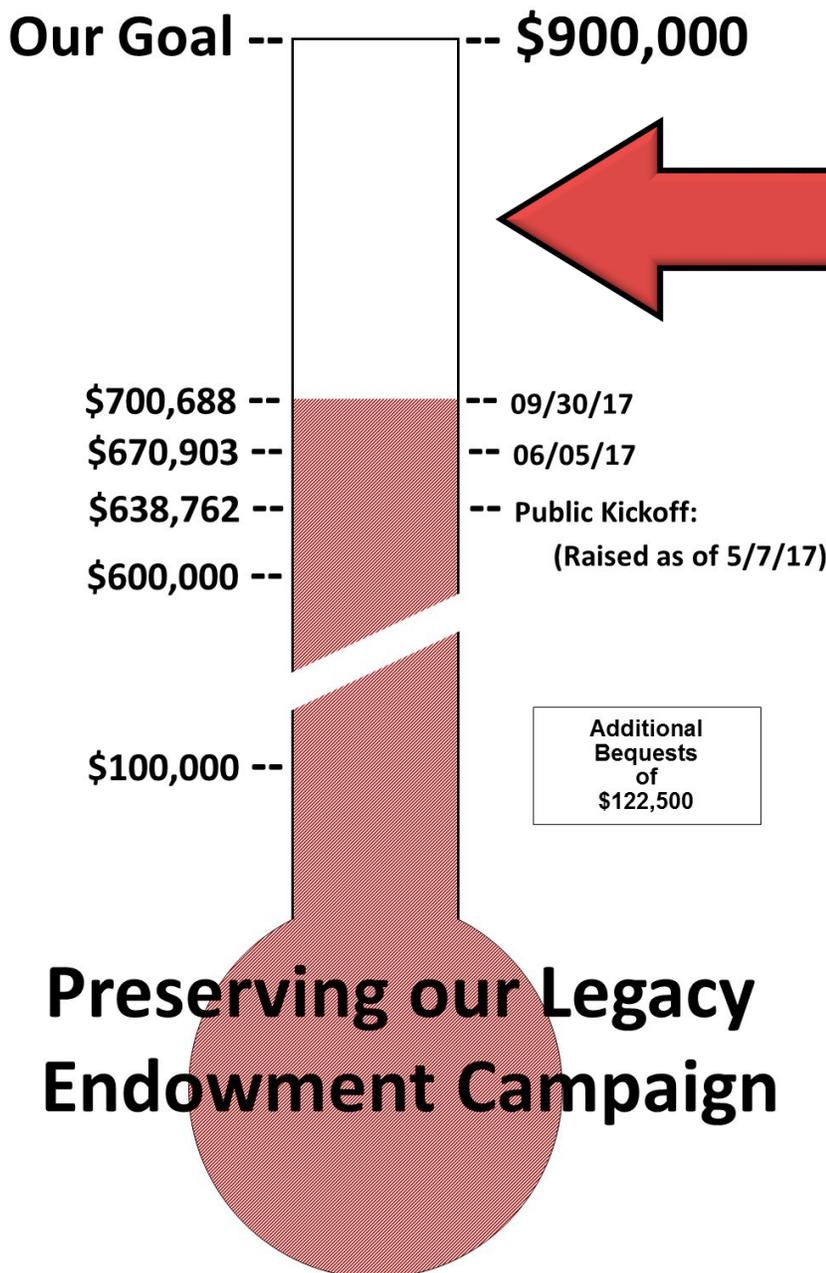


YWCA IS ON A MISSION

yworks

Quarterly program guide of YWCA Gettysburg & Adams County
December 2017, January and February 2018



YOU can help us reach our campaign goal!

In May, the YWCA launched the public phase of our “Preserving Our Legacy” endowment campaign. With a goal of \$900,000, the YWCA development committee has raised nearly 75% as of October!

This campaign has opened the door to nearly \$125,000 in legacy gifts and bequests.

