


Experienced instructors, evolving fitness solutions

yw Free group exercise, aquatic fitness and cycle classes with rec pass

yw  Classes join lineup in June

yw Everybody tries Les Mills free during June 4 kick-off celebration

yw Joining fee waived during June 4 Les Mills kick-off celebration

yw See page 13 for more on our exciting partnership with Les Mills

yw See page 23 for a complete list of benefits included with a YW rec pass



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

May 30
 July 4
 Aug. 26 and 29
 Memorial Day, closed
 Independence Day, closed
 Child care closed, in-service

Featured in this issue of YWorks

Summer camps for kids include Fun with Science, gymnastics, outdoor play and sports skills (Pages 4, 10 and 15)

Ballroom dancing teaches couples how to have fun at weddings and other social events (Page 11)

Spirit of Gettysburg 5K, Fun Run and Kids Runs return for the 21st year (Page 16)

YWCA partners with Les Mills to help you reach a new fitness level (Page 13)

YWCA members and friends,

The past year has been a rewarding one for the YWCA Gettysburg & Adams County. Children learned to swim, people of all ages exercised together, friendships were made and we celebrated Irish, Italian, and Slavic cultures. We also added several new benefits for rec pass holders. Water fitness classes are now free and we have increased the frequency of some class offerings. We made cycle classes exclusively a rec pass benefit, and in June, we will begin offering two of the most popular Les Mills classes. We want you to feel comfortable in all areas of our facility so that you can take advantage of all we have to offer, so memberships now include a free personal training session and free how-to clinics. For more on these and other benefits, see page 23. We continue to strive to be fiscally responsible. We have all experienced increases in the cost of everyday expenses, and the YWCA is no different. Beginning July 1,

2011, membership rates will increase slightly. We continually review our pricing structure, and we have made the necessary adjustments to standardize our membership rates across all categories. Many members find it convenient to pay monthly through an automatic bank draft so we are offering a 10 percent discount to all members choosing the bank draft option. We cannot extend this discount to credit card drafts because of fees associated with those drafts. If you wish to make the change to this option, please see a service desk rep. We are looking forward to making the next year great for all of our members. We welcome your suggestions and involvement as we strive to make the YWCA Gettysburg & Adams County the best that it can be.

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 e-mail aahayes@ywcagettsburg.org.

eliminating racism, empowering women

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:

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

June 21: Dick and Wanda Gallimore will share stories and photos from their recent mission trip to the west African country of Senegal.

July 19: Mark Berg will present "We Need to Talk..." offering information and advice on how to discuss driving safety with older family members.

If you'd like to present a Brown Bag Lunch or 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:

May 10: "Molaka'i" by Alan Brenner

June 14: "Tinkers" by Paul Harding

July 12: "Heart Language" by Susan Hill

Aug. 9: "Wench" by Dolan Perkins-Valdez

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 or email [dgesey@ywcagettsburg.org](mailto: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. Child care is provided free of charge with 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 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.

community

AARP Driver Safety Program

AARP Driver Safety Refresher Program is offered at the YWCA. 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. This four-hour refresher is only available to participants 50 and older who have completed the two-day program. Call Mark Berg at 642-9404 to register.

Thursday, Aug. 25 (4-hr. refresher) 8:30 a.m. – 12:30 p.m.

AARP members \$12 Non members \$14

American Red Cross babysitters' training

This seven-hour course, designed for ages 11-15, educates participants to recognize unsafe conditions and choking emergencies, learn rescue breathing and how to prevent injuries and illnesses. It also includes basic child care, first aid, decision making and age-appropriate behavior and play. Participants receive an American Red Cross certificate of completion. Spaces are limited and pre-registration at the service desk is required.

Tuesday, June 14 9 a.m. – 4 p.m. ECSBABYSIT06

Tuesday, July 26 9 a.m. – 4 p.m. ECSBABYSIT07

Rec \$45 Basic \$50 Non \$55

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@ywcagettsburg.org. We look forward to hearing your ideas!

blood drives

The YWCA, with the American Red Cross, offers several blood drives throughout the year in our Community Rooms. 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.

Friday, July 8 11 a.m. to 5 p.m.

enrichment summer camps

art in our natural world for 6 - 9 year olds

Unleash your creativity as you learn about nature and create unique nature-related art projects. Bring your imagination, your enthusiasm and prepare to have fun! Daily activities will consist of 2D and 3D art projects. Campers will learn about animals and birds in their environments. Camp is limited to 15 children.

June 13 - 17 9 a.m. - 12 p.m. ECSCAMP01

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

fun with science for 6 - 9 year olds

explore...examine...experiment...take an exciting excursion into the wild and wonderful world of scientific discovery! Campers will experience a hands-on discovery approach to scientific processes and concepts. The week will consist of teacher-directed activities using scientific methods of discovery. Camp is limited to 15 children.

Aug. 1 - 5 9 a.m. - 12 p.m. ECSCAMP03

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

c.s.i. adventure! forensics-101 for 10 - 14 year olds

Wanted — young people who read books and watch movies and/or TV programs that involve forensic techniques and C.S.I. procedures. A challenge awaits you in this week-long camp, where you will gather evidence and connect clues to solve a crime. Camp is limited to 20 children.

