

eliminating racism
empowering women
ywca

yworks

March, April and May 2011

YWCA Gettysburg & Adams County

Program registration opens February 15

Looking for summer fun? Check us out and your kids will be saying...

Mom, Dad, **PLEASE DRIVE ME TO THE YW!**

OUR SUMMER CAMPS HAVE EVERYTHING!

- ⇒ Sports Camps (page 14)
- ⇒ Sport-specific camps (page 14)
- ⇒ Gymnastics camps (page 14)
- ⇒ Camp Champ (page 16)
(formerly Camp Bearfoot)

Find out why the YW has
been the place for summer
fun for more than 20 years!

our mission

The YWCA Gettysburg & Adams County is dedi-
cated to eliminating racism, empowering women and
promoting peace, justice, freedom and dignity for all.



management team

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Sharks Swim Team (Megan Maslowski/Matt Teeter)

sharks@ywcagettysburg.org

YWCA Child Enrichment Program 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)

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Sharen Neale

Carolyn Nunamaker

Jane Nutter

Kathleen Reed

Maxine Willis

Maria Zavala

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

Come to Nearly New!

April 8, 7:30 a.m. – 6 p.m.

April 9, 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 5 hours and shop the pre-sale April 7, 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.

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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hallmark and mission

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

sity in our community, and provide women and girls opportunities for economic advancement. For more information on the YWCA's hallmark and mission programs, call Ashley Andyshak Hayes at ext. 113 or e-mail aahayes@ywcagettsburg.org.

hallmark and mission programs

March Around the World

March 26, 6-8 p.m. Learn how cultures around the world celebrate the change of seasons in March: spring in the Northern Hemisphere and fall in the Southern Hemisphere. This family-friendly event includes food, music, dance and children activities and is free and open to everyone.

Women in History Essay Contest Awards

March is Women in History Month, and the YWCA will honor winners of its 25th annual Women in History Essay Contest at a ceremony March 24 at 7 p.m. Awards include U.S. savings bonds in denominations of \$100 for first place, \$75 for second place and \$50 for third place in both seventh and eighth grades. The contest is once again sponsored by Times and News Publishing Company. The public is invited to the ceremony.

Brown Bag Lunch Series

Learn and grow through the YWCA's free brown bag lunch series, held monthly from noon to 1 p.m. in the Community Room. Bring your own lunch or order from the Ragged Edge II. Upcoming topics include:

Feb. 15: Joe and Maria Levenstein return for "Judaism 102," a continuation of their October 2010 presentation on the Jewish faith.

March 15: Mark Berg will present "We Need to Talk," offering information and advice on how to discuss driving safety with older family members.

April 19: Lakshmi Viswanathan will discuss India and Hinduism.

May 17: Janet Trump will present "Circle: The Women's Way," and its ability to tap into the wisdom that exists in a group.

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

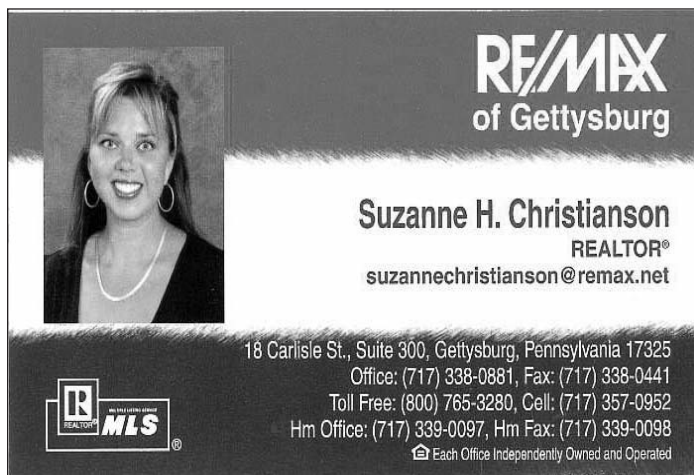
This group meets the second Tuesday of each month at 6:30 p.m. in the Community Room. For more information, call coordinator Marian Ruth at 717-677-7198.

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, call Deb Geesey at ext. 124.

Single Parent Support Group

Open to both mothers and fathers, this group meets the second Monday of each month at 6 p.m. in the Clubhouse room. Meetings include special speakers, discussions on nutrition and parenting techniques, fitness classes, and an opportunity to eat and socialize with other single parents. 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.



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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 to people from around the US and 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 for a list of 2011 program dates, courses and fees. Commuters are welcome.

community

gardening in your environment

This seven week course presented by the Penn State Master Gardeners of Adams County will educate participants in becoming familiar with soil, proper gardening practices, plants, insects and diseases as well as design guidelines for the garden.

Feb. 28	Gardening 101
March 7	Bugs and Other Problems
March 14	Landscaping Basics
March 21	Native Plants
March 28	Planting and Pruning Trees & Shrubs
April 4	Vegetable Growing
April 11	Perennials
Mondays, Feb. 28 through April 11	6:30 – 8 p.m.
Rec \$40	Basic \$45 Non \$50 ECSGARDEN

create a stained glass woven basket bowl

Create this beautiful and unique bowl by "weaving" strips of glass. Friends will wonder how you were able to "weave" glass, but don't tell. It will be your secret! Pre-cut glass strips will be provided, and you can custom design the colors of your bowl to suit any room in your home.

Class will be held at Wentz Stained Glass Studio at 48 York Street, Gettysburg. The cost of the class includes materials and the two kiln firings necessary to create your unique masterpiece. Register early class size will be limited to 12 participants.

April 18	6:30 – 8:30 p.m.
Rec \$30	Basic \$35 Non \$40 ECSSTAINED

American Red Cross babysitters' training

This six-hour course, designed for youth ages 11-15, educates participants to recognize unsafe conditions, choking emergencies and rescue breathing, prevent injuries and illnesses, basic child care, first aid, decision making and age-appropriate behavior and play. Participants receive an American Red Cross certificate of completion. Participants will be given a lunch break, but they must bring their own food and drink. Spaces are limited and pre-registration at the service desk is required.

March 19	9 a.m. to 3 p.m.
Rec \$45	Basic \$50 Non \$55 ECSBABYSIT03

beginner Mah Jongg

Calling all game lovers! Learn the game Mah Jongg and enjoy the company of others. Mah Jongg is a fast-paced game for four players that use 140 Chinese tiles. The object of the game is to be the first player to successfully match a fourteen tile hand. The National Mah Jongg League has thousands of members and groups who meet regularly to play all over the US. It is fun and competitive while stimulating to the mind. You will not need any supplies, just lots of luck! Our instructors, Christine Hazlett and Debbie Williams have been playing Mah Jongg for years and look forward to sharing their love of the game with you.

