

eliminating racism  
empowering women  
**ywca**

# yworks

December, January and February 2010

YWCA Gettysburg & Adams County

Program registration opens November 15



## Make 2011 your year!

With almost 35,000 square feet of indoor space dedicated to fitness, the YWCA offers something for everyone interested in improving their physical and mental well-being.

Keep yourself active all winter with our packed schedule of exercise classes. We offer Zumba and Step to get your heart beating, body sculpting to tone you up, Pilates to promote core strength, boot camps to toughen you up and 15 weekly spin classes to keep you sweating. With three varieties of yoga offered six days a week, it's easy to reconnect your mind, body and spirit. We have fitness programs and classes for infants as young as 6 months, senior-focused aerobics and water aerobics classes, and dozens of classes for everyone in between. New to the weight room? Join us for our weekend "How To" clinics to learn the basics of various training techniques. If you're looking for more specialized guidance, one of our certified trainers will get you started on a cardio and resistance training program. Relax afterward in our sauna, hot tub or with a massage.

### 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.

Looking for new ways to get fit in the new year? The YW has several programs and events to jump-start your training. Sign up for our Masters Swim Program for some individualized coaching; join a training group or follow one of our posted training plans to prepare for the Race Against Racism 5-mile run on April 30; or get a group of friends together to sign up for the 1st annual YWCA Indoor Triathlon on February 5 and 6. Now is the time to come check us out. With no joining fee, your only risk is too much fitness and fun.

#### Your YWCA Rec Pass gets you:

- ⇒ 50 exercise classes per week for all levels of fitness
- ⇒ 25 meter pool, sectioned off for lap swimming, deep water exercise and shallow water play;
- ⇒ 65 cardio and weight training machines
- ⇒ Thousands of pounds of free weights
- ⇒ Racquetball, basketball & volleyball courts
- ⇒ Steep discounts on youth and adult sport activities, massage and personal training
- ⇒ And much, much more

### our mission

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

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Donors

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**YWCA Child Enrichment Program at Fairfield Elementary**

642-2022

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ext. 145

# board of directors

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**Sharen Neale**

**Carolyn Nunamaker**

**Jane Nutter**

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# annual meeting and election of officers

Please join us Thursday, January 13, 2011 at 6:00 pm in the community room of the YWCA. Deb Geesey, our executive director, will give a report on the past year as well as look forward to 2011. This is a great opportunity to meet and talk



with members of the YWCA Board of Directors and Management Team. Light refreshments will be served and the 2011 YWCA Board of Directors will be sworn take the oath of office.




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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](mailto:aahayes@ywcagettsburg.org).

## hallmark and mission programs

### Polish/Slavic Heritage Celebration

On Dec. 10 from 6 to 8 p.m., celebrate Polish and Slavic cultures with music, dance, food and children's activities. Ray Smith will provide music and Barbara Kisly, the Polka Queen of Pennsylvania, will teach traditional Polish dance. Hear personal stories of Slavic heritage from Adams County residents. This family-friendly event is free and open to everyone.

### Women in History Essay Contest

March is Women in History Month, and to honor the impact women have had in this country and around the world, the YWCA Gettysburg & Adams County will again coordinate an essay contest for young women and men enrolled in seventh and eighth grades at any school in Adams County, including home and cyber school students.

Essay subjects may be well-known women; however, original research on women who have influenced a local community is encouraged. Essays should be 350 to 500 words and focus on the writers' personal interpretation of the subject's effect on history. Essays are due on Feb. 4.

The YWCA will honor winners at a ceremony in March. Awards include U.S. savings bonds in denominations of \$100 for first place winners, \$75 for second place and \$50 for third place. In addition, each of the first place winners and their respective school libraries will receive a book.

Entry materials are available at the YWCA Service Desk and the Adams County Library (Gettysburg) Children's Room. Materials will also be provided through participating schools.

### Martin Luther King Jr. Celebration and Living the Dream Award

The annual celebration event will be held Saturday, Jan. 22 at 3 p.m. in Gettysburg College's Christ Chapel. The service will once again feature the Morgan State University Choir. The MLK Celebration Committee will also present the annual Living the Dream award to a local resident who has put King's dream of equality into practice in our community. The award is sponsored by the YWCA Gettysburg & Adams County and the United Way of Adams County. The event is open to the public for free.

### MLK Day-On

The 13th anniversary of MLK Day-On in Adams County will be held on Monday, Jan. 17, 2011. This day is co-sponsored by the YWCA and the United Way of Adams County Volunteer Center. It encompasses the idea that we celebrate Dr. King's birthday not as a day off, but a day on. The YWCA will accept donations that are needed by local nonprofits from 9 to 11 a.m. In addition to donations, Day-On is also seeking volunteers to help sort donations from 9 a.m. to noon. The agency wish list will be available January 5. Those interested in volunteering or obtaining a wish list may contact Vickie Corbett at the United Way, 717-334-5809 or [vickieuwac@centurylink.net](mailto:vickieuwac@centurylink.net).

# Did you know?

- The YWCA now offers a 20% discount to active military and their families. (page 21)
- If you become a member in December, January or February, we will waive the \$50 joiner fee. (back cover)
- The YWCA is hosting an indoor triathlon. (page 9)
- We offer organized aqua volleyball and all sports for those who are too young to use our fitness center. (pages 9&11)
- Readers of *Celebrate Gettysburg* magazine have voted us the Best Fitness Center in Gettysburg 4 consecutive years.