June 27 - July 1 9 a.m. - 12 p.m. ECSCAMP02

Aug. 8 - 12 9 a.m. - 12 p.m. ECSCAMP04

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

To extend your experience to a full day of camp, register for a half-day summer sports camp.

These camps and fees are listed on page 10.

american red cross learn to swim lessons

Registration for all four-lesson sessions opens May 15. The cost is per child with a 10 percent discount for each sibling registered in a swim class. Classes need a minimum of four students. Morning sessions will be at the YWCA, evening sessions will be at the Gettysburg Swim and Tennis Club, 730 Chambersburg Road, Gettysburg.

Rec \$27 **Basic** \$47 **Non** \$67

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.

June 6-9

Session 6A

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 6B

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

June 13-16

Session 6C

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 6D

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

June 20-23

Session 6E

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 6F

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

June 27-30

Session 6G

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 6H

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

July 11-14

Session 7A

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 7B

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

upper level swim lessons (level 4 and higher)

Child must be able to swim the backstroke, freestyle, and breaststroke to the length of half the pool without stopping. Each four-lesson session is limited to eight students. All sessions will be at the Gettysburg Swim and Tennis Club.

Rec \$30 **Basic** \$50 **Non** \$70

Session 6

June 6 - 29, Monday and Wednesdays, 5:15 - 6 p.m.

Session 7

July 5 - 27, Monday and Wednesdays 5:15 - 6 p.m.
(Tuesday, July 5 make-up for holiday)

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 and backstroke

July 18-21

Session 7C

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 7D

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

July 25-28

Session 7E

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 7F

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

August 1 - 4

Session 8A

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 5:55 - 6:25 p.m. School age Level 1, 2, 3

August 8 - 11

Session 8B

Monday – Thursday 7:45 - 8:15 a.m. Preschool Level 1 and 2-3

Monday – Thursday 8:25 - 8:55 a.m. School age Level 1, 2, 3

Session 8C

Monday – Thursday 5:15 - 5:45 p.m. Preschool Level 1 and 2-3

Monday – Thursday 6:10 - 6:40 p.m. School age Level 1, 2, 3

parent-child swim lessons (American Red Cross)

This one-day class is for babies and toddlers ages 6 months to 1 year and 2-3 years old. It focuses on teaching the parents how to teach their baby and/or young toddler how to swim. There is a minimum of 2 participants required to run the class. Classes are offered every Friday from 9 - 9:30 a.m. at YWCA and 2 - 2:30 p.m. at Gettysburg Swim and Tennis Club. You must register at least two days before the class begins.

- | | | |
|----------------------------|----------------------------|-------------------------------------------------------|
| Rec \$8 | Basic \$16 | Non \$24 (prices based on parent's membership) |
| Session 6a: June 3 | Session 7a: July 8 | Session 8a: Aug. 5 |
| Session 6b: June 10 | Session 7b: July 15 | Session 8b: Aug. 12 |
| Session 6c: June 17 | Session 7c: July 22 | Session 8c: Aug. 19 |
| Session 6d: June 24 | Session 7d: July 29 | |

private swim 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 and Gettysburg Swim and Tennis Club members only. Must show proof of club membership to receive rec price without YW membership.

- 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 is for one weekend family swim session. Session includes swimming during 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**

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Adult Art Classes

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| <p>Painting Outdoors
WED, MAY 25-JUNE 15, 5:30-8
MEMBERS \$119 • NONMEMBERS \$131
MARK BROCKMAN</p> <p>Portraits & Landscapes: Lighting & Composition
THURS, JUNE 2-23, 6-8
MEMBERS \$95 • NONMEMBERS \$105
BERT DANIELSON</p> <p>Engaging Creative Energy Through Writing & Art
TUES, JUNE 7-28, 6:30-8:30
MEMBERS \$95 • NONMEMBERS \$105
DUSTIN SMITH</p> <p>Introduction to Digital Photography
THURS, JULY 7-28, 6-8
MEMBERS \$95 • NONMEMBERS \$105
BERT DANIELSON</p> | <p>Outdoor Sketching
TUES, AUGUST 2-23, 5:30-7:30
MEMBERS \$95 • NONMEMBERS \$105
BECKY BROWN</p> <p>Bring Home the Bakin'
SAT, JUNE 11, 1-5
MEMBERS \$48 • NONMEMBERS \$53
MATERIALS \$10 • MARC JALBERT</p> <p>Think You Can't Cook?
MON, JUNE 13, 3-7
MEMBERS \$48 • NONMEMBERS \$53
MATERIALS \$20 • CINDY SMALLWOOD</p> <p>Silver Metal Clay Filigree Earrings
SAT, JUNE 18, 12-4
MEMBERS \$48 • NONMEMBERS \$53
MATERIALS \$28 • MICHELE QUATTROCCHI</p> <p>Make It/Take It Polymer Clay Jewelry
WED, JULY 13 & 20, 5:30-8:30
MEMBERS \$71 • NONMEMBERS \$79
MATERIALS \$45 • JUDY PYLE</p> |
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Kids' Summer Arts Camps

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- | | | |
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| <p>Pinch Pot Zoo: Creating Clay Animals
AGES 5-7 • JUNE 13-17, 9-12
MATERIALS \$20 • HEATHER SEFCHECK</p> <p>Pinch Pot Zoo: Creating Clay Animals
AGES 5-7 • JUNE 13-17, 1-4
MATERIALS \$20 • HEATHER SEFCHECK</p> <p>Thinking 3-D
AGES 8-11 • JUNE 20-24, 9-12
MATERIALS \$20 • HEATHER SEFCHECK</p> <p>Camp Abracadabra: All About Magic
AGES 8-12 • JUNE 20-24, 1-4
MATERIALS \$25 • JOE KERRIGAN</p> | <p>Decorate Yourself: Jewelry-Making Camp
AGES 8-12 • JUNE 27-JULY 1, 9-12
MATERIALS \$10 • M. QUATTROCCHI</p> <p>Art-a-Palooza! Fine Arts Exploratorium
AGES 7-11 • JUNE 27-JULY 1, 1-4
MATERIALS \$20 • LORI NELSON</p> <p>Now You're Cooking!
AGES 10-14 • JULY 11-15, 9-12
GEORGE KEENEY</p> <p>Dirty Hands Pottery Camp
AGES 8-13 • JULY 11-15, 1-4
MATERIALS \$10 • JACK HANDSHAW</p> | <p>Cooking Around the World
AGES 8-10 • JULY 18-22, 9-12
MATERIALS \$50 • STACEY GREEN</p> <p>Clay Jungle
AGES 7-11 • JULY 18-22, 1-4
MATERIALS \$10 • LORI NELSON</p> <p>Time in the Rainbow
AGES 4-5 • JULY 25-29, 9-12
MATERIALS \$20 • TONY MESSANO</p> <p>Explore the Rainforest with Art
AGES 7-11 • AUGUST 1-5, 9-12
MATERIALS \$12 • LAURIE MCKELVIE</p> <p>Exploring Elements of Art
AGES 9-12 • AUGUST 8-12, 9-12
MATERIALS \$12 • LAURIE MCKELVIE</p> |
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lifeguarding course (American Red Cross)

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 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, and certified in CPR for the Professional Rescuer, First Aid and AED. There must be at least three students to run the course.

Fee \$175 (Includes rescue mask, book, certification cards & instruction)

Session 6: Register by June 8

Tryout Date: June 10 at 4 p.m.

You will need to pass the prerequisite skills to enter the class.

Course Dates: June 13 - 24 3 p.m. - 5:45 p.m.

Session 8: Register by Aug. 3

Tryout Date: Aug. 5 at 4 p.m.

You will need to pass the prerequisite skills to enter the class.

Course Dates: Aug. 8 - 19 3 p.m. - 5:45 p.m.

Session 7: Register by July 13

Tryout Date: July 15 at 4 p.m.

You will need to pass the prerequisite skills to enter the class.

Course Dates: July 18 - 29 3 p.m. - 5:45 p.m.

lifeguard/first aid challenge (American Red Cross)

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

CPR/AED challenge (American Red Cross)

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

Test only fee \$35 **Review CPR/AED skills and challenge** \$55

swim instructor certification course

The American Red Cross Water Safety Instructor Course is for anyone age 16 or older. Participants must be able to swim all five strokes. This two weekends-long course is a certification course that will allow you to teach everyone, infants to adults, how to swim. There must be at least three students to run the course. A payment plan is available. Contact Cora Rhoads, aquatics director, for more information at ext. 129 or crhoads@ywcagettysburg.org.

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

Session 6: Must Register by June 1

Saturday, June 10 8 a.m. - 5 p.m.

Sunday, June 11 10 a.m. - 5 p.m.

Saturday, June 17 8 a.m. - 5 p.m.

Sunday, June 18 10 a.m. - 5 p.m.

diving lessons (at Gettysburg Swim and Tennis Club)

This basic diving skills class is for ages 10 and older, including adults. Participants must be able to swim 25 meters without stopping and be comfortable in the deep end of the pool. There will be a diving show at the end of each session. Class is limited to 10 participants.

Rec \$35 **Basic** \$45 **Non** \$55

Session 6: Register by June 8

Course Dates: June 14 - 30

Tuesdays and Thursdays, 5:15 - 6 p.m.

Diving show on June 30

Session 7: Register by July 6

Course Dates: July 12 - 28

Tuesdays and Thursdays, 5:15 - 6 p.m.

Diving show on July 28

summer swim and fitness camp

This camp 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 10. This will be offered at the YWCA only.

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

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

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 use of a punch card. Water fitness classes that are at the club's outside pool will begin June 20 and end Aug. 11. No additional charge for classes held at Swim and Tennis Club.

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, 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. This class is held at YWCA.

Tuesday and Thursday 9 a.m. - 10 a.m.

deep water challenge with Danielle Schneider

Challenging routine utilizing water resistance cuffs for a low impact but intense workout. For those comfortable in deep water.

Equipment used: resistance cuffs, gloves and barbells. This class is held at YWCA.

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. This class will be held at the Gettysburg Swim and Tennis Club at no additional charge to our rec pass members.

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. Equipment will be used for buoyancy and resistance. This class will be held at the Gettysburg Swim and Tennis Club at no additional charge to our rec pass members.

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 (YWCA) 10 - 11 a.m.

Tuesday, Thursday (Swim and Tennis Club) 2 -3 p.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 (Swim and Tennis Club) 11:30 - 12:30 p.m.

Wednesday and Friday (YWCA) 11:30 - 12:30 p.m.

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FOR MORE INFORMATION CALL 337.3855

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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 — Jeff Cartzendafner, Derrick Kuhn, John Marconi, 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 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)

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.

One-hour 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

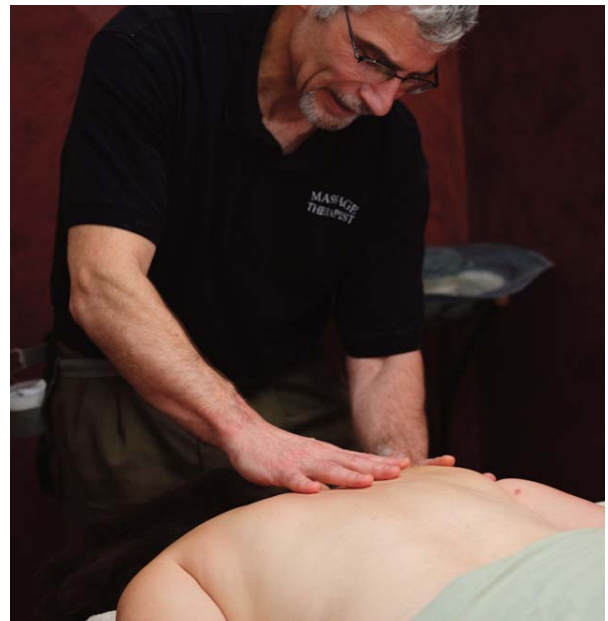
reflexology

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



summer sports camps

The YWCA offers numerous sports camps throughout the summer so children ages 6 to 14 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.

Full-day	Rec \$100	Basic \$115	Non \$125
Half-day (in combination with sports specific, pool, gymnastics, and enrichment camps) Rec \$55 Basic \$65 Non \$75			
June 13 - 17 Indoor/Outdoor Games (ages 6 - 9) All Sports (ages 10 - 14)			July 18 - 22 Track and Field (ages 6 - 9) Wacky Sports (ages 10 - 14)
June 20 - 24 Playground Games (ages 6 - 9) Wacky Sports (ages 10 -14)			July 25 - 29 All Sports (ages 6 - 9) Playground Games (ages 10 -14)
June 27 - July 1 All Sports (ages 6 - 9) Track and Field (ages 10 - 14)			August 1 - 5 Indoor/Outdoor Games (ages 6 - 9) All Sports (ages 10 - 14)
July 5 - 8 (YW is closed July 4, 20% discount) Wacky Sports (ages 6 - 9) Indoor/Outdoor Games (ages 10 - 14)			Aug. 8 - 12 All Sports (ages 6 - 9) Wacky Sports (ages 10 -14)
July 11 - 15 Playground Games (ages 6 - 9) All Sports (ages 10 - 14)			Aug. 15 - 19 Field trip week (ages 6 - 14, destinations TBA)

sports-specific camps

New this year, the YWCA will be offering sports-specific camps. 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.

Sports-specific camps will run from 9 a.m. - noon. You will have the opportunity to participate in a half-day sports camp if full-day care is needed.

Rec \$75	Basic \$90	Non \$105	
June 13 - 17		Football (ages 6 - 9)	July 25 - July 29
June 20 - 24		Football (ages 10 -14)	Aug. 1 - 5
June 27 - July 1		Tennis (ages 6 - 9)	
July 5 - 8 (Closed July 4, 20% discount)		Tennis (ages 10 - 14)	Aug. 8 - 12
July 11- 15		Soccer (ages 6 - 9)	Soccer (ages 6 - 9)
July 18 - July 22		Soccer (ages 10 -14)	Swimming (ages 6 -9) (see page 7 for more info) Cheerleading (ages 6 -12)

summer gymnastics camps

3-year-old gymnastics July 18 - 22, 9 -11:30 a.m.	11SUM EHPGYM01	Rec \$55	Basic \$65
4- & 5-year-old gymnastics July 18 - 22, 9 - 11:30 a.m.	11SUM EHPGYM02	Rec \$55	Basic \$65
6 & up gymnastics July 18 - 22, 12:30 - 4 p.m.	11SUM EHPGYM03	Rec \$75	Basic \$85

Participants ages 6 and older 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.



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 — 06,07,08
Rec \$20/month **Basic** \$25/month **Non** \$35/month

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 Free

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

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

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

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

introduction to ballroom dancing

Classes will give students a basic overview of various forms of ballroom dances. Foxtrot, Waltz, Tango, Cha-Cha, Swing and other forms will be covered. Students will walk away being able to do basic moves, perfect for dancing at weddings, dances, and other venues.

Bridgid Wills began her dancing career at the age of 16 at the Gettysburg Dance Center. After only two years of formal instruction, Miss Wills was accepted into Temple University to pursue a bachelor's degree in dance. She then transferred to the University of North Carolina at Greensboro, where she completed her studies as a dance major. Upon graduation, Bridgid moved to Massachusetts to become a ballroom

Thursdays, June 23 - July 28, 7:15 - 8:15 p.m.

Rec \$60 **Basic** \$70 **Non** \$80

Price per couple or individual



dance instructor for Fred Astaire Dance Studios. In her first quarter of employment, Miss Wills was given the title of Top Teacher in the New England Area, and was the Champion at the FADS Ballroom Competition in January 2009.

AARP™ **Driver Safety Program**

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

www.aarp.org/drive

cycle classes

Enjoy the support of a group fitness setting as an instructor tells calls the speed and intensity of the workout while the beat of the music motivates you.

Classes are led by an instructor, but the cyclist can determine whether he or she wants 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.ywcagettsburg.org. Call ext. 145 to reserve a bike.

Rec Free **Basic** N/A **Non** N/A



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 anytime during the month.

Rec Free **Basic** \$20 **Non** \$30

Ab Attack — 30-minute workout that focuses on just the abdominals.

Butts N Guts — Sculpt those glutes and abdominal muscles.

Body Sculpting 101— Sculpt and strengthen different muscle groups.

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.

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

Les Mills classes — see following page

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.

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.

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

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

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.

how-to clinics

New to the fitness center? Are those machines intimidating? Starting June 2 at 5 p.m. the YWCA will offer how-to clinics that target specific muscle groups. Every clinic will be different and rotate on a six-session period. Our certified personal trainer will walk you through machines and exercises to give you an idea of what to do! No appointments needed, come on in and enjoy the group fun!

Rec Free	Basic N/A	Non N/A
June 2 abs		July 7 arms
June 16 legs		July 21 back
June 30 shoulders		Aug. 4 chest

LES MILLS
FOR A FITTER PLANET



BODYPUMP LEAN, STRONG, UNSTOPPABLE

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	UP TO 560 CALORIES	BARBELL, PLATE & HEIGHT ADJUSTABLE STEP	THE LATEST HIGHLIGHTING & WORKING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN BONE HEALTH

sports and fitness (continued)



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Like all the LES MILLS™ programs, a new BODYSTEP™ class is released every three months with new music and choreography.

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! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography.

See group exercise schedule for dates and times

LES MILLS Instructors

Experienced YW Staff who are excited to take you to the next level of your fitness adventure!



Jessica Fetrow attended BODYPUMP™ training in October 2010 and will begin teaching at YWCA in June 2011. She attended Zumba Basics training in June 2010 and began teaching classes at the YWCA in September 2010.



Jennifer King has been an employee at the YWCA for almost 12 years. She has more than 15 years experience teaching classes. She is a certified personal trainer, certified group fitness instructor and BODYSTEP instructor. She thinks everyone will be inspired by the high energy of LES MILLS™ classes.



Tina Shindlecker has been a certified fitness instructor for 11 years. Her primary certification and personal training certifications are through AFAA and holds Levels 1 and 2 certifications through Yogafit. In 2009, she joined the Les Mills team and is certified to teach BODYPUMP™.

child care programs at three locations

YWCA Main Building
 909 Fairfield Road, Gettysburg
 717-334-9171, ext. 126
 Paula Howard, Children and Youth Director
 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

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.

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 participating must have a current family membership or a youth basic membership.

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.



Gettysburg Swim & Tennis Club

Outdoor, summer fun for the entire family

730 Chambersburg Road, Gettysburg

Open Memorial Day to Labor Day

Summer hours: 11 a.m. to 7 p.m. daily



- 2 outdoor, in-ground pools
- Lap pool descends to 6 feet deep
- Swimming/diving pool starts at 2.5 ft and descends to 12 feet deep
- 4 "Har-Tru Clay tennis courts, constructed with a sub-surface watering system.
- Har-Tru is one of the most popular clay court surfaces in the United States and boasts reduced injuries to players, rapid drying times during light rains and thunderstorms and long-lasting, superior play surfaces.
- Fitness and swim classes offered in conjunction with YWCA.

Tennis only memberships available! Swim memberships starting at \$300!

Credit cards, cash and checks accepted.

For more information, call 410-239-8331 extension 1001 or email gettysburgswim@yahoo.com

child care programs

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 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 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

Camp Champ (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.

Camp runs June 13 - Aug. 25.

Fee \$150/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



We are excited to announce that the YWCA has a new school-age outdoor playground! The new playground replaced the old wooden structure that was deteriorating. The playground allows children to enhance their gross motor skills, hand-eye coordination, imagination and other areas that are very important for development. Some exciting features of the equipment include a fish net climber, chinning bar, cycler handlers, double slide, orbiter and cliff climber. This terrific opportunity has been made possible by donations from the Robert C. Hoffman Charitable Endowment Trust, Gettysburg Lutheran Theological Seminary, Tom and Gina Arnold, Margaret Trew Cline Foundation, United Way of Adams County, Beauchat and Cushing-Daniels children and Pennsylvania Keystone Stars.



Send form with payment to the YWCA Gettysburg & Adams County, Spirit of Gettysburg, 909 Fairfield Road, Gettysburg, PA 17325.

ONE APPLICATION PER PERSON, PER EVENT,
 additional applications available at ywcagettsburg.org

Name _____

Address _____

City _____

State _____ ZIP _____

Phone _____ - _____ - _____

E-mail _____

Age on race day _____

DOB (Required) ____/____/____ Gender Male Female

Hi-tech wicking shirts are only guaranteed until May 27.
50/50 shirts will be available on a first come, first serve basis
for those who register after May 27.