A substantial, secure endowment fund provides lasting support for upgrades and repairs to our 35-year-old building. Consider joining those who have already given (see our donor page!) and help us **Preserve Our Legacy.**

facility hours

regular hours

| | |
|------------------------|---|
| Monday - Friday | 4:30 a.m. - 10 p.m. (fitness center) 6 a.m. - 9 p.m. (pool) |
| Saturday | 7 a.m. - 5 p.m. (fitness center) 8 a.m. - 4:30 p.m. (pool) |
| Sunday | 10 a.m. - 5 p.m. (fitness center) 10 a.m. - 4:30 p.m. (pool) |

closings

| | |
|----------------|------------------------------------|
| Dec. 24 | Christmas Eve, closing at 2 p.m. |
| Dec. 25 | Christmas Day, closed |
| Dec. 31 | New Year's Eve, normal hours |
| Jan. 1 | New Year's Day, closed |
| Jan. 15 | Martin Luther King Jr. Day, closed |

management team

Mike Dorsette, director of finance

mdorsette@ywcagettysburg.org, ext. 112

Kara Ferraro, director of advocacy and public relations

kferraro@ywcagettysburg.org, ext. 113

Deb Geesey, executive director

dgeesey@ywcagettysburg.org, ext. 124

Bud Glass, buildings and grounds director

rglass@ywcagettysburg.org, ext. 130

Drew Harding, human resources director

dharding@ywcagettysburg.org, ext. 139

Alex J. Hayes, coordinator of special events and publications

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Jen King, sports and fitness director

fitness@ywcagettysburg.org, ext. 119

Ben Knuth, membership director

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Nancy Lilley, road scholar director/community services coordinator

nlilley@ywcagettysburg.org, ext. 115

Cora Rhoads, aquatics director

crhoads@ywcagettysburg.org, ext. 129

Teresa Rodgers, childcare at adams commerce center director

trodgers@ywcagettysburg.org, 717-334-7150

2017-18 board of directors

Betsy Meyer, co-president
Katy Giebenhain, co-president
Jane North, vice-president
Linda Raymond, treasurer
Shelley Kemp, secretary
Deb Geesey, executive director
Kelly Alsedek

Leigh Ayers
Autumn Hanzlik
Maggie Golec
Jane Lordeman
Lisa Moreno-Woodward
Chris Little
Stephanie Moses

Diana Onativia
Kristin Rice
Jessica Ritter
Sharon Stephenson
Megan Weikel
Karla Wolfe
Denise Wood

our mission

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

eliminating racism, empowering women

Racial justice and women's economic advancement are the hallmark initiatives of the YWCA. To further this mission 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 opportunities to explore scientific fields and increase their earning potential.

For more information about the YWCA's racial justice and women's empowerment programs, contact Kara Ferraro at kferraro@ywcagettsburg.org or 717-334-9171, ext. 113. Also visit www.ywcagettsburg.org/category/community-outreach/

Encore Breast Cancer Support Group

The YWCA Encore Breast Cancer Support Group meets the fourth Tuesday of every month. You may not feel that you are in need of support, but your presence and sharing your experiences could make a difference in the life of another woman. For more information, contact Deb at ext. 124 or dgeesey@ywcagettsburg.org.

No meeting in December

Tuesday, Jan. 23, 6:30 p.m. - Michelle Shriner, RN, nurse navigator at Wellspan Cancer Center

Tuesday, Feb. 27, 6:30 p.m. - Land fitness class

Women's Book Review and Discussion Groups

Two separate groups meet the second Tuesday and second Wednesday of each month at 6:30 p.m. in the Community Room. For more information, email Elizabeth Ibex (Tuesday group) at eibex@embarqmail.com or Susan Roach (Wednesday group) at jnsroach@comcast.net.

18th Annual Callie Awards – Celebration of Exceptional Women

The annual Callie Awards recognize the contributions and achievements of extraordinary women in Adams County. Nominations will be accepted through Dec. 8; a nomination form and guidelines are on page 4. Information about tickets will be available at ywcagettsburg.org.

Thursday, March 29, 2018 Gettysburg Hotel

Martin Luther King Jr. Celebration

The annual MLK Celebration event will be held in Gettysburg College's Christ Chapel. This year's program will feature keystone speaker Dr. Mary Frances Berry. Dr. Berry is an author, educator and historian who led the charge for equal rights over the course of four Presidential administrations while serving as Chairperson of the US Civil Rights Commission. The annual Living the Dream Award, co-sponsored by the YWCA and the United Way of Adams County, will be presented to a local resident who personifies King's dream of freedom and justice for all. All proceeds from a freewill offering taken at the event will benefit the Adams County Career Aid Project, which provides need-based financial aid to students pursuing higher education and/or technical training. The event is free and open to the public.