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# hallmark and mission (continued)

## hallmark and mission programs (continued)

### 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:

December 14: "Little Bee" by Chris Cleave

January 11: "The Girl with the Dragon Tattoo" by Stieg Larsson

February 8: "The Help" by Kathryn Stockett

### 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.

## road scholar

Road Scholar is America's first, and the world's largest, educational travel organization for adults 55 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

### Single Parent Support Group

Open to 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.

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

### 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. Wednesday, Dec. 15 (4 hour refresher) 8:30 a.m. – 12:30 p.m.

**Jan. 12 & 13** 8:30 a.m. – 12:30 p.m.

**Feb. 16 (4-hour refresher)** 8:30 a.m. – 12:30 p.m.

**AARP members \$12 Non members \$14**

### build a gingerbread house

Join us at the Historic Gettysburg Hotel for a Gingerbread House workshop, just in time for the holiday decorating season. This family-friendly workshop is being held in conjunction with the Gettysburg Festival's Gingerbread House Celebration. Come out to see gingerbread masterpieces by local chefs and artisans, and then use your imagination to create a masterpiece of your own! Register at the YWCA or at the event, but there is a maximum of 20 participants.

**Dec. 4** 10 a.m. – 12 p.m.

**Rec, Basic, Non \$15 ECSGINGER**

### create a stained glass pendant or ornament

Looking for a fun activity? Create your own suncatcher, Christmas tree ornament or pendant using fusible glass to make a lasting memory. Give it as a gift or keep it for yourself. No experience is necessary, and everyone is welcome although children under 12 must be accompanied by an adult. Learn to use glass nippers to nip glass into small pieces for placement on the clear glass "blank" of your choice. Several shapes will be available to choose from for the suncatcher or ornament to include a star, a heart, a circle and others. Or you can make a pendant from fusible and dichroic glass. The tools necessary for nipping the glass as well as safety glasses will be available to each student while working on their project. The workshop is expected to last one hour. After completing your piece, the assembled item will go into a kiln at Wentz Stained Glass Studio where it will be heated to a very high temperature to complete the fusing process of the glass. Due to this kiln process, the pieces will be available for pick up at the YWCA on Wednesday, Dec. 8.

**Dec. 6** 6:30 – 7:30 p.m.

**Rec \$12 Basic \$17 Non \$20 ECSSTAINED**

### wellness seminars

The YWCA will be hosting free wellness seminars. Please register by calling Vikkie Swint at ext. 118 or e-mailing [vswint@ywcagettsburg.org](mailto:vswint@ywcagettsburg.org).

**Nov. 16, 1:15 p.m.**

General Personal Safety

**Jan. 25, 6:15 p.m.**

Benefits of Exercise

# community (continued)

## american red cross babysitters' training

This five-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. Spaces are limited and pre-registration at the service desk is required.

**Dec. 30** 10 a.m. - 3 p.m.  
**Rec \$40 Basic \$45 Non \$50 ECSBABYSIT12**

## fun with sign language

An 8 week beginner class, designed to give you an opportunity to learn basic communication skills in ASL. It's a lively, fun way to experience many different aspects of the language as well as Deaf culture. Participants will learn at a basic level, how to fingerspell, use signs and classifiers as well as read the signs of others. The class is very interactive and energetic! Our instructor is Kathy Bennett, a Certified Educational Interpreter for LIU #12. She has been interpreting for more than twenty years and has taught classes in Pennsylvania and Maryland. This program is recommended for ages 10 and older but exceptions can be made.

**Jan. 5 - Feb. 23** 6:30 p.m. - 8 p.m.  
**Rec \$50 Basic \$55 Non \$60**  
**Text Book fee: \$18 ECSSIGN**

## Focus on Photography

Are you investing in a new camera for Christmas? Are you going digital for the first time? Or have you owned the same camera for several years but have yet to master it? Whatever your age, and despite the brand and model of your camera, there are key principles of photography that you can learn, utilizing your camera's maximum capabilities, so that your photographs become more than just images. Have you ever looked back at your photographs and felt disappointed because they didn't truly live up to the true experience of a vacation, a child's birthday party, or a special moment in time? Rest assured after taking this class, composition of your photographs will improve, and your knowledge of your camera's features will be greater. The end result: your photos will begin to truly capture special moments that you can be proud to share with family and friends. Instructor: Karen Hendricks, public relations coordinator for the Gettysburg Festival

**Jan. 8** 10 a.m. - 12 p.m.  
**Rec \$5 Basic \$7 Non \$10 ECSPHOTO**

## 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.

**Jan. 6** 6:30 - 8:30 p.m.  
**Rec \$5 Basic \$7 Non \$10 ECSELL**

## 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.

**Feb. 3** 6:30 - 8:30 p.m.  
**Rec \$5 Basic \$7 Non \$10 ECSBUY**

## learn to play bridge

Meet people as interesting as you are while you learn the worlds most popular and exciting card game. Proven to improve memory!! Proven to sharpen mental acuity!! You'll be playing within 10 minutes, and learning through playing rather than lectures. Stretch your mind, challenge your thinking, unravel the mystery of the cards. Our award-winning instructors will guide you from a gentle beginning through mastery of the game. This 10-week program is designed for a beginner, a party bridge or the player who is returning to the game of bridge after some years. The fee includes a weekly workshop, "Easybridge!™ The Comic Book" and playing time.