5K Run/Walk

\$25 \$ _____

\$30 (race day) \$ _____

Circle T-shirt Size: S M L XL

5K Wheelchair

\$25 \$ _____

\$30 (race day) \$ _____

Circle T-shirt Size: S M L XL

1-Mile Fun Run/Fitness Walk (13 years +) \$ _____

\$25

\$30 (race day)

Circle T-shirt Size: S M L XL

Kids' events (12 and under) (Circle one):

1-mile Kids' Run, 1/4-mile Kids' Sprint or Mini Trot

\$7 \$ _____

\$10 (race day) \$ _____

Circle Youth T-shirt size: S (6-8) M (10-12) L (14-16) XL (18-20)

Extra Shirts (must be ordered by May 27) \$ _____

Adult Wicking T-shirt - \$15
 Quantity and size: S ___ M ___ L ___ XL ___

Youth 50/50 T-shirt - \$6
 Quantity and size: S ___ M ___ L ___ XL ___

Childcare for children under 10, from 7 - 10 a.m.

Must register by June 17

Number of children requiring care ___ x \$2 = \$ _____

Names/Ages _____

Contributions

Proceeds from the Spirit of Gettysburg 5K benefit the community-based programs and services provided year-round by the YWCA Gettysburg & Adams County.

I would like to make a donation to the YWCA \$ _____

Total enclosed \$ _____

Payment

Check Mastercard/VISA/Discover (check one)

Card # _____

Exp. Date _____

YWCA Run Series

Those who run in the YWCA's Race Against Racism on April 30, the Spirit of Gettysburg and the Encore Breast Cancer Awareness 5K on Oct. 8 will receive a free t-shirt with logos from all three races acknowledging that you completed the YWCA Run Series. Any questions, call Alex at 334-9171, ext. 116 or Vikkie at 334-9171, ext. 118.

Waiver

By electing to participate in the programs or activities sponsored by or at the YWCA Gettysburg & Adams County, I do voluntarily, and with full knowledge, assume any and all risks of harm or injury to my person, my property, my health and my well-being which may result from such participation. I further agree to release, indemnify and hold harmless the YWCA Gettysburg & Adams County, its staff, employees and agents for any and all claims and demands for damages resulting from my, or my child's, participation in said programs or activities.

I HAVE READ THE ABOVE WAIVER AND RELEASE. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING BELOW. I HAVE SIGNED THIS RELEASE VOLUNTARILY.

Signature _____ Date _____

get involved! become a volunteer

Become a YWCA volunteer and make a difference! Upcoming events and opportunities where volunteers are needed include:

- Spirit of Gettysburg 5K – June 25 (see page 16)
- Road Scholar on-site coordinators (see page 4)
- Instructors for community programs (see page 4)
- Babysitting assistants (see page 21)

Call Christine Hoy at ext. 117 or choy@ywcagettsburg.org to learn more.

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 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.

Donations can be made in memory or in honor of a loved one or designated to a specific YW department. You can also donate from your IRA or other retirement fund. For a complete list of ways to give to the YWCA, call Deb Geesey at ext. 124 or visit ywcagettsburg.org. All financial contributions are tax deductible to the extent of the law.

YWCA Wish List

Administration

- Flat-screen monitors
- Digital camera
- Laptops and desktop PCs (at least 3.0 GHz processors)
- Mice and keyboards (with USB connectors only)
- Laminator
- Office supplies
- Electric pencil sharpener
- Flip HD camera

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
- Filing cabinet with four drawers and lock
- 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
- Kids' movies (DVDs)
- 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
- Curling iron

Aquatics

- Open-end wrench set
- Adjustable wrench
- Noodles
- Bright orange spray paint (2 cans)
- 6 AA batteries
- Floating toys
- Hose hanger

Community Events

- Xbox 360, Playstation 3, or Wii game system
- Card tables

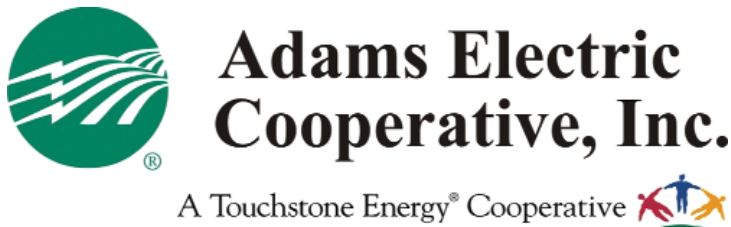
TLC

- 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 business 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 the companies also receive discounted memberships. To find out more about becoming a Hallmark Sponsor, call Deb Geesey at ext. 124.

donors (continued)



**Realty Leasing
& Management Co.**



The Law Office of
**Beauchat &
Beauchat, LLC**

Individual Event

Sponsors

**Spirit of Gettysburg 5K,
June 25**

Silver - \$1000

Mason-Dixon Endodontics
KPI Technology, Inc.
Susquehanna Bank

Bronze - \$500

Carl Frantz, Inc.
Belco Community Credit Union
Eicholtz
Tully Dental, PC
Hockley & O'Donnell

Donors (Individual)

The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between Jan. 1 and March 31, 2011. We appreciate your generosity, no matter the amount!

Hallmark Friends (\$1,000+)

Anonymous

Charter Friends (\$500-\$999)

Pat and Bill Hinkle

Pacesetter Friends (\$250-\$499)

Anonymous
Janet C. Dewar
Emily and Bill Knowles-Kellett
Sharen Neale
Carolyn and
Norman Nunamaker
Gail M. Pavlovich

Sustaining Friends (\$100-\$249)

Dean and Mildred Bankert
Ingrid and Michael Caverly
Chip Conley
and Jan Rovecamp
Ruthe Craley
Jim and Julie Dunlop
Deb Geesey
Marianna Martin
Ryan Morris
Rukhsana Rahman
and Athar Rafiq
Muriel L. Rice

Supporting Friends (<\$100)

Anonymous
Julie Aha
Katherine Askey
Lillian Bagus and Kenneth Skahn
Jennifer and Michael Bishop
Helen Bruner
Tammie Brush-Campbell
Jeff Cann
Glenn Carey
Paul Christian
Bob Crouthamel
Alexis Crouner
Lisa Deaner
Kathy Domboski
Pamela K. Gilbert
Don and Karin Guise
Kevin and Jodi Hardy
James and Tracy Hawkins
Alex J. Hayes
and Ashley Andyshak Hayes
Teresa Hessler
Heather and Eric Hillson
Jean L. and Donald E. Hobbs
Tom and Colleen Holdcraft
Frank and Marjorie Howery
Christine Hoy
Jennifer and Bradley Hyde
Keith Jacobson
Christine Kellett
John and Lisa Kilroy
Derrick Kuhn
James and Laura Lamb
Nancy Locher
Jane Lordeman
Eileen Mathias
David and Kristen Nelson
Eleanor Pella
Rick Perego
Kathleen Reed
Van and Sara Richards
Ed Riggs
Don and Carol Schafer
Eleanor B. Sheen
Joyce and Earl Shutt
Scott Snyder
Mr. William Speer
Vikkie Swint
Marilyn and Robert Teeter
Garrett and Amy Trout
Carolyn and Bob Wagaman
Ed and Betsy Wargo
The Wasserman Family
Sherri Yingling

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 Jan. 1 and March 31, 2011:*

Charter Corporate Friends (\$5,000+)

The Robert C. Hoffman
Charitable Endowment Trust
The York Water Company

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

Adams Electric Cooperative
Capital BlueCross
Community Benefits
Real Estate
Confederate Woods
Veterinary Hospital
Gettysburg Diagnostic
Imaging
WellSpan Gettysburg
Hospital

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

Mason-Dixon Endodontics
Susquehanna Bank
Times & News Publishing
Co./The Gettysburg Times
University of Pittsburgh
Medical Center

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

Carl E. Frantz, Inc.
DL3 Systems
Emmitsburg Veterinary
Hospital
Historic Gettysburg Hotel
Realty Leasing
and Management Co.
Tully Dental P.C.

Contributing Corporate Friends (<\$500)

Alpha Benefits Group
AAUW Gettysburg Branch
ACNB Bank
Adams County
Medical Society Alliance
APM, Inc.
Christ Evangelical
Lutheran Church

Coliseum Vending
Crouse Electric Co., LLC
CRS Insurance, Inc.
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Professional Women's Club
Gettysburg Pediatrics
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Services, Inc.
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Michael Ball State Farm
Insurance Agency
Schindler Elevator
Corporation
Snyder Plumbing
and Heating
Town and Campus Hair Care
Trinity United
Church of Christ
United Way of Adams County
York White Rose Wanderers

In-Kind Donors

Alpha Benefits Group
Rich Centola
Catherine Double
Gallery 30
Deb Geesey
Dino's Restaurant
Gettysburg Beer Mart
Gettysburg Eddie's
Kengla Flag Company
Kimberly Gipe
Little Debi's
High Street Brews
Maxine and Clodius Willis
Menallen Friends
Vivian Mensch-Chavez
Sharen Neale
The Pike Restaurant and
Lounge
Rukhsana Rahman
Dorothy Rippeon
Lorna and Alex Shaikh
Jessica Sheridan
Subway
Susan and Dennis Thompson
Tommy's Pizza
Tom Wilhide

In memory of Roberta "Bobbi" Wood

Margery Donovan

donors
(continued)

Why YW?

Shortly after my retirement in 1983, I happened to pick up a small brochure announcing the recent opening of a pool at the Gettysburg YWCA. There is nothing I enjoy more than water exercise, so I called to see if Littlestown residents could use the pool and was assured that the “YW” welcomes everyone in Adams County.

That afternoon I joined an ‘aquacize’ class where I met a welcoming group of water enthusiasts, and one who became one of my best loved friends – Muriel Rice.

After class as I was leaving the building I read a posted announcement that volunteers were needed so I signed up. Result – I returned home refreshed by water exercise, warmed with the pleasure of a budding friendship, delighted with the prospect of volunteer activities AND completely in love with the YWCA.

In the 28 years since that day I have participated in many groups, attended many other special events, served on the Board of Directors, and helped to raise money for our wonderful child care program. My current passion is the YWCA Book Group. We read a book each month and meet to discuss it, not just a pleasure but good for the brain!



Through all the years one thing has remained unchanged: I love the YWCA! The county would be impoverished without it and for that reason I choose to give to the YWCA on a regular basis.

—BY JANET DEWAR

recognition



Our Spring 2011 volunteer of the quarter was Barbara Stokes.

Barbara is a dedicated, detail-oriented volunteer in our administrative offices. The YWCA staff especially enjoys her pleasant attitude.

Deborah Weaver was named the Spring 2011 employee of the quarter. Debbie makes the Fairfield Clubhouse Program run smoothly. She attained her AA in Early Education through many years of school through TEACH and has continued to grow professionally by taking trainings and incorporating them into her daily/weekly work with the children.

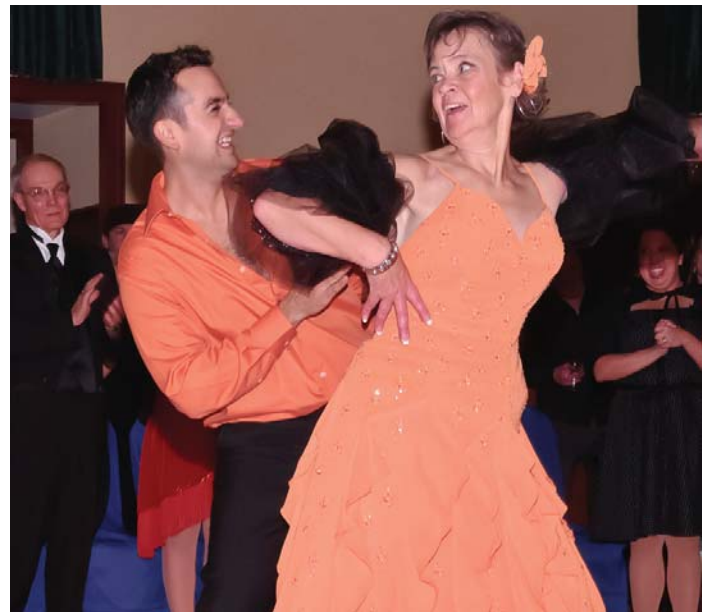




Blockbuster event returns for 2nd year, now at the fabulous Majestic Theater in downtown Gettysburg.

Nov. 11, 2011

Tickets will be available soon at the Majestic Theater Box Office. Ticket availability dates, prices and cast list will be announced on ywcagettsburg.org and in the Fall YWorks. Contact Van Richards at 334-9171, ext. 115 or vrichards@ywcagettsburg.org for sponsorship opportunities.



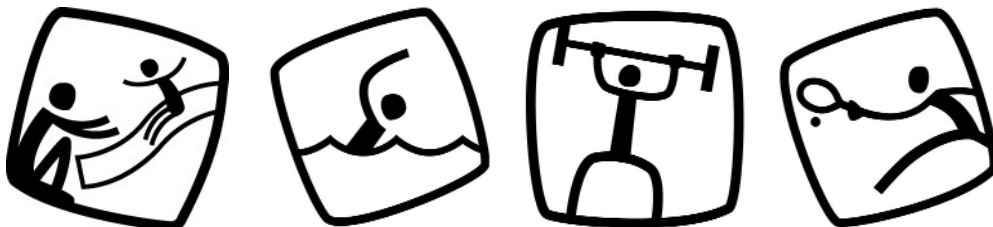
Coming in Fall 2011

Unity Walk on Oct. 7

Encore Breast Cancer Awareness 5K on Oct. 8
Fall Children's Nearly New Sale on Oct. 21 and 22

Holidays Stories from Around the World on Dec. 9

For more information on upcoming events, find us on Facebook.



Something for everyone!

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	\$40	\$40

babysitting

Morning TLC is testing a trial program of adjusting the minimum age from 6 months to 6 weeks. Only two infants will be accepted at the same time and reservations must be made. Infants will only be taken for Monday – Friday 9am - noon. As

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

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 mem-

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



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

985 Baltimore Pike
Gettysburg, PA

The Pike
Restaurant & Lounge

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 (effective July 1)

	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.

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, walleyball 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

20 percent discount on Gettysburg Swim and Tennis Club membership

see ad on page 14 for more info on club

Deepest discounts:

Youth & adult programs and sports, massage, reflexology

Includes basic membership benefits as listed on previous page.



eliminating racism
empowering women
ywca

FAMILY MEMBERS ARE FREE ALL SUMMER!

with purchase of a new adult 3-month rec pass



FAMILY FUN IDEAS AT THE YW:

- yw** Cool off with a family game of “sharks & minnows” in the pool
- yw** Have a spouse “dance off” in a Zumba class
- yw** Challenge your kids to a game of basketball H-O-R-S-E in the gym
- yw** Team up for a game of Walleyball in the racquetball court
- yw** Teach mom to play goalie as you practice penalty kicks

Swim lessons, karate and camps of all types are deeply discounted with your rec pass membership.



Open to new adult members. Those with 1-month adult rec pass may upgrade. Valid June, July, August 2011. Cannot be combined with other specials or discounts. Family members as defined in booklet.