Thursdays, March 10 - April 7	7 - 9 p.m.	ECSMAHJONGG1
Fridays, March 11 - April 8	1 – 3 p.m.	ECSMAHJONGG2
Rec \$15	Basic \$18	Non \$21

I want to sell a house

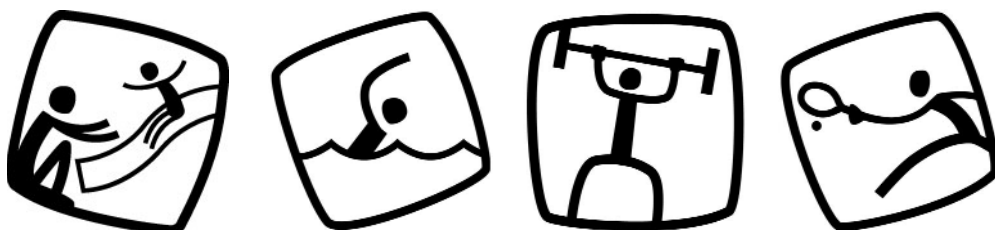
Should I wait for the market to turn? How can I price competitively, stage my house to show well, market aggressively and choose a real estate agent wisely? Should I get a home inspection? What forms will I have to sign? What can I expect from buyers? Get these and other questions answered by a licensed real estate associate broker and certified home stager during this lively, interactive class. Class emphasis is on consumer protection and education.

March 3	6:30 – 8:30 p.m.	ECSSELL
Rec \$5	Basic \$7	Non \$10

AARP Driver Safety Program

AARP Driver Safety Programs are offered at the YWCA. This program is a classroom course 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 Joe Scarselletta at 334-9992 to register.

March 23 and 24	8:30 a.m. - 12:30 p.m.
April 14 (4 hr. refresher)	8:30 a.m. - 12:30 p.m.
May 11 and 12	8:30 a.m. - 12:30 p.m.
May 26 (4 hr. refresher)	8:30 a.m. - 12:30 p.m.
AARP members \$12	Non members \$14



Something for everyone!

community (continued)

I want to buy a house

How do I choose a real estate agent – are they the same? What financing is available? How do I get a loan? What home inspections should I have? How much money do I need to bring to settlement? What forms do I have to sign to write an offer? Get these and other questions answered by a licensed real estate associate broker and mortgage loan officer during this lively interactive class. Class emphasis is on consumer protection and education.

April 7 6:30 – 8:30 p.m. ECSBUY
Rec \$5 Basic \$7 Non \$10

create a class

Do you see the need for a class or program which 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@ywcagettsburg.org. We are anxious to hear your ideas!

blood drives

The YWCA, with the American Red Cross, offers several blood drives throughout the year. Many patients who benefit from your donation of the precious "Gift of Life" will greatly appreciate your support. Sign up at the service desk to give blood at our next blood drive.

May 6 11 a.m. to 5 p.m.

need a spot for your party or meeting?

Do you have an occasion to celebrate, but need a place to host it? A meeting where you can also benefit from a little basketball or racquetball team building? Come to the YW. Our facility has amenities that can help you host that perfect party, reunion, meeting and other event. You do not need to be a YW member to rent, however members do receive the benefit of a 10% discount on the rental fees.

We offer several options for themed parties. With these parties you have the community room for 3 hours with one of those hours being an activity hour.

Pool parties are always a good time. You have one hour of splash time in the pool. (The pool during this time is still open to the public.)

Gymnastic parties are an awesome time with fun on the balance beam, uneven bars, mats, spring-board and vaulting block. Party includes 1 hour of gymnastic activities led by YW staff.

Sports themed parties are when the hour of activity is picked by you and led by our staff. Your child may prefer a basketball, soccer, wacky sports, volleyball or old fashioned games activity. We will try to accommodate your requests.

Gymnasium, pool, and racquetball courts may also be rented on an hourly basis, separately or in combination with the community room. If you have other ideas of how our facility can meet your needs call us at 334-9171. Be creative and make sure to come in and take a look.

recognition



Matt Rice, assistant director of the Child Enrichment Center at Commerce Park, was chosen as the YWCA Employee of the Quarter for the first quarter of 2011.

Matt's colleagues described him as "a survivor, being the lone male in a center of fourteen delightful women."

Matt is known to lead by example and is always willing to go the extra mile.

Not only will he always help, but he is also very easy to approach, according to his coworkers. They said they are always comfortable approaching him and say he "is a perfect example of how an assistant director should be."



Ben Oelkers is our Volunteer of the Quarter for the first quarter of 2011. Mr. Ben, as the children know him, reads to the children in Ywise twice a week. He is very dependable and loves to read and play with the kids.

aquatics

learn to swim lessons

Registration for all sessions opens Feb. 15. The cost is per child with a 10% discount for each sibling registered in a swim class. Each session is 6 lessons. Classes need a minimum of 3 students.

Rec \$29 **Basic** \$49 **Non** \$69

pre-school American Red learn to swim (ages 3 -4)

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

Level 2: Can put their head underwater and swim a little with a floatation device

Level 3: Can swim without assistance or minimal assistance

Session 3: Registration ends March 2

Classes run March 7 - 24

9 - 9:30 a.m., Mondays and Wednesdays, Pre-School Level 1
9:30 - 10 a.m., Mondays and Wednesdays, Pre-School Level 2, 3
5:10 - 5:50 p.m., 5:55 - 6:25 p.m. Mondays and Wednesdays,
Level 1, 2, 3, 4

5:20 - 5:50 p.m., 5:55 - 6:25 p.m. Tuesdays and Thursdays,
Pre-School 1, 2, 3

Session 4: Registration ends March 30

Classes run from April 4 - 21

9 - 9:30 a.m., Mondays and Wednesdays, Pre-School Level 1
9:30 - 10 a.m., Mondays and Wednesdays, Pre-School Level 2, 3
5:10 - 5:50 p.m., 5:55 - 6:25 p.m. Mondays and Wednesdays,
Level 1, 2, 3, 4

5:20 - 5:50 p.m., 5:55 - 6:25 p.m. Tuesdays and Thursdays,
Pre-School 1, 2, 3

American Red Cross ages 5 - 12 learn to swim

Level 1: Introduction to Water Skills

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

Session 5: Registration ends May 4

Classes run from May 9 - 26

9 - 9:30 a.m., Mondays and Wednesdays, Pre-School Level 1
9:30 - 10 a.m., Mondays and Wednesdays, Pre-School Level 2, 3
5:10 - 5:50 p.m., 5:55 - 6:25 p.m. Mondays and Wednesdays,
Level 1, 2, 3, 4

5:20 - 5:50 p.m., 5:55 - 6:25 p.m. Tuesdays and Thursdays,
Pre-School 1, 2, 3

teen and adult swim lessons

This class is for teens and adults, ages 13 and older, who want to learn how to swim. These classes are tailored to what the student would like to learn. Classes need a minimum of 2 students to run.