**Jan. 5 - March 9** 6:30 - 8:30 p.m.  
**Rec \$80 Basic \$90 Non \$100 ECSBRIDGE**

## 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 334-9171 ext. 117 or [choy@ywcagettsburg.org](mailto: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.

**Feb. 18** 11 a.m. to 5 p.m.



# aquatics

## learn to swim lessons

Registration for all sessions opens Nov. 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 \$25

Basic \$45

Non \$65

### American Red Cross learn-to-swim (ages 5-12)

**Session 12: Nov. 29 - Dec. 10: registration ends Nov. 22**

Classes run Monday, Wednesday and Friday  
6:00 - 6:30 p.m. Level 1 and Level 4

**Session 01: Jan. 17 - 28: Registration ends Jan. 12**

Classes run Monday, Wednesday, Friday  
6:00 - 6:30 p.m. Level 1 and Level 4

**Session 02: Feb. 14 - 25: registration ends Feb. 9**

Classes run Monday, Wednesday, Friday  
6:00 - 6:30 p.m. Level 1 and Level 4



### pre-school American Red Cross swim program (ages 3-4)

**Session 12: Nov. 29 - Dec. 10: registration ends Nov. 22**


Classes run Monday, Wednesday and Friday  
6:00 - 6:30 p.m. Pre-school Level 1

**Session 01: Jan. 17 - 28:  
Registration ends Jan. 12**

Classes run Monday, Wednesday, Friday  
6:00 - 6:30 p.m. Pre-school Level 1


**Session 02: Feb. 14 - 25:  
registration ends Feb. 9**

Classes run Monday, Wednesday, Friday  
6:00 - 6:30 p.m. Pre-school Level 1



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# aquatics (continued)

## teen and adult swim lessons

This class is for teens and adults who have few to no swimming skills. Classes need a minimum of 2 students to run. Ages 13 and over.

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

### Session 01: Registration ends Jan. 12

Saturdays only, Jan. 15, 22 and 29  
11 a.m. - 12 p.m.

### Session 02: Registration ends Feb. 9

Saturdays only, Feb. 12, 19 and 26  
11 a.m. - 12 p.m.

## American Red Cross parent-child classes

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 fee is based on adult membership type. 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 01: Registration ends Jan. 12

Saturdays only, Jan. 15, 22 and 29  
Level 1 and 2: 10:30 - 11 a.m.

### Session 02: Registration ends Feb. 9

Saturdays only, Feb. 12, 19 and 26  
Level 1 and 2: 10:30 - 11 a.m.

## private swimming lessons

Each lesson is 30 minutes and dependent upon instructors' availability. Instruction will only be given during open swim. This is for members only. This is also available for those who are physically handicap.

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

## American Red Cross lifeguarding course

Participants must be at least 15 years old and must be 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 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 02: Registration ends Feb. 9

Feb. 14 - 25, Monday through Friday 3:30 to 5:45 p.m.

## American Red Cross water safety instructor course

Ages 16 and older. The course runs over two weekends. 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. More classes will be added based on demand.

**fee \$249** (Includes books, certification in Fundamentals in Teaching (FIT) and training)

### Session 11: Registration ends Nov. 3

Nov. 5, 6, 7, 12, 13 and 14  
Fridays 5 p.m. - 9 p.m., Saturdays 9 a.m. - 4 p.m.,  
Sundays 12 - 4:30 p.m.

## American Red Cross life guard instructor course

Participants must be at least 15 years old and must be 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 1 minute and 40 seconds using the front crawl stroke and a feet first surface dive. You can be certified as an American Red Cross Lifeguard Instructor, Certified in CPR for the Professional Rescuer Instructor, First Aid and AED Instructor. You can be certified one on one with the instructor trainer.

**Fee \$275** (includes all training materials, class held by appointment only)

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# aquatics (continued)

## ywca masters swim club

With your registration fee, you become part of the YWMA swim club, 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 a copy of Masters Magazine. Members must be at least 19 years old. This club is for adults who want to have a personal coach for workouts or personal training. The initial registration fee also includes one month of membership in the YWCA Masters swim club. Senior discount available the first business day of each month.

**Masters Initial Registration fee: Rec \$45**

**Basic \$65**

**Non \$85**

**Monthly renewal fee: \$12**

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

## family weekend swim sessions

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**

## 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. You must know all of the material and skills. If you pass all the skills tests and the written tests, you will be recertified.

**Fee \$35**

## water fitness classes

Classes include cardiovascular workouts, strength and stretching exercises and more. Participants are encouraged to work at their own comfort level and intensity. Non-swimmers are welcome, but should at least be comfortable in the water to participate. The YWCA provides barbells, kickboards, noodles, resistance cuffs and aquabelts for use in classes. Childcare available with advanced notice.

Everyone is welcome to try any water fitness class one time at no charge. You may attend as many water fitness classes as you like and as often as you wish. Senior discount available the first business day of each month.

**Rec \$12/12 class punchcard**

**Basic \$24/12 class punchcard**

**Non \$36/12 class punchcard**

### deep water fitness with Danielle Schneider

An overall exercise routine for all ages set to music that includes shallow-water, low-impact warm-up, deep-water cardio workout with ab work, and shallow cool-down and stretching. Appropriate for all activity levels and abilities, this workout combines cardiovascular exercise with strengthening toning, and balance. Great for pregnant women! Equipment used varies.

**Tuesday and Thursday**

**9:30 - 10:30 a.m.**

### Arthritis Foundation water fitness with Michelle Farrell

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. Equipment used varies.

**Monday, Wednesday and Friday**

**9 - 10 a.m.**

### seniorize with Michelle Farrell

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

**Monday, Wednesday and Friday**

**10 - 11 a.m.**

### water yoga with Connie Feldman

This class is low-intensity to help improve balance and joint movement and build muscle. No prior knowledge of yoga is necessary. Child care is available with advanced notice.

**Tuesday and Thursday**

**11 a.m. - 12 p.m.**

**Coming soon — Aqua Zumba and Aqua Cardio**

## aquatics (continued)

### ywca winter indoor triathlon

Compete individually or as a relay. Events are 750m swim, 20km bike and 5km run. This is only for those ages 16 and over. This will help benefit handicap children in Tanzania, Africa and a portion will also benefit the YWCA Aquatics and Fitness programs. Registration forms available at the YWCA Service Desk or [www.ywcagettsburg.org](http://www.ywcagettsburg.org).

**Feb. 5 and 6** 12:30 - 3:30 p.m.  
**Registration on or before Feb. 1** \$25  
**Registration after Feb. 1** \$50

### aqua volleyball club for tweens

This recreation league is for children ages 10 to 13. No swimming skills are necessary. There must be a minimum of four people.

**Rec Free**      **Basic \$15**      **Non \$25**

**Session 12: Dec. 4 - 18, must register by Dec. 3**  
Saturdays only 1:00 - 2:30 p.m.

**Session 01: Jan. 8 - 29, must register by Jan. 7**  
Saturdays only 1:00 - 2:30 p.m.

**Session 02: Feb. 5 - 26 must register by Feb. 4**  
Saturdays only 1:00 - 2:30 p.m.

*"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 back-stroke."*  
— Barbara Tully



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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 six certified trainers — Emily Bucher, Jeff Cartzendafner, Derrick Kuhn, Steve Mott, Colleen Umbenhouer, Travis Garman and Dagmar Person — 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

### how-to clinics

Starting November 13, we will be offering "How To" clinics. These clinics will run twice a month and start at 11:15 a.m. on Saturdays. Dates are posted below; it will be broken down into 6 separate groups of the body. Each clinic will cover a specific area and offer ideas of different exercises. This will be offered by our own Emily Bucher, a certified personal trainer. No appointments needed walk-in and enjoy the group fun!

Nov. 13 — abs/core

Nov. 27 — arms

Dec. 4 — legs

Dec. 18 — back

Jan. 8 — shoulders

Jan. 22 — chest

**Rec only** Free

*"YW has helped me as far as the way I feel in general. I'm a better person! Since I've been working out with my trainer I've lost a total of 18 lbs. I love the atmosphere and I feel comfortable!"*  
— Cassandra Points

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# sports and fitness (continued)

## massage therapy

Call the service desk to schedule a massage.

### 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



## 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

**Beginner-** ages 8-12, Wednesday 6 - 7 p.m.  
EHPKARBEG — 12, 01, 02

**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 include a variety of sports, from basketball and hockey to gymnastics. Minimum enrollment of 10; no maximum enrollment.

**Instructor:** Alva Ecker

Wednesdays  
EHPHS-12, 01, 02

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

### youth indoor soccer

Girls and boys, ages 6 to 9, will learn or enhance soccer skills through this co-ed league. For information, call the fitness department at ext. 121. Registration deadline is Jan. 6. The program runs from Jan. 13 to March 3. No games Jan. 17.

**Thursdays** 6 to 7 p.m. EHPSOCCER

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

### all sports for youngsters and tweens

Starting Dec. 3, on Friday nights from 7-9 pm for ages 10-13 years and Saturday mornings from 10-11:30 am for ages 6-9 we are offering an All-Sports time for kids to come in and enjoy some activity. It will be organized sports activities like soccer, basketball, jail-ball, and dodgeball etc. Here the kids will learn how to play these sports and give parents some time to work-out in the fitness center!

**Rec only** Free

### basic training youth fitness program

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

**Fee** \$20 per person

# 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.

**Session 1** Dec. 7 - Jan 26 (No class Dec 21  
(No class Dec. 21, 22, 28 and 29)  
(Snow make-up week Feb. 2 and 3)  
**Session 2** Feb. 8 - March 16

### 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

**Whitney Nevins**

- 4 years experience
- 13 years floor/tumbling experience

**Stacey Garman**

- 2 years experience

**Kyla Ham**

- 1 year experience

### 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



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# 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 Pass Free**

**Basic \$4**

**Non \$5/hour**

### 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 Pass 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](http://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](http://www.ywcagettysburg.org).

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

**Rec pass 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.

**Cardio Dance Circuit** - Alternating fun, basic dance aerobics with upper and lower body sculpting exercises set to music that you request.

**Cardio-Kick-** Kickboxing exercises that will elevate your heart rate as well as challenge 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.

**Interval Blast-** Define your upper and lower body by alternating weights with step intervals, this is a great total body workout.

**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** - The cardio class for step enthusiasts. A great way to burn fat and calories while toning the lower body.

**Stroller Fitness-** A two mile walk with toning intervals. Get fit with your baby!

**Walkfit** - A two mile walk with toning intervals.

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

**30 Minute Arms** - 30 minute workout that targets your ARMS!

**30 Minute Abs-** 30 minute workout that focuses on just the ABDOMINALS!

*"The YWCA provides a good range of opportunities such as the fitness class I take where I have had a lot of new friends while staying fit. Being able to use the fitness facility has allowed me to improve my quality of life. As a volunteer, I get satisfaction of being of help to the community and meeting interesting people." — Ruth Mink (Rec Pass Member & Volunteer)*

# child enrichment programs

The YWCA has three convenient locations — 909 Fairfield Road, Fairfield Elementary School and Commerce Park — which provide care for full-day, half-day or before and after school care.

Our combined facilities offer care for up to 323 children ages six weeks through 12 years, including infant, toddler, preschool and school-age classrooms. School-age children have year-round care at the YW Main Building and Commerce Park locations.

Hours of operation for the YWCA main facility and the Com-

merce Park locations are Monday through Friday 6:30 a.m. to 6 p.m., unless otherwise noted. 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. For rates and registration please contact Children & Youth Director Paula Howard at ext. 126. For information about the Commerce Park Center, please call CEP Director at Commerce Park, Linda Haberkorn, at 334-7150.

## childcare and preschool

### 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 and emotional fine and gross motor, and self help skills. Lesson plans incorporate Pennsylvania early learning standards into a creative curriculum module. Weekly swim time is included with tuition (Fairfield Road 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 Bearfoot (summer only) (Main YWCA location and Commerce Park)

Provides fun-filled summer activities including swimming, themes, crafts, field trips and walking excursions. Breakfast and lunch are provided.

### 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 (effective Jan. 1)**

**Two - four days \$17/day (effective Jan. 1)**

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## recognition



**Rocky Glass**, a member of our maintenance and custodial department, has been chosen as our employee of the quarter. Rock was nominated because “he is always ready with a smile and a warm greeting. He works with enthusiasm and seems very conscientious at whatever he does.”

Rocky always makes himself available to help the YW, and comes in early in the morning during snowstorms to clean the parking lot so it is safe for our members and employees.



**Tommy Riggs**, our volunteer of the quarter, spent the summer as an intern with the sports and fitness department and Spirit of Gettysburg. He was always very helpful and never needed his hand held when given assignments. In addition to daily tasks, he served as assistant director of the Spirit, coordinator of staff Olympics and co-chair of Dancing with the Local Stars.

Tommy is a recent York College graduate who is employed as a sports clerk and writer for the *Gettysburg Times*.



**Did you know?** You will never pay extra for any group exercise classes when you have a YWCA rec pass? That includes yoga, Zumba, Morning Blitz, Fun, Fit & Fifty and more!

*See page 13 for details*

# get involved! become a volunteer

Become a YWCA volunteer and make a difference! There are many opportunities for individuals and companies to support the mission of the YWCA. Volunteers are needed for our upcoming special events, as assistants with our TLC program, children's swimming lessons, readers to our children in the

Child Enrichment programs, Community Outreach programs and general office and clerical needs. High school students are encouraged to call to find out how they can complete their Graduation Project requirement in as little as one week. 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 two years, a changing economy. This adaptability is only possible through the generous support of the members and friends who have helped us advance our mission for the past 80 years. Our membership and program fees cover only 87 percent of our operating expenses, and we rely on private donations and grants to cover the rest.

#### 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** – Donors to the YWCA Endowment play an important role in securing the organization's financial future. Money in our Endowment Fund builds interest and generates revenue 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 honor of our 80th anniversary 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.

**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 17 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.

can continue to provide the programs and services you've come to expect. See the YWCA Wish List on page 17 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.

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## donors (continued)

### donor spotlight

# Rukhsana Rahman & Athar Rafiq

Today, I walk through the doors of the YWCA Gettysburg and Adams County and feel like I have come home. After a hiatus of a few years, our children older, I returned to using the facility regularly, got involved in the Hallmark Committee and a friend asked me if I would consider serving on the Board. Twenty-one years ago our daughter attended the Terrific 2s at the YWCA. She took ballet and gymnastic lessons there, played indoor soccer and went to Teen-Time. Our sons have attended the Terrific 2s, 3s and 4s programs, before and after kindergarten care, and played tennis at summer camp. We have been members since 1986 when we moved here and have taken numerous classes that are offered under that one roof. Our children have attended many summer camps, birthdays and pool

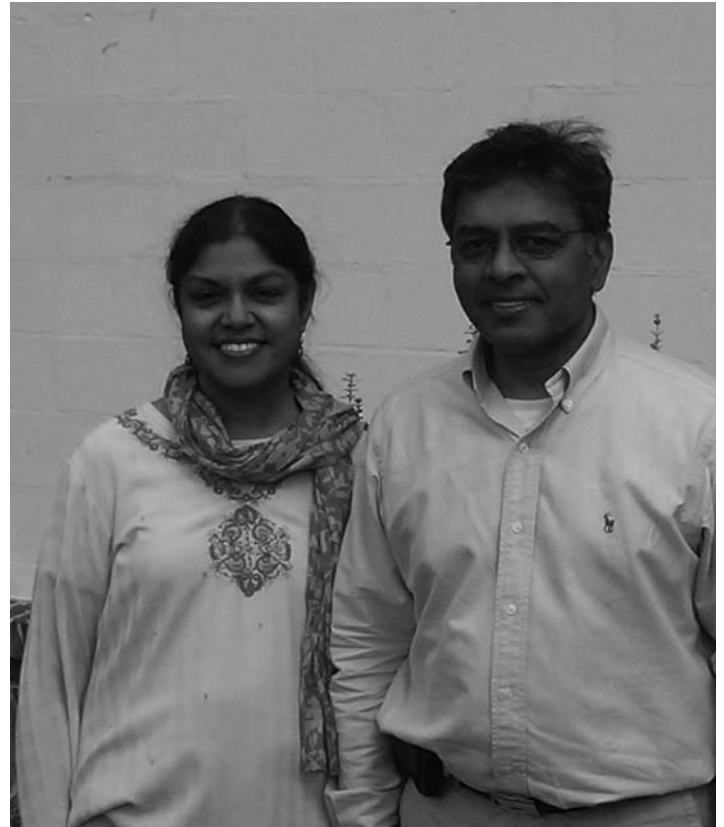
parties, learned to swim here and formed lasting friendships.

Both the YW and our children have grown and come a long way responding to the varying needs and challenges of life and the community, respectively.

Historically and today, the YWCA is involved in assisting domestic violence victims, addressing women's economic empowerment and collaborating with local schools to inspire girls' interest in science, technology, engineering and math. YW is not just involved in local but regional and state level advocacy as well.

Our YWCA, a strong organization, advocates peace, justice, health, human dignity, freedom and care of the environment — issues that are dear to me.

Over the years the YWCA, nationally and internationally,



has come to be known as THE local non-profit that can easily and effectively respond to any challenge. This is how I see our YW, the centerpiece and focal point providing af-

fordable and quality childcare and pre-school programs, women's health initiatives and ongoing racial justice events, to name a few.

### 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

#### 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

#### Community Events

Xbox 360 game system, Wii game system, or Playstation 3 game system

#### TLC

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

## donors (continued)

The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between July 1 and Sept. 30, 2010. We appreciate your generosity, no matter the amount!

### Hallmark Friends (\$1,000+)

David Coshun  
George and Conni Petrie  
Roberta Wood

### Charter Friends (\$500-\$999)

Dorothy M. Sprigg Estate  
Madge B. Stahle Estate

### Pacesetter Friends (\$250-\$499)

Carolyn and Norman Nunamaker  
Gail and Michael Pavlovich

### Sustaining Friends (\$100-\$249)

Anonymous  
Burnell and Martha Dehoff  
Gail and Peter Hull

### Supporting Friends (<\$100)

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Connie and Scott Wehler  
Frederick Wentz  
William Westcott  
Jeff and Nicole Yingling  
Deb Geesey Yocum

### 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 July 1 and Sept. 30, 2010:

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

Science House Foundation

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

Knouse Foods Cooperative, Inc.  
United Way of Adams County

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

Beauchat & Beauchat, LLC  
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Historic Gettysburg Hotel  
Realty Leasing and Management Co.

### Contributing Corporate Friends (<\$500)

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Kennie's Markets

### In-Kind Donors

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Pat Bream  
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Kennie's Markets  
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Sue Pitzer  
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Donna Rockey  
Susan Seibel-Willard  
Helen Sink  
Mike Spillane  
TGI Friday's  
Tully Dental, P.C.  
United Way of Adams County  
UTZ  
Weis Markets



## Did you know?

The YWCA is truly for everyone. People of all ages and backgrounds come here for fitness, education, social interaction, community service opportunities and more.

**Have you checked us out? Y(w) not?**

## donors (continued)

### individual event sponsorship opportunities

#### Polish Heritage Celebration

- Friday, Dec. 10, YWCA Gettysburg & Adams County
- Explore the food, music, dance and other aspects of Polish and Polish American culture. This event is part of the YWCA's Cultural Celebration Series.

Contact Deb Geesey Yocum at 334-9171, ext. 124 or [dyocum@ywcagettsburg.org](mailto:dyocum@ywcagettsburg.org) for more information on sponsoring this event, or to discuss opportunities for sponsorship in 2011.

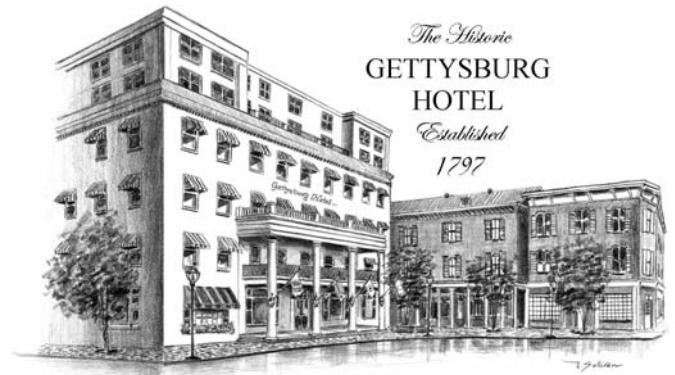
### 2010 hallmark sponsor program

Our Hallmark Sponsor program will begin its fourth year in 2011. Our 2010 Hallmark Sponsors supported 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 Yocum at ext. 124.



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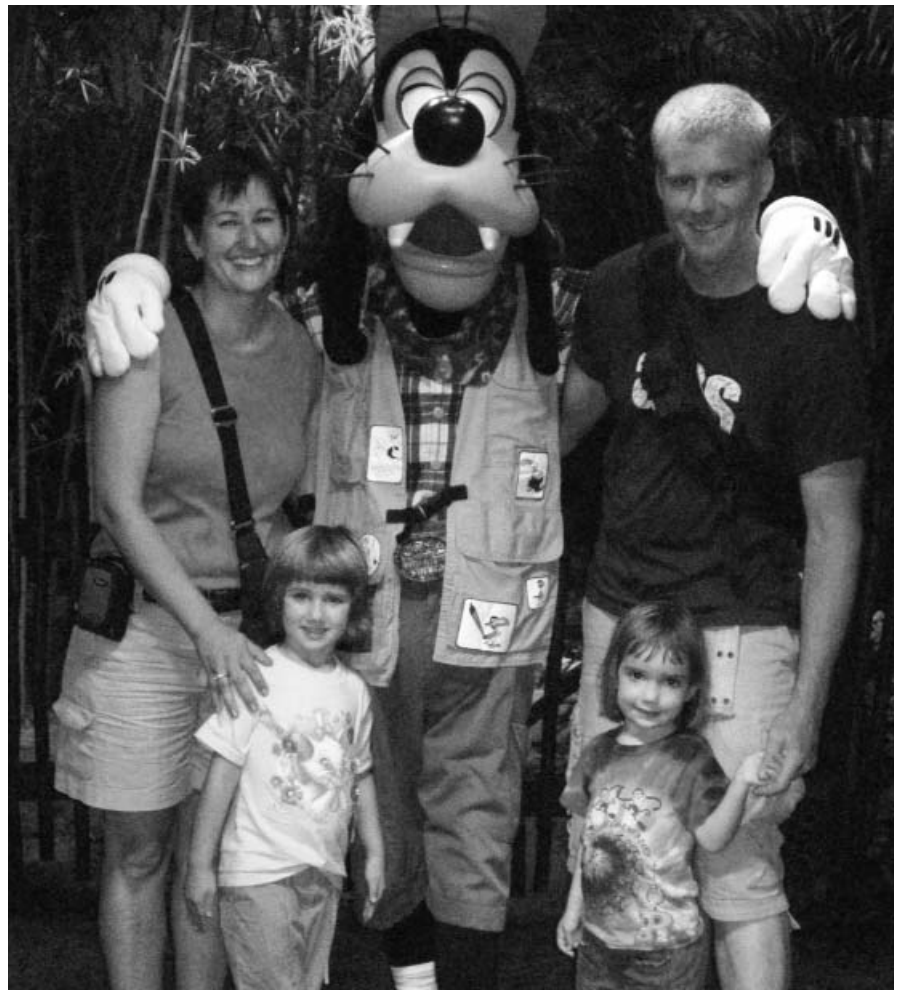
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# Member spotlight

My husband and I made the decision to explore putting our two daughters in the YWCA Child Enrichment Program about 2 ½ years ago after utilizing two different in-home child care options. Our oldest, Sarah, was three when she entered the Pedal Bikes classroom and Becca was two when she entered the Trykes classroom – both at the Commerce Park center. This decision has been one of the most influential choices we have made in our daughters' lives so far. The in-home settings were fine for what they could offer, but the growth and learning both daughters have demonstrated has exceeded our expectations. With the hours that we need for child-care, we have had the opportunity to get to know the staff in several of the rooms there. Although neither of our children required the care of the infant room (Strollers), Becca spent time in there each morning until her teachers started their day. Since that time, we have experienced the care in each of the four rooms dedicated to children under school age. Our experience in each room has been one of care, dedication to growth appropriate to the ages attending, wonderful communication with us as parents, and joy of working with children. I commend all of the staff there for their patience every-day!

As a high school counselor at Fairfield, I am extremely interested in our daughters' learning and social development. I see what it means to have a strong foundation and love for learning early in life. Now that they are both in the Motor Bikes classroom for ages 4 and 5 with Ms. Sandra and Ms. Charlene – it is evident that this program has developed in them both the basic skills and the desire to know more. Both girls are able to print their first and last names. Through the interactive zoo phonics curriculum, both are able to sound out words based on their alphabet skills. The use of fun animal alliterations coupled with specific movements, the girls can associate let-



ter sounds and words with interest. It is a joy to see them work together to learn and use this information. They are both encouraged to be curious about the world around them and are not afraid to ask questions. Our oldest daughter has had some social developmental difficulties over the past few years. We have been so blessed to have the staff there work with her and communicate with us to help her master needed social skills. Their patience and calm caring have helped her to grow and mature in a way that still allows her to be herself. They work WITH her strengths instead of forcing her to fit a mold. They have treated us with the utmost respect throughout our experience, as well,

which has helped us to build a relationship beneficial to our daughters. This is our daughters' last year in the program as we are all preparing them to enter first grade and kindergarten next year. While I welcome this new experience in their lives, I am sad to think about the wonderful people we will be saying goodbye to. I only hope that their next teachers are as patient, kind, nurturing and understanding as the teachers they have had the privilege of working with so far. God certainly led us to the right place two and half years ago and blessed us with the best for our children.

**Sincerely,**  
Heather Swope

# 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.

## corporate discount

The YWCA Corporate Employee Discount Plan offers corporate employees and their families a recreational pass that permits full access to our facilities at a discounted rate. Businesses enrolled receive a 20% discount the first year unless there are more than 50 participating. Subsequent years, discount is based on the number of corporate employees participating, as shown below. For more information, employers, owners or human resource directors should contact Sue Pitzer at ext. 120.

# of Participating Employees	discount after first year
5 – 14	10%
15 – 24	15%
25 – 49	20%
50 or more	25%

Corporate members have access to the following amenities:

- 6500 sq. ft. fitness center with Nautilus equipment, treadmills, ellipticals, free weights and a sauna
- 25-meter indoor pool and 12-person whirlpool
- Unlimited land fitness classes including land cycle classes
- Gym and racquetball courts
- Discounted personal training sessions
- Discounted massage therapy and facials
- Discounted aquatic classes
- Locker rooms with available locker rentals
- Access to wellness and community health programs
- Discounts on YWCA programs

# 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

Sept. 6 Labor Day, closed  
Nov. 25 Thanksgiving, closed  
Nov. 26 CEP closed  
Dec. 24 CEP closed, pool closes 1:30 p.m., fitness center at 2  
Dec. 25 closed  
Dec. 31 CEP closed, pool closes 2 p.m., fitness center at 3  
Jan. 1 New Years Day, Closed  
Jan 17 closed, except for MLK activities

## 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 (effective July 1, 2010)

REC PASS	Youth (Under 13)	Junior <sup>1</sup> (13-17)	Adult (18-59)	Family <sup>2</sup>	Senior (60+)	Senior Family	Single Parent Family <sup>3</sup>	College <sup>4</sup>
Joining Fee <sup>5</sup>	\$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
<b>BASIC ONLY</b>	\$30	\$40	\$40	\$110	\$30	\$50	\$60	\$40

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

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

<sup>2</sup>**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.

<sup>3</sup>**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.

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

<sup>5</sup>**Joining Fee** is a one-time fee unless Rec Pass lapses for 30 days or more.

## 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
- FREE 30-minute personal training session

- 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

### TLC – Temporary Loving Care

This program provides care for children 6 months through 10 years of age while the member parent is using the YWCA facilities. Reservations required. Call service desk at ext. 142 for details and to make reservations.

Payment is required when reservation is made.

**Rec** \$15/month for 1 child, additional \$5/month for 2 or more  
**Basic** \$20/month for 1 child, additional \$5/month for 2 or more  
**Non members** N/A  
**Pay as you go** \$3 per child/two hours

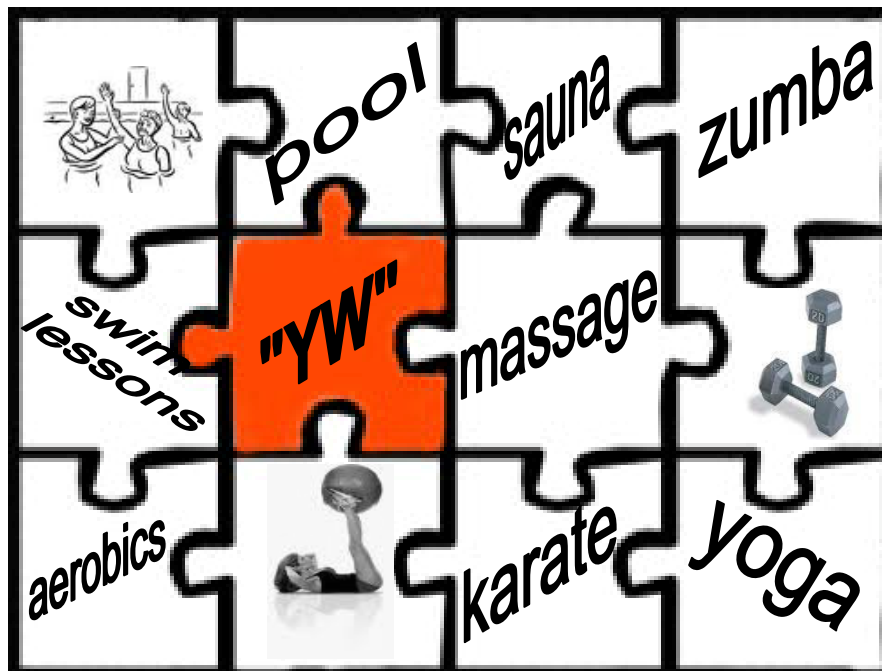
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Make the YW the **KEY** piece  
of your fitness puzzle for 2011!

**\$50 JOINING FEE - GONE!**  
**DEC 2010, JAN & FEB 2011**



Offer cannot be combined with other specials or discounts. Valid December 2010, January and February 2011.