Jan. 22 7-8:30 p.m., Gettysburg College's Christ Chapel

Empowering Young Women

The **LEGO Robotics Club** is offered as part of the ASAP after-school program at Lincoln Elementary School. The six-week program provides fourth- and fifth-grade girls the opportunity to explore computer programming and robotics technology in a nurturing, girls-only environment under the guidance of Gettysburg College students.

STEAM Savvy is an all-girls after-school club for students at Gettysburg High School. The program encourages girls to explore science, technology, engineering, arts and math. Instructors and mentors also assist students with college applications, interviewing skills, and other aspects of the college search, including visits to explore schools' science departments.

As more major tech companies realize the need for greater diversity in STEAM fields, these programs are important tools in helping girls and young women retain an interest in science and technology throughout their school years. Research suggests that programs like this are effective tools to challenge the gender divide of men and women in these high-paying career fields. For more information about how to enroll in either of these programs, contact chemistry teacher Kristen Bechtel at the high school.

32nd Women in History Essay and Art Contest

The YWCA will once again host the Women in History essay and art contest for all 6th, 7th and 8th grade students in Adams County. Entry materials will be available at all county schools and at the YWCA. Deadline for entries is Feb. 9. Visit ywcagettsburg.org for more information or to view last year's winning entries.

19th Annual MLK Day On

Celebrate Martin Luther King Jr.'s birthday, not as a day off, but a day on helping your local non-profits. Volunteers are needed to sort donations for participating agencies in the YWCA gymnasium. For agency wish lists (available in January) or to volunteer, contact Vickie Corbett at 717-334-5809 or vcorbett@uwadams.org. The day is co-sponsored by the YWCA and the United Way of Adams County Volunteer Center.

Jan. 19, 9 a.m. - noon



A Celebration of Exceptional Women

YWCA Callie Awards

2018 Nomination Form

The YWCA Gettysburg & Adams County is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all. Through the Callie Awards, we seek to recognize the significant achievements of women in various fields of service, including but not limited to: Business/Agriculture, Education, Advocacy, Racial Justice, Health/Wellness/Human Services, and Community Service, with special consideration granted to other areas of public service. In 2018, up to five women will be recognized for demonstrating excellence in their fields (4 Adams County women and 1 *Young Woman* Award).

NOMINEE: _____

Address: _____

Phone (Home): _____ Phone (Work): _____ E-mail: _____

AWARD CATEGORY: check the appropriate category (only one) for your nominee:

- Young Woman (high school junior—college senior)
- Business/Agriculture
- Health/Wellness/Human Services
- Education
- Advocacy
- Other: _____
- Racial Justice
- Community Service

SUMMARY: Please provide a one-sentence statement describing the contributions for which the Nominee should be honored:

NOMINATOR: Name: _____

Organization (if applicable): _____

Address: _____

Phone (Work): _____ Phone (Home): _____ E-mail: _____

NARRATIVE STATEMENT-Please attach a narrative statement (typed) that describes the activities and contributions to the community that make the Nominee deserving of recognition. Please be specific. In your narrative, **please explain how the candidate addresses the criteria below.** Limit statement to two 8½"x 11" pages double-spaced.

In order to qualify for a Callie Award, a woman must:

- Reside in Adams County for a minimum of five years
- Demonstrate excellence, creativity, and initiative in her field.
- Demonstrate a significant level of commitment and leadership to professional or community service.
- Demonstrate a commitment to serving Adams County and improves the quality of life for others.
- For Young Woman, candidate must be a current resident of Adams County for more than five years OR a student at HACC, Gettysburg College or the Lutheran Theological Seminary.

If selected, your nominee will be asked to submit a photo to be used in the 2018 Callie Award Publication created in honor of the volunteer nominees and recipients. There is no need to submit a photo with the nomination form. The celebration of the Callie Awards will be held at the Gettysburg Hotel on Thursday, March 29, 2018.

NOMINATION DEADLINE: Must be received by Noon on Friday, December 8, 2017

Please mail to: YWCA Gettysburg & