a professor in the Masters in Counseling and College Student Personnel program at Shippensburg University. She has presented, researched, and published in the area of dream analysis and has worked with dreams for over 17 years. Dr. Hess will present a three-stage model for learning how to interpret dreams. Participants will be engaged with each other through the dream analysis process and will gain insight about their lives through the exploration of a dream.

Tuesday, Nov. 1 6:30 – 8 p.m. ECSDREAMWORK
Rec \$12 Basic \$17 Non \$22

AARP Driver Safety Program

AARP Driver Safety Programs are offered at the YWCA. These classes are for drivers 50 and older. The course explains the changes that occur in vision, hearing and reaction time as we age and provides useful safety tips for handling these changes. The two-day class is required for first-time attendees. Call the Adams County Office for Aging at 334-9296 to register.

Thursday, Friday Sept. 22 and 23 8:30 a.m. – 12:30 p.m.
Thursday, Oct. 20 (one-day refresher) 8:30 a.m. – 12:30 p.m.
Wednesday, Thursday Nov. 16 and 17 8:30 a.m. – 12:30 p.m.
 All Fees are paid directly to AARP, YWCA does not receive compensation
AARP members \$12 Non-AARP members \$14

american red cross learn to swim lessons

Registration for all six-lesson sessions opens Aug. 15. The cost is per child with a 10 percent discount for each sibling registered in a swim class. Classes must have a minimum of two students to run.

Rec \$25 **Basic** \$55 **Non** \$85

pre-school learn to swim (ages 3 & 4)

Level 1: No skills required

Level 2: Swimmer is not afraid to put head underwater, has forward motion when swimming on front, and can be comfortable swimming on back independently.

Level 3: Swimmer is able to swim the front crawl, go underwater for objects, swim back crawl, float and glide.

Session 9: Registration closes Sept. 7

Mondays and Wednesdays, Sept. 12 - 28

5:20 - 5:50 p.m. Pre-school Level 1 & Level 2/3

5:55 - 6:25 p.m. Level 1, Level 2, Level 3

Tuesdays and Thursdays, Sept. 13 - 29

9 - 9:30 a.m. Pre-school Level 1

Session 10: Registration closes Sept. 28

Mondays and Wednesdays, Oct. 3 - 19

5:20 - 5:50 p.m. Pre-school Level 1 & Level 2/3

5:55 - 6:25 p.m. Level 1, Level 2, Level 3

Tuesdays and Thursdays, Oct. 4 - 20

9 - 9:30 a.m. Pre-school Level 1

school-age learn to swim (ages 5 - 12)

Level 1: No experience in swim lessons and does not know how to swim

Level 2: Able to float for 10 seconds on front and back alone

Level 3: Able to swim the freestyle, backstroke and elementary backstroke

Session 11: Registration closes Oct. 26

Mondays and Wednesdays, Oct. 31 - Nov. 16

5:20 - 5:50 p.m. Pre-school Level 1 & Level 2/3

5:55 - 6:25 p.m. Level 1, Level 2, Level 3

Tuesdays and Thursdays, Nov. 1 - 17

9 - 9:30 a.m. Pre-school Level 1

parent-child swim lessons (American Red Cross)

This class is for babies and toddlers 6 months to 3 years old. A parent must be in the water with the child.

Rec \$32 **Basic** \$64 **Non** \$80 (prices based on parent's membership)

Session 9: Registration closes Aug. 31


Fridays, Sept. 2 - 23

9:30 - 10 a.m.

Session 10: Registration closes Oct. 5

Fridays, Oct. 7 - 28

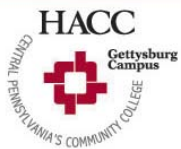
9:30 - 10 a.m.



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FOR MORE INFORMATION CALL 337.3855



GETTYSBURG AGWAY
107 North Washington Street
Gettysburg, PA 17325

Phone 717-334-1108
Fax 717-334-1713

private swim lessons

Each lesson is 30 minutes and dependent upon availability of instructors. Instruction will only be given during open swim. Open to YWCA members only.

Rec \$24/lesson **Basic** \$36/lesson

family swim

Family swim is held Saturdays 2:30 - 4:30 p.m. and Sundays 2:30 - 4:30 p.m. at the YWCA. Fee includes swimming during both Saturday and Sunday family swim times during same weekend. For second day use, the family swim pass must be presented at the front desk. The pass may be used by purchaser only and cannot be transferred. Users are expected to adhere to member policies and pool rules. Users under age of 10 must have adult supervision.

Rec Free **Basic/Non** **Ages 16 and older** \$5 **Ages 5-15** \$3 **Under 5** Free **Family of four** \$12

lifeguard/first aid review and challenge

This American Red Cross course is offered by appointment only. You must know all of the material and skills. If you pass all of the skills tests and the written tests, you will be recertified. If you don't pass, then you must take the full course again.

Fee \$80

CPR/AED review and challenge

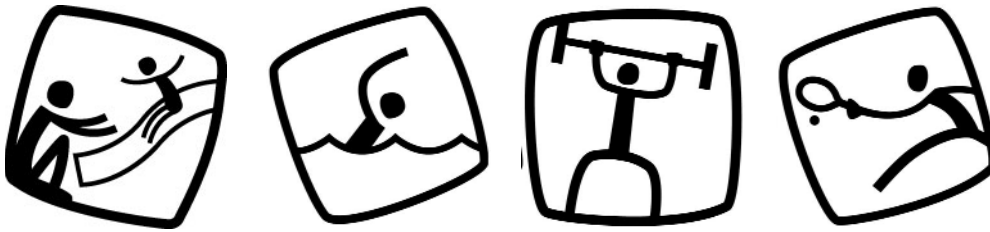
The American Red Cross challenge is held by appointment only. If you pass all the skills tests and the written tests, you will be recertified.

Fee \$65


Girl Scout swim badge day

Girl Scouts will learn skills with a certified instructor to earn the swim badge and will then have 30 minutes of free play. This is by appointment only, per troop, on Saturdays in September or October from 1 to 2:30 p.m.

Fee \$35 per troop




Something for everyone!




AARPSM Driver Safety Program

For local information, call
toll-free 1-888-227-7669.


www.aarp.org/drive





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sharks swim team

Swimmers must be able to swim the front crawl for 25 meters and 25 meters back crawl (full length of our pool) without stopping or touching the bottom before joining the team. All swimmers must be at least a basic member. All dual meets are mandatory. Registration will be held Sept. 26 - 29 from 6 to 8 p.m. in the YWCA lobby. Practice begins Oct. 3 and the season runs until mid-March. There will be a one-week trial period from Oct. 3 - 6 for a non-refundable fee of \$25. If the child joins the team, the fee will be deducted from the registration fee. All swimmers will receive a free team t-shirt. Participants may make payments; program must be paid for in full by February 2012.

Level 1: Swimmers ages 6 - 8 and any swimmer new to the sport age 9-11 years old

Level 1-A Monday & Wednesday 5:45 - 6:30 p.m.
 Level 1-B Tuesday & Thursday 5:45 - 6:30 p.m.
Rec \$102 Basic \$122 Non N/A

Level 2: Swimmers must be 9-12 years old and anyone new to the sport ages 13-15

Monday - Thursday, 6:30 - 7:45 p.m.; Friday 5:30 - 6:30 p.m.
Rec \$222 Basic \$247 Non N/A

Level 3: Swimmers must be 13 - 17 years old

Monday - Thursday, 6:30 - 8 p.m.; Friday 5:30 - 6:30 p.m.
Rec \$244 Basic \$269 Non N/A

Gettysburg High School Swim Team members who will practice, not compete with, Sharks

Monday - Thursday, 6:30 - 8 p.m.; Friday 5:30 - 6:30 p.m.
Rec \$45 Basic \$65 Non N/A (practices Oct. 3 until mid-November)

sharks plus team

Swimmers may only register if they are recommended by a coach or have previously swum on the plus team. Registration will be held Sept. 1 - 6; practice begins Sept. 6. Practices will be held Monday - Thursday, 6 - 8 p.m.; Friday 5:30 - 6:30 p.m.; Tuesday and Thursday 6 - 7 a.m. and Saturday 8-9:30 a.m.

Rec \$571 Basic \$591 Non N/A

USA level 2 & 3

Swimmers may only register if they are recommended by a coach or have previously swam on the plus team. Registration will be held Sept. 1 - 19; practice begins Sept. 19. Practices will be held Monday - Thursday, 6:30 - 7:45 p.m.; Friday 5:30 - 6:30 p.m.

Rec \$272 Basic \$297 Non N/A



In partnership with



This year's cast (sponsors listed below each cast member):

bobbi becker with Brent Talbot

Shropshire Music Foundation

Jim Biesecker with Lauren Swartz

United Way of Adams County Volunteer Center

Jason Cole with Bridgid Wills

Helicopter Applicators, Inc.; Miller & Associates Real Estate, LLC

Lisa Grim with Tony Bombita

The Pub & Restaurant; Ann Orndorff, CNM, Nurse-Midwifery Care

Jesse Mills with Holly Fox

Fran Drago, Agent for State Farm; L&H Mechanical Services, Inc.

Phil Murray with Dawn Glass

A Woman's Purse; On the Edge Children's Foundation

Tara Reyka with Chad-Alan Carr

Adams Electric Cooperative, Inc.; Adams County School of Musical Theatre, Inc.

**Nov. 11, 2011 at 7 p.m. at the Historic Majestic Theater in Downtown Gettysburg
 Tickets available at www.gettysburgmajestic.org and the Majestic Box Office.**

water fitness classes

Safe and easy to learn. Classes include cardiovascular, strength and stretching exercises. Participants are encouraged to work at their own comfort level and intensity. Non-swimmers are welcome. The YWCA provides equipment for use in classes. Seniors receive 10 percent off the first business day of every month. Everyone is welcome to try any water fitness class one time at no charge. Basic and non-members are welcome to attend as many water fitness classes as they like and as often as they like through use of a punch card. Punchcards expire one year from date of purchase.

Rec Free/no punchcard needed

Basic \$24/12 class punch card

Non \$36/12 class punch card

advanced hinges and twinges with Linda

An Arthritis Foundation Water Fitness Class set to music from the 1950s and 60s open to people of all ages that provides relief from aches and pains for those with arthritis or any other muscle and joint problems, or are fresh out of surgery or rehab. Class is taught by a certified Arthritis Foundation instructor, who has special training in different types of arthritis, diabetes and sports-related injuries.

Tuesday and Thursday 8:45 - 9:45 a.m.

Monday, Wednesday and Friday 11:30 a.m. - 12:30 p.m.

beginner hinges and twinges with Connie

An Arthritis Foundation Water Fitness Class workout open to people of all ages that provides relief from aches and pains for those with arthritis or any other muscle and joint problems, or are fresh out of surgery or rehab. Class is taught by a certified Arthritis Foundation instructor, who has special training in different types of arthritis, diabetes and sports-related injuries.

Tuesday and Thursday 10:45 - 11:45 a.m.

water jogging with Cora

This class is for people who are comfortable in the deep water and would like to run without putting any stress on their joints.

This is a fast-paced class and open for anyone to try.

Tuesday and Thursday 11 a.m. - noon

advanced dig down deep with Danielle

This is a class for those who like a tough, fast-paced workout. Reduce stress after work with this overall exercise routine set to upbeat music that includes alternating interval sets of cardio water walking/running (in deep and shallow water) and toning/strength training. Great for active adults. Equipment will be used for buoyancy and resistance.

Tuesday and Thursday 5:30 - 6:30 p.m.

swing n' sway with Danielle

A workout to music for senior adults that includes stretching, muscle strengthening and cardio. The class is in the shallow and deep end of the pool and uses barbells and kickboards.

Monday, Wednesday and Friday 10:15 - 11:15 a.m.

ywca masters swim club

This club is for adults who want to have a personal coach for workouts or personal training in the water. This is a great way to get fit in a not so public setting. Come improve your stroke skills and increase your strength, endurance, stamina, and flexibility! These are enjoyable, focused workouts to help you achieve your personal fitness goal, train for a triathlon or accomplish competition goals. Members must be 19 years old and a basic member. Seniors receive 10 percent off the first business day of every month. Season begins Sept. 7 and ends in May. Participants can make monthly payments, program must be paid in full by April 2012.

Practice times (Begins Sept. 7) Mondays and Wednesdays; 6 -7 a.m.

Rec \$108

Basic \$162

Non N/A

personal training opportunities

Attention! Individuals scheduled for personal training, massage therapy or nutritional counseling must provide notice of cancellation 24 hours in advance or a \$15 fee will be charged prior to scheduling a future appointment.

one-on-one training

Our strength and conditioning coaches have been trained to provide enhanced performance. Our six certified trainers — John Marconi, Derrick Kuhn, Colleen Umbenhouer, Kevin Ecker, Emily Bucher and Travis Garman — help clients meet their goals and achieve maximum potential.

To learn more about YWCA personal training programs, or to schedule an appointment, call ext. 145.

REC PASS REQUIRED

30-minute individual training \$17

Buy five personal training sessions, get one free!

individual work-out plan

If you want a certified personal trainer to develop an individual plan specific to your needs, we have just what you're looking for. Your personalized plan will be recorded on a workout sheet that you follow for every workout. You decide how long to follow the plan before meeting with the trainer for another workout plan.

One-hour session \$25

nutritional counseling

Derrick Kuhn, a certified Nutrition & Wellness consultant, offers a program that consists of a complete dietary makeover. His objective is to assist individuals with achieving a healthy diet. Schedule a "doubles" session and bring a partner or friend for motivation. For further details, contact Derrick at ext. 145.

30-minute individual session \$25

60-minute doubles session \$40

package deal

If you are interested in both exercising and eating right, the YWCA has the perfect solution for you! We offer a package deal combining personal training and nutritional counseling. This package includes five 30-minute personal training sessions and one 30-minute nutritional consultation. The personal training and nutritional counseling combo is available weekdays from 6 a.m. to 2 p.m. Contact Derrick at ext. 145 for more details.

Fee \$100 (save \$10)

how-to clinics

New to the fitness center? Are those machines intimidating? The YWCA offers how-to clinics that target specific muscle groups. John Marconi, certified personal trainer, will teach you proper exercises using our equipment. No appointments needed, come on in and enjoy the group fun!

All sessions begin at 5 p.m.

Sept. 8 Abs **Oct. 20** Arms

Sept. 22 Legs **Nov. 3** Back

Oct. 6 Shoulders **Nov. 17** Chest

Free to rec pass holders

massage therapy

Call the service desk to schedule a massage. All of our massage therapists are certified with the Pennsylvania Department of Health as per the new law effective in January 2011.

therapeutic massage or reflexology

Fees	30 min	45 min	60 min	75 min	90 min
Rec Pass	\$30	\$40	\$45	\$55	\$65
Basic	\$35	\$50	\$55	\$65	\$75
Nonmember	\$40	\$55	\$60	\$70	\$80

chair massage

Fees	15 min	30 min
Rec Pass	\$20	\$30
Basic	\$25	\$35
Nonmember	\$30	\$40

reflexology

Reflexology is a science based on the theory that our entire body, including organs, glands, and body parts, have reflex points and areas located on the feet. Thumb and finger pressure is applied to these points and areas to release blockages around the corresponding body part and to re-establish homeostasis (equilibrium or balance). For details and information contact the service desk at 334-9171. Prices are the same as massage.

ionic foot detox

Ionic foot detoxification cleanses the body by pulling out toxins, which enhances and balances bioenergy at the cellular level. The system uses water, salt, electricity, and ion-generating stainless steel electrodes to create a healthy and cleansing 30-minute ionic foot bath.

Fee \$25

youth activities

**YWCA offers a \$5 discount for each additional family member registered for a class or session (excluding gymnastics).*

*beginner karate classes

You can learn to block, evade and counter physical belligerence. This noncompetitive class is geared toward individuals ages 8 - 12. If you have a child with a special need, please inform the service desk when you sign up. See page 11 for Korean karate for those ages 9 and older.

Instructor: Pete Golden

Ages 8 -12, Wednesdays, 6 - 7 p.m.

EHPKARBEG — 09, 10, 11

Rec \$20 Basic \$25 Non \$35

basic training youth fitness program

This one-hour class is designed to teach 13 - 15 year-olds the basics of aerobic exercise, strength training and gym etiquette. Upon completion of the training program, students are able to use the fitness center with a junior rec pass. Class required for youth under the age of 16; call ext. 145 for details and class dates.

Rec Free Basic N/A Non N/A

*home school physical education classes

The physical education program is co-ed for all ages. The semester is divided into 4-week sessions, which include a variety of sports, from basketball and hockey to gymnastics. Minimum enrollment of 10; no maximum enrollment.

Instructor: Alva Ecker

Wednesdays, Sept. 7 - Nov. 30; 1 - 2 p.m.

(No class Oct. 19)

EHPHS-09,10,11

Rec \$16 Basic \$20 Non \$30

gymnastics

All participants receive instruction in Olympic gymnastic events and strength and coordination building activities. Our instructors are First Aid, AED and CPR certified.

Session 1 Sept. 6 - Oct. 12

Session 2 Oct. 26 - Nov. 30

No classes Oct. 18 and 19

Teresa Monfort

• 5 years experience

Stacey Garman

• 1 year experience

preschool gymnastics classes

tumble tykes (boys & girls, ages 18 - 36 months)

An interactive class involving toddlers and parents.

Instructor: Teresa Monfort

Wednesday 9:15 - 9:45 a.m. (max. 12) EHPGYMTT

Rec Pass \$36/session Basic \$42/session

terrific threes (boys & girls, age 3)

A 45-minute class that includes skill and coordination building activities, and is formulated to create confidence and a sense of accomplishment.

Instructors: Teresa Monfort

Wednesday 10 - 10:45 a.m. (max. 14) EHPGYMGTT

Rec Pass \$36/session Basic \$42/session

fantastic 4's and 5's (boys & girls, ages 4 & 5)

A 45-minute class for children 4 - 5 years old at the beginning of the fall session. It introduces more complex skill with emphasis on technique and execution.

Instructors: Stacey Garman

Tuesday 5 - 6 p.m. (max. 12) EHPGYMF45

Rec Pass \$36/session Basic \$42/session

school-age gymnastics classes

beginner gymnastics (boys & girls, ages 6+)

A one-hour class that requires no prior gymnastic experience.

Instructors: Stacey Garman

Wednesday 5:25 - 6:25 p.m. (max. 14) EHPGYMBG

Rec Pass \$51/session Basic \$60/session

intermediate gymnastics (boys & girls, ages 6+)

This 75-minute class requires prior gymnastic experience and mastery of basic skills.

Instructors: Stacey Garman

Tuesday 6:30 - 7:45 p.m. (max. 12) EHPGYMIG

Rec Pass \$51/session Basic \$60/session

tumbling/floor class (boys & girls, ages 6+)

This 75-minute class on tumbling also includes some basic cheer techniques. No prior experience is required.

Instructors: Stacey Garman

Wednesday 6:45 - 7:45 p.m. (max. 12) EHPGYMTUM

Rec Pass \$51/session Basic \$60/session

adult activities

*korean style karate

With an energetic use of the body and mind, students learn to block, evade and counter physical belligerence. This style of karate is taught primarily as self-defense, but the practitioner will gain physical fitness, increased awareness and self assurance in a noncompetitive environment. The class is geared for adults and teens. Children 9+ welcome, but parents should consider taking the class with their younger children.

Instructor: Pete Golden EHPKARINT — 06, 07, 08

Wednesdays & Fridays, 7 - 8:30 p.m.

Rec \$20/month Basic \$25/month Non \$35/month

racquetball

Courts may be reserved up to one week in advance.

Rec Free

wallyball

Play an "off the wall" version of volleyball in a racquetball court. Scoring and play are similar, but balls may be hit off the side walls and over the net. Court reservations recommended.

Rec Free

pickleball

A fun game that is played on a badminton sized court with the net lowered to 34 inches at the center. It is played with a perforated plastic ball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Rec Free Basic \$3 Non \$5

recreational volleyball

If you are a rec pass holder and have a group of people who would like to play volleyball, give us a call and reserve a time to play.

Rec Free

noon "NBA" basketball

If you are looking for an active pickup game of basketball for adults (18+ years), then this coed group is for you. Players rotate for fair play.

Tuesdays & Thursdays, noon - 1 p.m., Gym B

Rec Free Basic \$3 Non \$5

cycle classes

Enjoy the support of a group fitness setting as an instructor calls the speed and intensity of the workout while the beat of the music motivates you. Classes are led by an instructor, but you can determine whether you want to step it up a notch or take it a little easier — you set your own ride!

Reserve a bike now at the fitness desk for your favorite session! Participants should arrive 10 minutes before the scheduled class to make seat adjustments. Reserved bikes will be released 5 minutes before the class begins. Classes are open to ages 16 years and older. Walk-ins are welcome based upon availability. Cycle class schedules are available at the service desk or online at www.ywcagettysburg.org. Call ext. 145 to reserve a bike.

Rec Free Basic N/A Non N/A

Looking for affordable, gently used kids' clothes and toys?

Come to Nearly New!

Oct. 21, 7:30 a.m. – 6 p.m.

Oct. 22, 8:30 – 10:30 a.m.

Buy and sell good-quality, gently-used, seasonal children's clothing, shoes, maternity clothes, baby equipment, furnishings, toys and MORE!

Make money on your gently used CHILDREN'S items and save yourself the trouble of selling them yourself!

For a 45 percent commission, plus a small handling fee, the YWCA Nearly New Sale draws great crowds of shoppers, sells your items for you, and the proceeds benefit the entire community through YWCA programs and services!

Volunteers are always needed to help sort and tag clothes the entire week. Volunteer five hours and shop the pre-sale Oct. 20, 6 to 8 p.m. To volunteer, call Christine Hoy at 334-9171, ext. 117 or email choy@ywcagettysburg.org.

For a list of consignment and donation dates and times, visit www.ywcagettysburg.org/site/special-events/community-events/nearly-new-sale.

Adams County Heritage Festival



Sunday, Sept. 18
Noon - 5 p.m.
Gettysburg
Recreation Park

Ethnic food, games, music and dance
All events free of charge

12:15 From the Well (American traditional)
1:10 Shafaat Khan (India/Pakistan)
2:00 Friends of the Jubilee Singers
2:40 Apollonia Greek Band
3:30 Pasos Caribeños Dance Group
4:10 Ray Owen (for children)

group exercise classes

Group exercise schedules are available at the service desk or online at www.ywcagettsburg.org.

Pay one fee per month and receive access to an unlimited number of classes. You can join at any time during the month.

Rec Free

Basic \$20

Non \$30

Ab Attack — A 30-minute workout that focuses on just the AB-DOMINALS!

Advanced Body Sculpting — Intense muscle conditioning focusing on both upper and lower muscle groups including abdominals.

LesMills BODYPUMP — BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Great music, awesome instructors and your choice of weight inspire you to get the results you came for-and fast!

LesMills BODYSTEP - BODYSTEP is the energizing step workout that makes you feel liberated and alive. Using a height-adjusted step and simple movements on, over and around the step you get motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear, followed by muscle-conditioning tracks that shape and tone your body.

Butts N Guts — Sculpt those glutes and abdominal muscles.

Body Sculpting 101 — Sculpt and strengthen different muscle groups.

Kickbox Cardio — Kickboxing exercises that will elevate your heart rate as well as challenge your muscles.

Circuit Breaker — A total body program that combines an intense hour of cardio drills followed by strength training segments that will short circuit your muscles.

Fit, Fun, & Fifty+ (FFF) — A total exercise class for seniors that includes cardio, toning, and flexibility.

Fit Yoga — Discover the benefits of Hatha Yoga. All ages, sizes, and fitness levels are welcome. Yoga will increase your flexibility, tone your muscles, and help to re-connect your mind, body, and spirit.

Gentle/Beginner Yoga — Gentle yoga designed for all ages.

Power 30 — Blending together cardio, strength, and flexibility.

Meditative Yoga — Focuses on breathing and being present and aware of your mind and body while moving through Yoga poses.

Power Hour — Full-body workout taking each major muscle group to fatigue while increasing heart rate. (Power Hour + adds an extra 15 minutes to your workout).

Pilates — A beginner's introduction to Pilates mat work through a series of floor exercises designed to promote core strength, flexibility and good posture and improve body awareness.

Sculpted Arms — Get sculpted arms that you always wanted!

Step Right Up — A low-impact aerobics workout suited for the intermediate/advanced student. This class will provide maximal cardiovascular conditioning with creative and challenging choreography.

Sweatshop — Combines non-stop step with intervals using weights.

Zumba — Fusion of Latin and international music that creates a dynamic, exciting, and effective fitness class.

yoga workshop with Kamini Desai



Over the past 20 years Kamini Desai, PhD, author of "Life Lessons, Love Lessons," has created an exciting body of teachings combining western psychology and eastern philosophy. Bringing practical knowledge relevant to the challenges of modern life, she has taught all over the world, delivering private workshops and corporate trainings for Sony, KPN Telecom, Mars Confectionary and in the Netherlands government. For more information on Kamini, visit www.kaminidesai.com.

Participants should bring a yoga mat and wear soft, loose-fitting clothing. Breaks will be offered and participants are welcome to bring their lunch and/or dinner. Lectures will help you connect mind, body and spirit. No yoga experience is required.

This all-day workshop will be held Tuesday, Nov. 15 and divided into three sections:

10:30 a.m. – noon, Yoga with Anita Tosten: Included with registration fee for either session

1:30 – 4:30 p.m., Relaxing into Life with Kamini Desai: Develop tools to meet life in a way that optimally serves our own health, well-being and happiness – and moves us into being in flow with life, rather than constantly struggling with the current.

5:30 – 8:30 p.m., Life Lessons, Love Lessons with Kamini Desai: Learn from the Past, Transform the Present, Create the Future. Using a unique set of tools created from the ancient principles of the east, you will be guided through a series of teachings and exercises that will illuminate your patterns in relationship and in life with clarity, compassion, humor and intelligence.

Rec \$50/session or \$85/full day

Basic \$60/session or \$95 full-day

Non \$70/session or \$105 full-day



eliminating racism
empowering women **ywca**

5th annual Breast Cancer Awareness 5K race

breast cancer awareness 5K

about For more than 25 years, the YWCA's ENCORE Breast Cancer Support Group has been providing initial and ongoing support for women in Adams County who have faced, or are facing a breast cancer diagnosis. Proceeds will benefit ENCORE fitness and educational programs, many available to the entire community at no charge. A YW membership is not required to participate in the support group activities.

course The 5K course for this event will begin and end at the YWCA and trace through the Cumberland Township countryside.

location YWCA Gettysburg & Adams County
909 Fairfield Road
Gettysburg, PA 17325

Mail: ENCORE 5K, YWCA Gettysburg & Adams County, 909 Fairfield Road, Gettysburg, PA 17325
Fax: 717-334-8797

date & time Saturday, October 8, 2011 at 8:30 a.m.

age groups & awards Ribbons will be awarded to the 1st and 2nd place finishers in the following women/men age groups:

13 and under	25-29	40-44	55-59
14-18	30-34	45-49	60-64
19-24	35-39	50-54	65-69
			70 and over

registration Registration is \$25 and includes a long-sleeve t-shirt. Additional applications may be obtained at the service desk or online at www.ywcagettsburg.org. Shirts are only guaranteed to those who register by Sept. 23.

information Call Deb Geesey at 717-334-9171, ext. 124. or dgeesey@ywcagettsburg.org.

Name _____ Age _____

Address _____ Sex _____

City, State _____ Zip _____

Phone _____ Email _____ Birthdate ____/____/____

T-Shirt Size S M L XL

_____ \$25 individual (TT=196) _____ Encore donation (TT=197)

_____ Total (Make checks payable to YWCA Gettysburg & Adams County.)

Waiver: In consideration of the acceptance of this entry, I waive for myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business, or individual as a result of any and all injuries which might be received during the race. I also release any photos that may involve myself. I also release my name to be posted in the official race results.

Signature Required

Parent must sign if runner is under 18.

Date

child care programs at three locations

Our combined facilities offer care for up to 323 children ages 6 weeks through 12 years, including infant, toddler, preschool and school-age classrooms with age-appropriate outdoor play equipment. School-age children have year-round care at the YW Main Building and Commerce Park locations. Breakfast, snacks and family-style lunches are included in full-day child care programs. All children must have a current family membership or a youth basic membership.


YWCA Main Building
 909 Fairfield Road, Gettysburg
 717-334-9171, ext. 126
 Paula Howard, Children and Youth Director
 phoward@ywcagettsburg.org
 Ages: 6 weeks – 12 years
 Hours: Monday – Friday 6:30 a.m.-6 p.m.
This location features a beautiful indoor gymnasium and pool for additional recreational opportunities.

Child Enrichment Program at Commerce Park
 1400 Proline Place, Gettysburg
 717-334-7150
 Teresa Rodgers, Child Care Director at Commerce Park
 trodgers@ywcagettsburg.org
 Ages: 6 weeks – 12 years
 Hours: Monday – Friday 6:30 a.m. - 6 p.m.
This location features an excellent location for commuters using Routes 15 and 30 and ample convenient parking for drop-off and pick-up times.

Fairfield Elementary School
 4842 Fairfield Road, Fairfield
 717-642-2022
 phoward@ywcagettsburg.org
 Ages: 5 years – 12 years
 Hours: Monday – Friday 7 a.m. to school start
 End of school day to 6 p.m.
Conveniently located on school grounds.



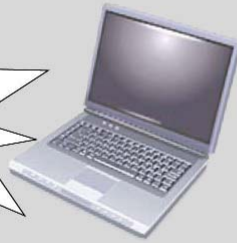
A child in Miss Sandra and Miss Charlene’s class at the Commerce Park Child Enrichment Center scoops corn onto his plate during lunch. Children in our child care programs practice fine motor skills in everyday situations.



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We've Moved!!

child care programs

Now enrolling in all age groups

Infant/Young Toddler (Main YWCA and Commerce Park)

Infants and young toddlers receive warm, nurturing care in a safe environment. Each child is assigned a primary caregiver who attends to his or her needs and interacts with parents. Additionally, weekly lesson plans incorporate Pennsylvania Early Learning Standards.

Fee \$170/week

Older Toddler (Main YWCA and Commerce Park)

Toddlers enjoy large and small group activities including songs, finger play, indoor and outdoor recreation, circle time and themes based on Pennsylvania Early Learning Standards. Staff works with parents and children during toilet training.

Fee \$159/week

Preschool (Main YWCA and Commerce Park)

Preschoolers are offered a more structured environment to prepare them for school. Activities include art, music, circle time, and indoor and outdoor recreation. Learning environment focuses on cognitive, social, emotional, fine and gross motor activities, and self-help skills. School-readiness skills are incorporated into our programs, including an exciting reading program called "Zoo Phonics." Zoo Phonics is a fun and interactive approach to reading for young children. All lesson plans incorporate Pennsylvania Early Learning Standards into a creative curriculum module. Weekly swim time is included with tuition (Main YW location only).

Fee \$153/week

Clubhouse (Fairfield Elementary School, Main YWCA and Commerce Park)

Operates during the school year, including most school holidays and in-service days. Activities include quiet homework time, games, physical recreation, swimming (Main YW location only), community service and theme-related activities. Fairfield Clubhouse operates from 7 - 9 a.m. and 3 - 6 p.m.

Before school \$42/week

After school \$76/week

Before and after school \$93/week

Jellybeans Preschool-1/2 day program (Main YWCA location)

Three- to 5-year-old preschoolers are delighted by this first classroom experience. Jellybeans is offered Monday through Friday during the school year. Parents have a choice of registering their child for one to five days of participation. Activities include early education instruction, creative play, circle time, themes and a weekly swim time.

Five days \$72/week

Two - four days \$17/day



get involved! become a volunteer

Become a YWCA volunteer and make a difference! Upcoming events and opportunities where volunteers are needed include:
 ENCORE Breast Cancer Awareness 5K (see page 15)
 Road Scholar On-Site Coordinators (see page 3)
 Instructors for community programs (see page 4 for examples of classes)
 TLC program assistants (see page 20)
 Call Christine Hoy, ext. 117 to learn more.

recognition



Lisa Tully is always willing to do what ever is needed, when ever needed and jumps right in. She serves as Secretary on the Board, the Nearly New, Spirit of Gettysburg, Executive and chair of Membership committees. She has been on the board for over 5 years. She works closely with staff members and has become very familiar with a lot of the pre-race work that needs to be completed. She organizes board functions. Lisa is someone you can count on when you need to get the job done.

George Ball, a fitness attendant, was named employee of the quarter for the third quarter of 2011. Not only is George constantly making sure things are clean and in order, but he has a way of making every person in the room feel special. Many people have commented about how much they enjoy their time at the YWCA when George is on duty.

donate

The YWCA must adapt each year to a growing and changing community, and as evidenced in the past several years, a changing economy. Our programs and services are made possible through the generous support of our members and friends. Membership and program fees cover only 87 percent of our operating expenses, and we rely on private donations and grants to cover the rest. We are honored and grateful to

have so many loyal supporters, and we offer many ways you can help us carry on our mission to eliminate racism and empower women. For more information on giving to the YWCA, call Deb Geesey at ext. 124 or email dgeesey@ywcagettsburg.org. All financial contributions are tax deductible to the extent of the law.

YWCA Wish List

Administration

Flat-screen monitors
 Laptops and desktop PCs (at least 3.0 GHz processors)
 Mice and keyboards (with USB connectors only)
 Microwave
 Office supplies

Large wall mirrors
 Magnets
 Fans
 Electric or battery-operated pencil sharpener
 Tape dispensers
 Video camera
 Headphones

Curling iron

Aquatics

Open-end wrench set
 Adjustable wrench
 Noodles
 AA batteries
 Floating toys
 Hose hanger

Child Enrichment Programs

Holiday decorations
 Play Dough
 Pencils/pens
 Washable markers
 Computer speakers
 Playing cards
 Calculators
 Spray bottles
 Arts and crafts materials (yarn, material, finger paints)
 Wall shelf for supplies
 Batteries (AA, AAA, C, D, 9V)
 Caution cones
 Contact paper
 Ivy/hanging plants with pots

Road Scholar

LCD Projector

Sports and Fitness

Broom or Swiffer broom
 Wall clock(s)
 Large wall mirrors
 Office supplies
 Boxes of pencils
 3-hole punch
 First aid supplies: bandaids, gauze, creams, ice packs, etc.
 Racquetball racquets and balls
 Basketballs, soccer balls and volleyballs
 Batteries (AA, AAA, D)
 Blow dryers

Community Events

Xbox 360, Playstation 3, or Wii game system

TLC

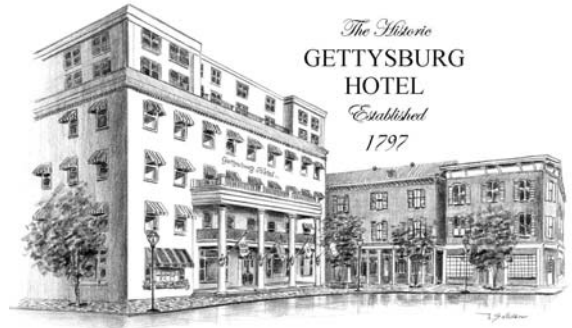
Kids' movies (DVDs)
 Board games, cards, other inside activities for kids

2011 hallmark sponsor program

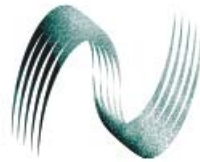
Hallmark Sponsors support seven YWCA events and three ongoing programs throughout the year while gaining recognition for their businesses in *YWorks*, on a banner displayed in the front driveway and parking area of our 909 Fairfield Road headquarters, on all event shirts and programs, and in all YWCA marketing materials, including our website. Employees of these companies also receive discounted memberships. To find out more about becoming a Hallmark Sponsor, call Deb Geesey at ext. 124.



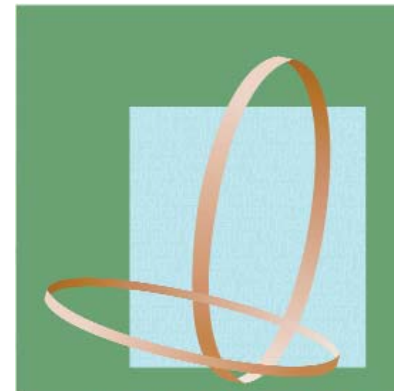
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donors
(continued)

Individual event sponsors

Unity Walk: Oct. 7

Gettysburg Animal Hospital
Gettysburg Pediatrics

Encore Breast Cancer Awareness 5K: Oct. 8

Gold

Rice Fruit Company

Silver

Crouse Electric Co., LLC
Hartman & Yannetti
Hull's Electric Service, Inc.

Bronze

C.E. Williams Sons
Gettysburg Optical

Dancing With the Local Stars, presented by The Pub & Restaurant and Gettysburg Day Spa: Nov. 11

A Woman's Purse
Adams County School of Musical Theatre, Inc.
Adams Electric Cooperative
Ann Orndorff, C.N.M., Nurse-Midwifery Care
Fran Drago, Agent for State Farm
Helicopter Applicators, Inc.
Miller & Associates Real Estate, LLC
On the Edge Children's Foundation
Shropshire Music Foundation
United Way of Adams County Volunteer Center

Donors (Individual)

The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between April 1 and June 30, 2011. We appreciate your generosity, no matter the amount!

Hallmark Friends (\$1,000+)

Craig Bennington on behalf of Roberta Wood
Robert Bennington on behalf of Roberta Wood
George and Conni Petrie
Donald Schafer
Eugene and Yvonne Starbuck

Charter Friends (\$500-\$999)

Richard and Ruth Jean Unger

Pacesetter Friends (\$250-\$499)

Janet C. Dewar
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Gail M. Pavlovich
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Gretchen Stuempfle

Sustaining Friends (\$100-\$249)

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Ashlyn Sowell and Kevin Wilson
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Joseph and Rose Tripi
Elijah and Jennifer Veenendaal
Rev. Candace Veon-Nyiri
Deborah Weaver
June Wescott
Terry P. Weyant
Maxine Willis
Laurel D. Woods

In memory of Roberta "Bobbi" Wood

Deb Geesey
Jane Lordeman
Carol Merwede
Abner Rainbow

Corporate and Foundation Friends

The support of local businesses, foundations, and municipalities is crucial in ensuring the YWCA can continue to offer programs and host special events. The fol-

lowing entities made donations between April 1 and June 30, 2011:

Charter Corporate Friends (\$5,000+)

Child Care Consultants, Inc.
Lutheran Theological Seminary at Gettysburg

Pacesetter Corporate Friends (\$2,500-\$4,999)

The Pub & Restaurant

Sustaining Corporate Friends (\$1,000-\$2,499)

Beauchat & Beauchat, LLC
United Way of Adams County

Supporting Corporate Friends (\$500-\$999)

Belco Community Credit Union
Historic Gettysburg Hotel
Hockley and O'Donnell Realty Leasing & Management Co.

Contributing Corporate Friends (<\$500)

Adams County School of Musical Theatre, Inc.
Adams Electric Cooperative, Inc.
Cemco Construction Inc.
Cole Family Dentistry
CRS Insurance Inc.
Flake's Animal Hospital
Fran Drago Insurance Agency, Inc.
George's Home Glass and Screen Repair
Gettysburg Battlefield Resort
GIANT Food Stores, Inc.
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KPI Technology, Inc.
Michael Ball State Farm Insurance Agency
Miller & Associates Real Estate, LLC
Nurse-Midwifery Care
Ragged Edge Coffee House
ShIPLEY Energy
Shropshire Music Foundation

In-Kind Donors

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American Red Cross
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C.E. Williams Sons
Cox Sports Photos
Neil Beach and Michael Spillane
Alexis Crowner
Dairy Queen
Dobbin House Tavern
Jane English
Ernie's Texas Lunch
Deb Geesey

Farnsworth House
Freedom Transit
Gettysburg College
Gettysburg Pretzel Company
Giant Foods
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Hoss' Steak and Sea House
Alex Hayes and
Ashley Andyshak Hayes
Linda and Robert Hockensmith
Jeffrey Corporation/Burger King
Elizabeth Kellett

Kilwin's Chocolates
Kuhn Orchards
Liberty Mountain Resort
McCleaf's Orchards
Betsy Meyer
Christine Miller
Tonya Mincey
Ragged Edge Coffee House
Ruth Mink
Peters Orchards
Sue Pitzer
The Pub and Restaurant
Cora Rhoads

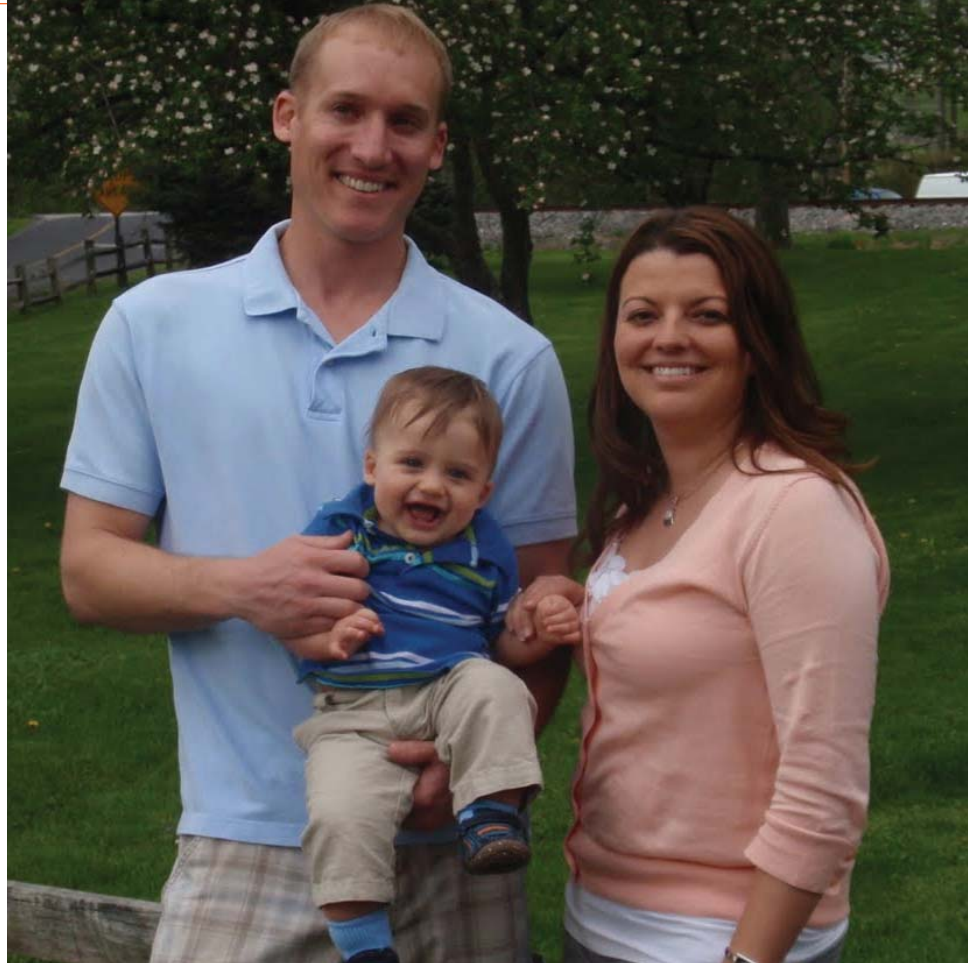
Rita's Italian Ice
Bob Robinson
Sara Rohr
Jennifer and Brian Rowell
Beth Saba
Sandoe's Fruit Market
ServPro
Sue Shealer
Snyder's-Lance
TGI Friday's
George Wilhide
Maxine Willis
Utz

Why YW?

I became introduced to the YWCA five years ago after my husband and I relocated to the area. I was asked to serve on the board of directors and did so for a three-year term. Through the board, I was fortunate to meet many inspiring women. The board was comprised of women from all different age groups and backgrounds, all of whom work so very hard to ensure that the YWCA was a thriving and successful organization.

I was equally impressed by the staff at the YWCA. Their commitment to the organization and their dedication to providing quality programs and services to the community, even in tough times, was truly amazing. I have volunteered for many events that are held by the YWCA including the Spirit of Gettysburg 5K, Nearly New Sale, and Bubba Bash, among others. Each time, I'm amazed by the number of volunteers who come together to make the events a success.

After the birth of our son last year, my husband and I chose to enroll him at the YWCA daycare center at Commerce Park. We have been pleased with the care that he receives from the staff at Commerce Park. The friendly and caring staff certainly makes it easier for us to go off to work each day. We look forward to our son par-



icipating in additional programs such as swim lessons, summer camps, and youth sports as he grows older. The YWCA is a special organization as it serves people in all age groups, from infants to the elderly, and embraces those of all races, religions, and cultures. From helping people stay fit, to providing them with educational and cultural programs, to taking care of our children, the YWCA is an organization that enhances the lives of so many in a variety of ways.

We choose to donate to the YWCA because we believe that it is a necessary and one-of-a-kind organization that provides valuable programs and services to our community. Further, we believe in the leadership at the YWCA and that they will ensure that the YWCA continues to make a positive impact on the citizens of Adams County.

*~Nathan, Tiffanie,
and Brennan Horton*

donors
(continued)

basic membership benefits

Voting privileges

Women 15 & older can vote in yearly elections

First tier discounts

Youth & adult programs and sports, massage, reflexology

Child care

Prerequisite for child enrichment program enrollment and TLC usage.

Does not give access to the facility unless you are participating in class.

	Youth (Under 13)	Junior ¹ (13-17)	Adult (18-59)	Family ²	Senior (60+)	Senior Family	Single Parent Family ³	College ⁴
Annual	\$30	\$40	\$40	\$110	\$30	\$50	\$60	\$40

babysitting

Morning TLC accepts children ages 6 weeks to 10 years old. Only two infants will be accepted at the same time and reservations must be made. Infants will only be taken for Monday through Friday 9 a.m. - noon. Evening TLC is offered Monday

Rec \$20/month for 1 child, additional \$5/each child per month
Non members N/A

through Thursday and accepts children from 6 months to 10 years old. As always, this service is only available while the member parent is using the facility. Call ext. 142 to make reservations. Payment is required before care is given.

Basic \$30/month for 1 child, additional \$5/each child per month
Pay as you go \$5 per child/two hours

health insurance discounts

Seniors, if your health insurance provider participates in Forever Fit or Silver & Fit you could be eligible for YWCA

membership at no cost to you. Call your provider for details.



Hockley & O'Donnell
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Hockley & O'Donnell is a proud
supporter of the YWCA
Gettysburg & Adams County!

985 Baltimore Pike
Gettysburg, PA

Open daily at 11:00am

Lunch Special
(Monday - Friday 11 am - 3 pm)
A Cup of Homemade Soup & Sandwich
ONLY \$5.95

Rockin' Trivia?
Every Tuesday, 6 - 8 p.m.
Come solo or bring a team of up to 8.
Prizes for every team member of the winning team.
Non-smoking and smoking sections.
Dinner available, Great Food Specials!

Impressions Banquet Facility
Weekend Entertainment
www.thepikerestaurant.com

rec pass fees

	Youth (Under 13)	Junior ¹ (13-17)	Adult (18-59)	Family ²	Senior (60+)	Senior Family	Single Parent Family ³	College ⁴
Joining Fee ⁵	\$25	\$25	\$50	\$50	\$50	\$50	\$50	Waived
Annual	\$262	\$282	\$403	\$605	\$322	\$504	\$504	N/A
Six-month	\$139	\$150	\$214	\$322	\$171	\$268	\$268	\$161
Three-month	\$74	\$79	\$114	\$170	\$91	\$142	\$142	\$85
Monthly	\$27	\$29	\$42	\$63	\$34	\$53	\$53	\$32
Discounted monthly fee w/ bank draft	\$25	\$27	\$38	\$57	\$31	\$47	\$47	N/A

All sales are final. Memberships are non-refundable and non-transferable. See website or membership brochure for policies. Active members of the military receive 20 percent off their membership.

¹**Junior memberships** are available to those 13-17 years old; or high school students.

²**Family memberships** — A family is defined as two adults living together as a couple, and their children, functioning as a single family. (Children are defined as minor children or children under 24 who are still enrolled in school.) In addition: (a) noncustodial parents may include their children in their family membership. (b) Custodial grandparents may include their grandchildren in a family membership (not senior family). (c) Elderly parents living with and dependent upon an adult child may be included in a regular family membership purchased by the adult child. (d) Physically or mentally handicapped adult children living with or cared for by their parents or persons (as above) acting as parents may also be included by that person(s) on a regular family membership.

³**A Single Parent Family** is defined as a single-income family with children, headed by a parent who is widowed or divorced and not remarried, or by a parent who has never married. Children eligible as defined in family definition.

⁴**College** is for students who are enrolled in at least 12 credit hours at an institution of higher education. Current proof of enrollment required.

⁵**Joining fee** is a one-time fee unless rec pass lapses for 30 days or more.

rec pass benefits

FREE:

fitness center

65 cardio and weight training machines, sauna, free weights

group exercise classes

more than 30 classes offered each week including LESMILLS BodyPump & BodyStep, zumba, 3 different yoga, pilates

pool, whirlpool

25-meter heated indoor pool, family swim area, lap lanes; 12-person whirlpool at 100 degrees with jets

water fitness classes

all fitness levels: arthritis, deep water, yoga, cardio, strength, stretching exercises

training session with personal trainer

30-minute session teaching upper or lower body workouts

2 indoor racquetball courts

racquets & ball use included, wallyball available

gymnasium

basketball, volleyball

cycle classes

more than a dozen classes offered each week

how-to clinics

personal trainer targets abs, legs, shoulders, arms, chest and back

discounted guest pass

bring a friend for \$2 less than the regular rate

guest passes with annual membership

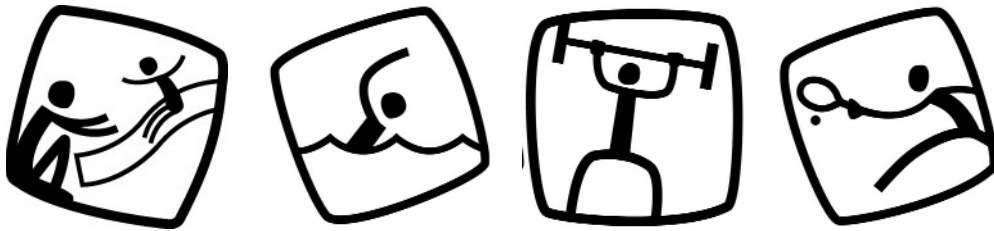
five for individual memberships and 10 for family

Deepest discounts:

Youth & adult programs and sports, massage, reflexology

Includes basic membership benefits as listed on previous page.





Something for everyone!



2011 membership survey (also available on ywcagettysburg.org)

As we continue to strive to make the YWCA the best it can be, we value your opinions and ask that you complete this survey and return it to the YWCA. Please use additional paper if necessary.

1. Personal Info Please circle the correct information about yourself

Gender: Male / Female **Age:** 11-18 19-25 26-35 36-45 46-55 56-65 66 & older
Membership Type: College Adult Senior Single Parent Family Family Senior Family

2. Evaluation Please rate the quality of each area. Rate only areas with which you are familiar, leave others blank

1= Poor 2= Fair 3= Good 4= Excellent

	Service Desk	Fitness Center	Aquatics	Child Care
a. Appearance and cleanliness	_____	_____	_____	_____
b. Competency of staff	_____	_____	_____	_____
c. Condition of equipment	_____	_____	_____	_____
d. Distribution of information	_____	_____	_____	_____
e. Quality of classes	_____	_____	_____	_____
f. Variety of classes	_____	_____	_____	_____
g. Customer service	_____	_____	_____	_____

Comments:

3. What programs/classes/events you would like to see offered at the YWCA?

4. Do you take part in our mission programs focusing on racial justice and the economic empowerment of women?

LEGO Robotics Encore Support Group Women in History Contest Time To Talk
 STEM Savvy Single Parent Support Group Race Against Racism 5K Cultural Celebrations

5. The YWCA has:

Disagree Somewhat disagree Somewhat agree Agree

...played a part in my overall fitness?	_____	_____	_____	_____
...provided regular options for my family to stay active?	_____	_____	_____	_____
... influenced my attitude about diversity	_____	_____	_____	_____

Comments:

6. How have you heard about the YWCA (circle all that apply)?

YWorks Website Newspaper Community events Word of mouth Mass emails Facebook Twitter

7. We value your feedback. Please share positive comments or constructive criticism:

Please contact me: Name _____ Phone _____ Email _____

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Gettysburg, PA 17325
ywcagettsburg.org
717-334-9171
717-334-8797 (fax)

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empowering women
ywca

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INTO FITNESS AT THE YWCA



Buy 5, get 1 FREE Personal Training Sessions must be purchased as a package in the months of September, October, and November 2011.

10% off Gymnastics and Group Swim Lessons only valid for sessions held in months of September, October, and November 2011. May not be combined with any other offer, except for those listed on this "Fall Into Fitness" promotion.