Rec \$25 **Basic** \$45 **Non** \$65

Session 3: Registration ends March 7

Saturdays, March 12, 19, 26 10 - 11 a.m.

parent-baby swim lessons (American Red Cross)

This class is to familiarize children from 6 months to 3 years with the water and prepare them to learn to swim on their own. It is not designed to teach babies survival skills or how to swim without a parent. It is designed to equip the parent with skills to teach their babies to swim on their own. The cost is per adult. There must be at least 2 students for the class to run.

Level 1: Babies 6 months to 24 months

Level 2: Toddlers 2 years and 3 years

Rec \$25 **Basic** \$45 **Non** \$65

Session 3: Registration ends Feb. 28

Fridays, March 4, 11, 18, 25 8:45 - 9:45 a.m.

Session 4: Registration ends March 28

Friday, April 1, 8, 15, 22 8:45 - 9:45 a.m.

Session 5: Registration ends April 25

Fridays, April 29, May 6, 13, 20 8:45 - 9:45 a.m.

“Why do I belong to the YW? Some of my heroes are there. Victor and Janet are both 88 years old and faithfully work out three mornings a week. Brian lost over fifty pounds working out at the YW over the past ten months. They inspire me to try to keep physically fit and mentally well. You are never too old nor too out of shape to begin a fitness program to health.”
— *George Heberling*

aquatics (continued)

private swimming lessons

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

Rec \$24/lesson

Basic \$36/lesson

swim instructor certification course

The American Red Cross Water Safety Instructor Course course is for anyone age 16 or older. Participants must be able to swim all 5 strokes. This course is a certification course that will allow you to teach everyone, infants to adults, how to swim. There must be at least 3 students to run the course. A payment plan is available, call the Aquatics Director for more information ext. 129.

Fee \$269 (Includes books, certification in Fundamentals in Teaching (FIT) and WSI training)

Session 4: Must Register by March 15

Saturday April 2 8 a.m. - 5 p.m.
Sunday April 3 10 a.m. - 5 p.m.
Saturday April 9 8 a.m. - 5 p.m.
Sunday April 10 10 a.m. - 5 p.m.

Session 5: Must Register by May 2

May 19 - 21 and May 26 - 28
Thursdays 5 - 9 p.m., Fridays, 5 - 9 p.m., Saturdays 9 a.m. - 5 p.m.

American Red Cross lifeguarding course

Participants must be at least 15 years old and able to swim 300 yards: (100 front crawl, 100 breaststroke, 100 any combination of breaststroke and freestyle), retrieve a 10 lb. brick from 7-8 feet under water in at least 1 minute and 40 seconds using the front crawl stroke and a feet first surface dive. You will be certified as an American Red Cross Lifeguard, Certified in CPR for the Professional Rescuer, First Aid and AED. There must be at least 3 students to run the course.

Fee \$215 (Includes rescue mask, book, certification cards & instruction)

Session 3A: Register by Feb. 25

Try Out Date: Feb. 25 at 4 p.m.
You will need to pass the prerequisite skills to enter the class.
Course Dates: Feb. 28 - March 4 3 p.m. - 9 p.m.

Session 5A: Register by April 29

Try Out Date: April 29 at 4 p.m.
You will need to pass the prerequisite skills to enter the class.
Course Dates: May 2 - 13 3 p.m. - 5:45pm

Session 3B: Register by March 25

Try Out Date: March 25 at 4 p.m.
You will need to pass the prerequisite skills to enter the class.
Course Dates: March 28 - April 1 3 p.m. - 9 p.m.

Session 5B: Register by May 13

Try Out Date: May 13 at 4 p.m.
You will need to pass the prerequisite skills to enter the class.
Course Dates: May 16 - 27 3 p.m. - 5:45 p.m.

Session 4: Register by April 22

Try Out Date: April 22 at 4 p.m.
You will need to pass the prerequisite skills to enter the class
Course Dates: April 25 - 29 3 p.m. - 9 p.m.

Session 6A: Register by June 3

Try Out Date: June 3 at 4 p.m.
You will need to pass the prerequisite skills to enter the class.
Course Dates: June 6 - 17 3 p.m. - 5:45 p.m.

family swim

Family swim is held Saturdays from 2:30 - 4:30 p.m. and Sundays from 2:30 - 4:30 p.m. Fee is for one weekend family swim session. Session includes swimming both Saturday and Sunday family swim times. 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.

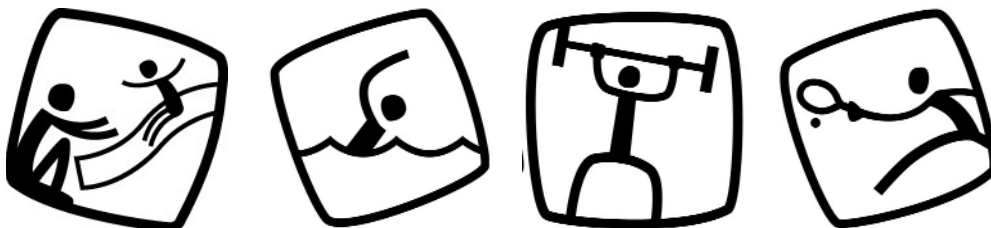
Rec Free

Basic/Non Ages 16 and older \$5

Ages 5-15 \$3

Under 5 Free

Family of Four \$12



Something for everyone!

aquatics (continued)

American Red Cross lifeguard/first aid challenge

This 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 \$70

American Red Cross CPR/AED challenge

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

Fee \$35

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. There are senior discounts on the first workday 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 their use of a punch card. Childcare is available, see page 23 for more information

Rec Free/no punchcard needed

Basic \$24/12 class punch card

Non \$36/12 class punch card

early bird splash with Linda Denniston

Arthritis Foundation Water Fitness Class

A workout open to people of all ages that provides relief from aches & pains for those with arthritis or any other muscle and joint problems, 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 9 a.m. - 10 a.m.

deep water challenge with Danielle Schneider

Challenging routine utilizing water resistance cuffs for low impact but intense workout. For those comfortable in deep water. Equipment used: resistance cuffs, gloves and barbells.

Tuesday and Thursday 10 - 11 a.m.

gentle waves with Connie Feldman

Join us for an hour of stress relief, stretching, and relaxation in the shallow end of the pool. Participants will learn yoga breathing techniques and basic yoga poses. Improve your balance as you gently stretch in the water. No prior knowledge of yoga or swimming is required. All ages and levels of fitness are welcome.

Tuesday and Thursday 11 a.m. - 12 p.m.

dig down deep with Danielle Schneider

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, this workout combines intervals of cardiovascular exercise with strengthening, toning, and balance. Equipment will be used for buoyancy and resistance.

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

swing n' sway with Cora Rhoads

A workout with big band 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 - 11 a.m.

mid-day break splash with Linda Denniston

Arthritis Foundation Water Fitness Class

This class will also focus on increasing mobility, balance and diminishing pain. You will even receive personalized instruction to make sure you do not injure yourself with any exercises.

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



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FOR MORE INFORMATION CALL 337.3855

aquatics (continued)

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. Your initial registration fee, makes you become part of the YWMA swim club, and you receive a one year membership of the Delaware Valley Master Swim and a registered swimmer with the United States Masters Swim League. This allows you to compete against other swimmers in the Delaware Valley and nation-wide. You will also receive your personal copy of Masters Magazine. Members must be 19 years old. 10% off on Senior Discount days, which are the first business day of every month. The initial registration fee also includes one month of membership in the YWCA Masters swim club.

Masters Initial Registration fee: Rec \$45 Basic \$55 Non \$60

Monthly renewal fee \$12

Practice times: Mondays and Wednesdays; 6 -7 a.m.

sharks summer swim team

Registration is open from April 18 - 21, from 6 to 8 p.m. in the YW lobby. Late registration begins April 22 for an additional \$20. One week trial period is May 2 - 6 for only \$30, which is non-refundable. This trial period is only for kids who have never been part of the Sharks swim team. If you join the team during the trial week the \$30 will be applied to the registration fee with no late fee. All swimmers must have at least a basic membership.

Swim team begins May 2 and ends at the end of July. All summer dual meets are mandatory and invitationals are optional.

Welcome aboard!

	Level 1	Level 2	Level 3
Rec	\$69	\$149	\$179
Basic	\$89	\$169	\$199

There is a \$10 discount for each additional child in the same family.

Description of swim levels

Level 1 (ages: 5 - 8 years old and any new swimmer between ages 9 and 12) Participants will have little to no competition swim experience. This level focuses on competitive strokes and techniques.

Level 2 (ages: 9 - 12 years old and any new swimmer between ages 13 and 15) Focus is approximately 50% stroke techniques and 50% endurance training. Swimmers will learn proper ways to start and turn.

Level 3 (ages: 13 - 17 years old) This level focuses on advanced techniques

Practices

Level 1-A: Monday and Wednesday 5:45 - 6:30 p.m.

Level 1-B: Tuesday and Thursday 5:45 - 6:30 p.m.

Level 2: Monday - Thursday 6:30 - 7:45 p.m., Friday 5:30 - 6:30 p.m.

Level 3: Monday - Thursday 6:30 - 8 p.m., Friday 5:30 - 6:30 p.m.

sharks plus team

Season begins April 18 and ends in August. Registration opens Feb. 15 and ends April 18, the first night of practice. Prerequisite: swimmers of any age must be recommended by coach. All swimmers must be at least a basic member and be or become a USA swimmer.

Practices Monday - Wednesday from 6 - 8 p.m., Thursdays 6 - 7 p.m., Friday from 5:30 - 6:30 p.m., Saturday from 8 - 9:30 a.m. and Tuesday and Thursday from 6 - 7 a.m.

Rec \$192 Basic \$222

level 2 and 3 USA swimming

Season begins April 25 and ends in August. Registration opens Feb. 15 and ends April 25, the first night of practice. USA Swimming is now open to Level 2 and 3 swimmers with coach's approval only; this allows them to compete in USA meets in addition to regular swim team meets.

Practices Monday - Wednesday from 6:30 - 8 p.m., Thursdays 6 - 7 p.m., and Friday from 5:30 - 6:30 p.m. This is for swimmers not already part of USA Swimming.

Rec \$30 Basic \$50 (Fees added to Sharks fee)

aquatics (continued)

60-minute indoor triathlon

Registration begins Feb. 15 for this fundraiser that will benefit the YWCA Aquatics Department and House of Hope in Santiago, Chile. House of Hope is a home that gives orphan girls who are 18 and can no longer live in the orphanage a place to live while they study for a career. We hope to raise at least \$500. This triathlon is for everyone over the age of 5. Each participant will have an opportunity to race against the clock. The athlete who is able to travel the farthest distance in the set amount of time, wins! You will have 20 minutes to swim, 20 minutes to bike and 20 minutes to run. Each athlete will compete against people in their age group and receive a free t-shirt.

May 7 10 a.m. to 4 p.m.

Fee \$25 per person (Must register by April 14)

triathlon training camp

This is for people ages 16 and older. There will be one-hour training sessions, two days a week for six weeks. Thursdays will focus on swimming workouts and Tuesdays will focus on cycling and running workouts. Come join a group of people willing to train together and encourage each other. For more information, contact Cora at ext. 129.

March 17 - April 26 Tuesdays and Thursdays, 7 to 8 p.m.

Rec \$60 **Basic** \$80 **Non** \$99 (Participants receive 10% discount on triathlon registration. See aquatics director.)

summer swim and fitness camp

This is for children ages 6 - 9 who are interested in either learning how to swim or improving their swimming strokes. This camp also incorporates a component in which children will learn different ways to exercise in a swimming pool. To participate in an full-day camp, join one of our afternoon half-day camps, which are on page 14.

Aug. 1 - 5 9 a.m. - noon

Rec \$75 **Basic** \$90 **Non** \$105 Space is limited to 15 students

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sports and fitness

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 five certified trainers — Emily Bucher, Jeff Cartzendafner, Derrick Kuhn, Colleen Umbenhouer 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

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 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)

group training

If you prefer training with a group, grab your friends, family, or co-workers and sign-up for a group training session. Your certified personal trainer will lead your group through an hour-long training, focusing on strength, conditioning, flexibility, and core exercises.

1-hr session: \$12/per person 3-person min/6-person max

massage therapy

Call the service desk to schedule a massage. All of our massage therapists are pending certification 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 nourishing 30-minute ionic foot bath.

Fee \$25



sports and fitness (continued)

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 and up, including adults. If you have a child with a special need, please inform the service desk when you sign up.

Instructor: Pete Golden

Wednesdays 6 - 7 p.m. EHPKARBEG — 03,04,05
Rec \$20 **Basic** \$25 **Non** \$35

*home school physical education classes

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

Instructor: Alva Ecker

Wednesdays 1 - 2 p.m. EPHPS - 03,04,05
Rec \$16 **Basic** \$20 **Non** \$30

T-ball/Coach Pitch

Girls and boys, ages four to eight years old, learn the basics of throwing, hitting, catching and running while developing coordination and confidence, and having fun. The noncompetitive league emphasizes teamwork and good sportsmanship. Games are played at the YWCA on Saturdays; raindates are on Sundays.

T-Ball is for 4 to 6-year-olds and uses simplified Pee Wee baseball rules. Coach Pitch is for 6 to 8-year-olds and modified Little League rules apply. Six-year-olds must be able to play without a tee and throw at a higher level than T-Ball. Coaches and team sponsors are needed. Contact Derrick or Jen at ext. 121 for more details.

Registration deadline is March 4.


Rec \$18 **Basic** \$28 **Non** \$35
EHPTBALL, EHPCOACH

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 who are at least 13 years old but under the age of 16; call ext. 145 for details and class dates.

Fee \$20 per person





AARPSM Driver Safety Program

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

www.aarp.org/drive

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*1/2 price meals for children up to 10 years of age & must order from kids menu

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www.thepikerestaurant.com

sports and fitness (continued)

gymnastics

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

Whitney Nevins

- 5 years experience
- 13 years floor/tumbling experience

Stacey Garman

- 4 years experience

Session 1

March 22 - May 4 (No classes April 5 and 6)

Theresa Monfort

- 1 year of experience

Chelsea Fisher

- More than 10 years of experience

Session 2

May 10 - June 15

preschool gymnastics classes

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

An interactive class involving toddlers and parents.

Instructor: Whitney Nevins

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: Whitney Nevins

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 one-hour 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: Whitney Nevins and Stacey Garman

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

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

schoolage gymnastics classes

beginner gymnastics (boys & girls, ages 6+)

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

Instructors: Whitney Nevins & Stacey Garman

Wednesday 5 - 6 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: Whitney Nevins & Stacey Garman

Tuesday 6:15 to 7:30 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: Whitney Nevins & Stacey Garman

Wednesday 6:15 to 7:30 p.m. (max. 12) EHPGYMTUM

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



Run for the YW

Warm weather is right around the corner and now is the time to register for the YW's 3 road races in 2011.

- ❑ 5-mile Race Against Racism; April 30
- ❑ Spirit of Gettysburg 5K and kids' runs; June 25
- ❑ Encore Breast Cancer Awareness 5K; Oct. 8

Printable applications, and links to online registration, are available on ywcagettsburg.org under special events. Applications are also available at the YW service desk.

New this year Register for all three races with one application. See the Race Against Racism application for more details on the "YWCA Run Series." Participants will receive a free t-shirt with all 3 race logos.

For more info on the races, call Alex J. Hayes at ext. 116 or e-mail ahayes@ywcagettsburg.org.

sports and fitness (continued)

summer sports camps

The YWCA offers numerous sports camps throughout the summer so children ages 6 to 14 years old can have fun in a safe environment. Children are required to pack their own lunch and extended care is available from 7:30 to 9 a.m. and 4 to 5 p.m. every day. Camps run 9 a.m. to 3:30 p.m.

Camps will adhere to the following schedule: 9 - 11:30 a.m. Sports Activities; 11:30 a.m. - 12:30 p.m. Swimming; 12:30 - 1:30 p.m. Lunch; 1:30 - 3:30 p.m. Structured Activities; 3:30 p.m. pick-up or extended care free play.

Registration opens February 14.

Full-day Camp **Rec** \$100 **Basic** \$115 **Non** \$125

Half-day Camp (in combination with sports specific and gymnastics camps only) **Rec** \$55 **Basic** \$65 **Non** \$75

June 13 - 17

Indoor/Outdoor games (ages 6 - 9)

All Sports (ages 10 - 14)

June 20 - 24

Playground games (ages 6 - 9)

Wacky Sports (ages 10 -14)

June 27 - July 1

All Sports (ages 6 - 9)

Track and Field (ages 10 - 14)

July 5 - 8 (YW is closed July 4, 20% discount)

Wacky Sports (ages 6 - 9)

Indoor/Outdoor games (ages 10 - 14)

July 11 - 15

Playground games (ages 6 - 9)

All Sports (ages 10 - 14)

July 18 - 22

Track and Field (ages 6 - 9)

Wacky Sports (ages 10 - 14)

July 25 - 29

All Sports (ages 6 - 9)

Playground games (ages 10 -14)

August 1 - 5

Indoor/Outdoor games (ages 6 - 9)

All Sports (ages 10 - 14)

Aug. 8 - 12

All Sports (ages 6 - 9)

Wacky Sports (ages 10 -14)

Aug. 15 - 19

Field trip week (destinations TBA)

sports specific camps

New this year, the YWCA will be offering sports specific camps this summer. These camps are designed to enhance the specific sports that your child is interested in. These camps will be staffed by High School coaches and/or College level athletes. The child will be learning specific skills relevant to their sport of interest. Sports Specific camps will run from 9 a.m. - noon. You will have the opportunity to participate in a half-day sports camps if full-day care is needed.

Rec \$75 **Basic** \$90 **Non** \$105

June 13 - 17

Football (ages 6 - 9)

June 20 - 24

Football (ages 10 -14)

June 27 - July 1

Tennis (ages 6 - 9)

July 5 - 8 (Closed July 4, 20% discount)

Tennis (ages 10 - 14)

July 11- 15

Soccer (ages 6 - 9)

July 18 - July 22

Soccer (ages 10 -14)

July 25 - July 29

Soccer (ages 6 - 9)

Aug. 1 - 5

Swim Camp (ages 6 -9)

(see page 10 for more info)

Aug. 8 - 12

Cheerleading (ages 6 -12)

summer gymnastics camps

These are half-day camps and participants may enroll in wacky sports or track and field for the other half of the day; half-day camp fees that are listed above will be added to prices below.

3 year old gymnastics July 18 - 22 9 -11:30 a.m. 11SUM EHPSPGYM01

Rec \$55 **Basic** \$65

4 & 5 year old gymnastics July 18 - 22 9 - 11:30 a.m. 11SUM EHPSPGYM02

Rec \$55 **Basic** \$65

6 & up gymnastics July 18 - 22 12:30 - 4:00 p.m. 11SUM EHPSPGYM03

Rec \$75 **Basic** \$85

sports and fitness (continued)

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.

(NOTE: \$5 off each additional family member.)

Instructor: Pete Golden EHPKARINT09, 10, 11

Wednesday & 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

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. Weekends are available and waiting for you to reserve your court.

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.

Tuesday & Thursday, Noon - 1 p.m., Gym B

Rec Free Basic \$4 Non \$5

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

cycle classes

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 extension 145 to reserve a bike.

Free with rec pass, must have rec pass to participate

group exercise classes

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

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

Rec Free Basic \$20 Non \$30

Abs-N-All - This class combines Butts & Guts with Muscle Pump. This class will push every muscle group to fatigue, with ab work mixed throughout.

Body Sculpting 101 - Sculpt and strengthen different muscle groups

Kick butt Combo - This class combines Kickbutt Bootcamp and Cardio-Kick boxing class with toning intervals.

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. 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.

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

Lunchtime Fitness Fusion - 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.

Morning Blitz - Take your training to the next level! This tough one-hour class will develop strength and improve your cardiovascular endurance.

Muscle-Pump - Full body workout taking each major muscle group to fatigue while increasing heart rate.

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

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.

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

Ab Attack - 30 minute workout that focuses on just the ABDOMINALS!

child care programs

YWCA Main Building

909 Fairfield Road, Gettysburg
717-334-9171, ext. 126

phoward@ywcagettsburg.org

Ages: 6 weeks – through 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

lhaberkorn@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

fairfield@ywcagettsburg.org

Ages: 5 years – 12 years

Hours: Monday – Friday 7 a.m. to school start

End of school day to 6 p.m.

This location features before and after-school care on the west side of Fairfield Borough, directly off Route 116.

Accepting enrollments at Commerce Park and Main YW

All new enrollments will receive fourth week
free with this coupon. (expires April 1)

Our combined facilities offer care for up to 323 children ages six 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 childcare programs. All children participating in a YWCA Child Enrichment Program must have a current family membership or a youth basic membership to the YWCA.

Infant/Young Toddler

(Fairfield Road 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 infant/toddler 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 upon Pennsylvania 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

Camp Champ

(formerly Camp Bearfoot, summer only)

(Main YWCA location and Commerce Park)

Renamed by the children, this camp provides fun-filled summer activities including swimming, themes, crafts, field trips and walking excursions. Breakfast and lunch are provided.

Fee \$150/week

Jellybeans Preschool-1/2 day program

(Main YWCA location)

Three-to five-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:

- March Around the World (see page 3)
- Race Against Racism 5-mile race (see page 13)
- Spring Nearly New Sale (see page 2)
- Road Scholar On-Site Coordinators (see page 4)
- Instructors for community programs (see page 23)
- TLC program assistants

Call Christine Hoy, ext. 117 to learn more.

donors

advancing the ywca

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 extremely

ways you can advance the ywca

Friends Fund – Gifts to the YWCA Friends Fund are an important part of our annual budget. Donations to this fund cover operating expenses and help keep our doors open.

Designated Gifts – You can make a donation in any amount to any department or program you choose.

The Endowment Fund – Money in our Endowment Fund builds interest and generates revenue for the YWCA each year. Endowment donors may designate the beneficiary of their donations, and in some situations may be able to name an endowment. Donations can also be made in honor or in memory of family, friends, or loved ones.

The Danner Society – Irene Danner made the first bequeathed gift to the YWCA Gettysburg & Adams County by willing her house on Lincoln Square for the organization's first home. In 2009, we introduced the Danner Society, a special group of donors who include the YWCA in their wills or estate plans. Planned gifts can include cash, assets, property, life insurance, IRAs and other retirement funds, charitable remainder trusts, or annuities. These gifts are typically added to our Endowment Fund, but donors can choose to designate their gift any way they feel is appropriate. All planned donations should be discussed between the donor, his or her financial advisor, and YWCA staff to ensure maximum benefit for each party.

Transfer of Appreciated Assets – Stocks or other investment funds that have been held for more than one year and have grown in value can provide a substantial gift to the YWCA at a low net cost to you. The full value of your appreciated asset is tax-deductible.

Matching Gifts – Some employers provide a match for donations to charitable organizations. Many times the donations are a 1:1 match, but they can be as high as 2:1. If your company offers this program, your human resources coordinator can give you the necessary paperwork to send with your gift to the YWCA. Retirees may also be eligible.

grateful to have the loyal supporters that we do, 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 e-mail dgeesey@ywcagettsburg.org. All financial contributions are tax deductible to the extent of the law.

In-Kind Gifts – The YWCA is often in need of goods and services we could not otherwise afford. The value of donated goods is tax-deductible, and these gifts go a long way in ensuring we can continue to provide the programs and services you've come to expect. See the YWCA Wish List on page XX to see how you can help each of our departments. Some programs at times require the services of a professional or consultant in an area of expertise outside the staff's knowledge base. These services can be costly, but you can help by donating your expertise.

“It was a big step for me to just make the phone call and say that I needed to learn how to swim. But on the first day when our instructor, Cora, said that the first thing we were going to learn was the front float. I said, “Oh my, you mean with our face in the water?” and she said yes. I knew I had the right instructor. I thought well if that is what everyone else can do, then I can do it. I used to not want to swim past the middle of the pool without touching and now when I swim I don't even think about the depth. If I get tired of one stroke, I just turn to another stroke and I love the elementary backstroke.”

—Barbara Tully

donors (continued)

ywca wish list

Administration

Flat-screen monitors
Digital camera
Laptops and desktop PCs (at least 3.0 GHz processors)
Laminator
Office supplies
Electric pencil sharpener

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

Road Scholar

LCD Projector
Digital camera

Sports and Fitness

Broom or Swiffer broom

Wall clock(s)
Fitness equipment (see Derrick Kuhn for details)
Large wall mirrors
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
Curling iron

Aquatics

Open-end wrench set
Adjustable wrench

Noodles
Bright orange spray paint (2 cans)
AA batteries
Floating toys
Water hose

Community Events

Xbox 360 game system, Wii game system, or Playstation 3 game system
Card tables and chairs

TLC

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

Donors (Individual)

The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between Oct. 1 and Dec. 31, 2010. We appreciate your generosity, no matter the amount!

Hallmark Friends (\$1,000+)

Tom Arnold
Tom and Christine Little
Geoffrey Wade
Roberta Wood

Charter Friends (\$500-\$999)

Eleanor and Peter Pella
Fred and Dianne Steimling
Wendy Weikal-Beauchat

Pacesetter Friends (\$250-\$499)

Anonymous
Jacki and Barclay Brooks
Margaret Dewar and Glenn Nelson
Nathan and Tiffanie Horton
Peter and Gail Hull
Lee Ann Larson
Kathy and Fred Martin
Faye and Steve Niebler
Carolyn and Norman Nunamaker
Gail and Michael Pavlovich
Jane Parker Scott

Sustaining Friends (\$100-\$249)

Tom and Sandy Beauchat
Bruce and Lois Boenau
John and Judie Butterfield
Em and Wanda Cole
Michael and Pamela Cooper-White
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Susan Williams
Kathryn Yaroschuk
In memory of Jan Piper
The Fit, Fun and 50+ class
Daniel Winters
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 following entities made donations between Oct. 1 and Dec. 31, 2010:
Charter Corporate Friends (\$5,000+)
ACNB Bank
Child Care Consultants, Inc.
Susquehanna Bank
Pacesetter Corporate Friends (\$2,500-\$4,999)
Cleveland L. Null, DDS
Sustaining Corporate Friends (\$1,000-\$2,499)
Cumberland Township Board of Supervisors
The Margaret Trew Cline Foundation
PNC Financial Services Group, Inc.
University of Pittsburgh Medical Center
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Adams County Winery
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Strawberry Hill Nature Preserve
Maxine and Clodius Willis
AnneMarie Wypijewski

YWCA strives to maintain accurate donor records. If you feel we have made a mistake in our donor list or have omitted a donor, please e-mail aa-hayes@ywcagettsburg.org or call ext. 113. Thank you!



donors (continued)

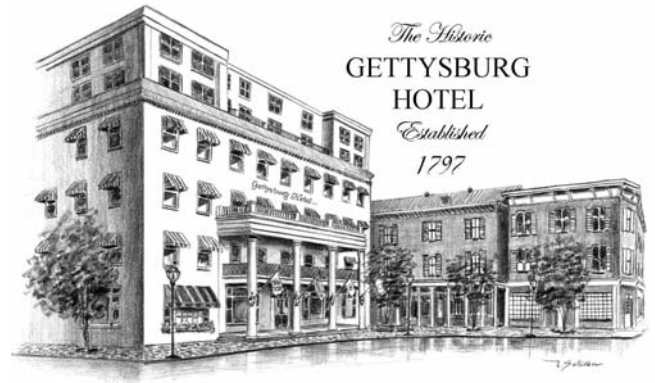
2011 hallmark sponsor program

Our Hallmark Sponsor program began its fourth year in 2011 with added benefits. Our 2011 Hallmark Sponsors support eight YWCA events while gaining recognition for their businesses in our quarterly *YWorks* publication, on a banner displayed in the front driveway and parking area of our 909 Fairfield Road headquarters, on all event shirts and programs, and on all YWCA marketing materials, including our website. To find out more about becoming a Hallmark Sponsor, call Deb Geesey at ext. 124.



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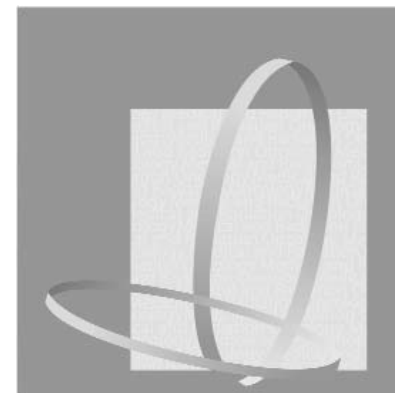


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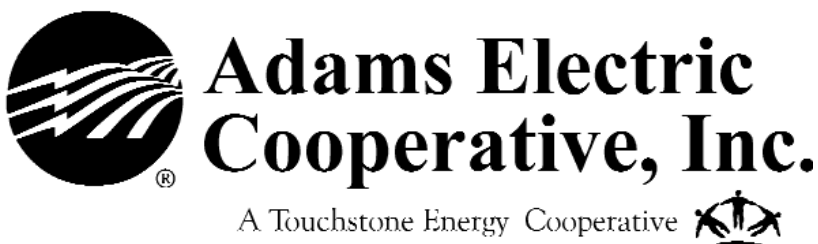


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GETTYSBURG CANCER CENTER
Gettysburg Radiation Oncology



membership information

fee policies

membership cards

All members, basic and rec pass, Child Enrichment Program parents and those participating in programs as nonmembers are required to carry YWCA cards to access the facility. One free card is issued at time of registration (two for CEP parents). Replacement cards may be purchased for \$5. Your membership card is a photo ID and may only be used by you. Cards/memberships are individual and cannot be shared or interchanged. The membership expires on the expiration date. If a member arrives at the YW and is unaware that their expiration date has been reached, they will be admitted once before payment is expected.

guests

We welcome community residents and visitors, both male and female, to use our facility. Daily fee: \$8 for 16 or older, \$5 for children age 5-15, free for children ages 5 and under, and \$6 for active military. Weekly passes are available for \$20. Passes allow access to all benefits held by rec pass members. Guests are expected to adhere to the same policies as members.

locker rentals

Individual lockers located in our 2 locker rooms are available as annual rentals. Rental rates are \$25 for tote locker (12"x12"x14"), \$40 for half locker (12"x35"x14") and \$75 for full lockers (12"x72"x14") Refunds are not given on locker rentals. Locks are not to be left on any locker when you leave the facility, unless it has been rented. These lockers will be emptied when found.

financial assistance

The YWCA is committed to serving individuals and families from all economic levels. Fees are intentionally set at a moderate level and do not cover the full cost of service. Assistance is available for YWCA programs and services, excluding childcare, subject to available resources and applicant's income eligibility. Financial assistance applications are available at the Service Desk and are reviewed monthly. Not all requests can be granted immediately. For further information, call Sue Pitzer at ext. 120.

discounts & coupons

Please present coupons, etc. at time of payment. Coupons/specials cannot be combined. Senior citizen discount: 10% discount on rec passes and water fitness cards only on the first business day of each month.

Military discount: 20% discount for active and active reserve military on any membership type except college. Active ID card must be shown when purchasing and renewing.

We are a participating fitness facility for the Forever Fit and Silver&Fit insurance programs.

gift certificates

Gift certificates may be purchased at the service desk for a monetary value. The price of the service purchased will be determined by the membership level of either the certificate redeemer or purchaser, whichever is lower.

refunds & credits

Program fees, basic membership dues and recreational passes are nontransferable and nonrefundable. Refunds are given only for programs cancelled by the YWCA. No other refunds will be issued. Registered participants who withdraw from a program will receive a pro-rated voucher for the program fee minus a \$10 processing charge. All YWCA vouchers are valid for one year from the date of issue.

payment options

We accept payments by personal check, VISA, MasterCard, Discover, money order or cash. Rec Pass holders and Child Enrichment Program participants may also elect to have electronic fund transfers (EFT) through a local bank or from a credit card. If you choose to pay by EFT, you will sign an agreement authorizing the YWCA to withdraw a monthly payment from your bank account (or charge an accepted credit card). These withdrawals or charges will appear on your bank or credit card statement. EFT requests do not expire automatically. If you wish to cancel your EFT, a cancellation form must be completed 30 days in advance of when you wish to cancel EFT. Payment for program registration must be made at the time of registration.

returned checks

There will be a \$35 charge for all returned checks. Repeated returned checks may result in a loss of check writing privileges.

debt to the ywca

Individuals owing money to the YWCA due to returned checks, rejected EFTs, past due program balances, or for any other reason must pay the debt immediately. Failure to correct outstanding debt will result in the loss of use of all YWCA facilities and programs for all family members until the debt is paid. Legal action may result as well.

health insurance discounts

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

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

membership information

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

April 11 - 16 Pool and whirlpool closed for maintenance, see pool schedule for alternate location to swim
April 22 CEP closed
April 24 Easter, YWCA closed
May 30 Memorial Day, YWCA closed

facility use policies

grounds

All YWCA facilities are smoke-free. Children under 10 must be accompanied by an adult at all times while in the facility. The playground at east end of parking lot is not on YWCA property and use of it is not allowed under our agreement with the Seminary.

access

An individual membership is for the purchaser only and does not allow access for anyone else. It is not transferable even to a member of a family membership type. Violation of this is a theft of service and may result in the membership being forfeited. A YWCA Rec Pass membership is required for access to the swimming pool, whirlpool, sauna, gymnasium, racquetball courts and fitness center. Basic and non members may purchase access to group exercise and water fitness classes. All members must bring their cards and swipe at the turnstile each visit. If you forget your card, a desk worker will allow you access three times within a prescribed amount of time. After the third occurrence, you will need to purchase a new card for \$5 to gain access. Tracking member usage is an important evaluation tool for all departments. We need correct usage numbers when applying for grants and reporting on membership utilization. Tracking access is also used for security reasons. This information is only accurate if all members are individually swiping their cards at the gate. While some members are diligent in bringing their cards, others are not. Please comply! Turnstiles are located at the service desk and fitness centers. These also ensure that those using the facility are members.

pool

We welcome all ages of members as well as community guests to our pool. Children under the age of 10 must be accompanied by an adult over the age of 17 at all times. A complete list of pool rules is available in the pool area. Infants and toddlers MUST wear a swim diaper; diapers can be purchased at the Service Desk. Participants must shower before entering the pool. Users' good hygiene is essential to the maintenance and sanitation of the pool. Please use good judgment in choosing your swim wear so as to not to offend anyone.

whirlpool

Whirlpool users must be at least 18 years old. Participants must shower before entering the whirlpool. Users' good hygiene is essential to the maintenance and sanitation of the whirlpool.

breastfeeding

Women are welcome to breastfeed in Danner Lounge. Please ask service desk staff to open the room. If Danner Lounge is in use, we will find an alternate location.

fitness center

As a non-profit organization, it is the responsibility of both staff and members alike to take care of our equipment. We ask that you take ownership of your workout space. In other words, if you see someone breaking the rules, bring it to the attention of a YWCA staff member. We have rules for this facility designed for the safety and comfort of all our members. If we all work together to enforce the rules, the YWCA fitness facility will continue to be the great place that it is!

locker rooms

Please be mindful of wet and dry areas in YWCA locker rooms. For the comfort and privacy of all members, children four and older are required to use their same gender locker room. Parents bringing opposite gender children age four and older may use the special assistance (ADA compliant) room. See the Service Desk for the key. Adults are responsible for children that they bring into the locker room and must stay with them at all times. Cell phone usage is not permitted in the locker rooms or fitness center.

Baby changing areas are located in the men's and women's aquatic locker rooms

sauna

Users must be 18 years old and follow rules posted on door. Users ages 13 - 17 must be accompanied by an adult.

racquetball

Courts are to be used only for racquetball, wally ball and similar sports. Reservations can be made at the service desk for free, but are not required. If you wish to borrow equipment, you must leave your membership card with the attendant and it will be returned when the equipment is returned. There is a \$25 charge for a returned broken racquet unless it's from regular wear and tear. Children under 10 must be accompanied by an adult.

e-cycling

The YWCA is an e-cycling center for inkjet cartridges, laser toner cartridges, cell phones (any condition), PDAs and pagers. All items will be refurbished or processed as scrap to recover raw materials. We cannot accept newspapers and batteries. If you have computer parts or monitors as donations, please call Jeff at ext 112 before bringing them to us.

lost & found

See the Service Desk to turn in found items or to inquire about lost items. The YWCA is not responsible for lost or stolen items. Items left over 30 days are donated to charities or discarded.

membership information (continued)

fee structure

REC PASS	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	\$217	\$232	\$387	\$617	\$288	\$483	\$486	\$273
Six-month	\$126	\$140	\$215	\$333	\$162	\$260	\$264	\$158
Three-month	\$70	\$77	\$114	\$173	\$88	\$136	\$139	\$86
Monthly	\$26	\$28	\$40	\$60	\$32	\$50	\$50	\$30
BASIC ONLY	\$30	\$40	\$40	\$110	\$30	\$50	\$60	\$40

All sales are final. Memberships are non-refundable and non-transferable.

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 22 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.

basic membership & rec pass benefits

basic membership

- Women 18 and older can vote in board of directors election.
- Grants first tier discount on YWCA programs.
- Access to Child Enrichment Programs and TLC

rec pass

All basic membership benefits, plus:

- Fitness center access with free orientation
- FREE 30-minute personal training session (NEW)

- Pool and whirlpool access
- Unlimited group exercise classes, including cycle classes
- Deepest discount on YWCA programs
- Locker rooms with available locker rentals
- Gym and racquetball courts access
- Discounted guest passes; adult \$6, child \$4 — must be accompanied by member.
- Annual adult membership includes 5 free guest passes
- Annual family membership includes 10 free guest passes

membership policy

The YWCA welcomes individuals and families regardless of age, race, religion, gender, ability or economic level. If you have special requirements and need assistance, please call Membership Director Sue Pitzer at ext. 120. If a member or guest acts in a manner inconsistent with the YWCA mission, fails to abide by the rules and regulations of the YWCA Gettysburg & Adams County, or acts in a manner which is harmful, potentially harmful or a threat to the safety of others, membership and/or Rec Pass privileges may be revoked or suspended at the discretion of the Executive Director or the Board of Directors.

Therefore, the YWCA reserves the right to deny access or membership to any person who:

- is a registered sex offender;
- has plead guilty to or been convicted of a crime involving sexual abuse, physical abuse or neglect of a child, spouse or parent;
- has plead guilty to or been convicted of any offense related to the sale or transportation of illegal narcotic, habit forming or dangerous drugs;
- and/or is clearly under the influence of intoxicating beverages or behavior modifying drugs.

babysitting

Beginning March 1, 2011, morning TLC is testing a trial program of adjusting the minimum age from 6 months to 6 weeks. Only 2 infants will be accepted at the same time and reservations must be made. Infants will only be taken for Monday – Friday 9am - noon. As always, this service is available while the member par-

ent is using the facility. Call ext 142 to make reservations. Payment is required when reservation is made.

Rec \$20/month for 1 child, Additional \$5/each child per month
Basic \$30/month for 1 child, Additional \$5/each child per month
Non members N/A **Pay as you go** \$5 per child/two hours

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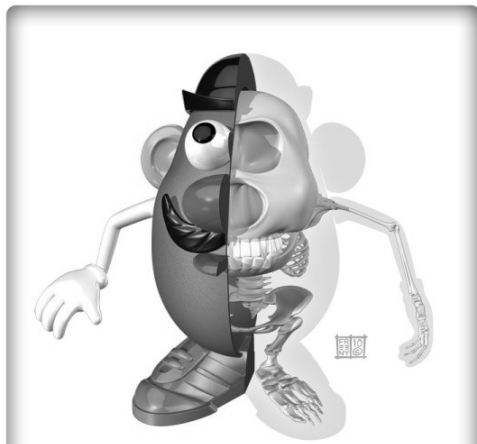
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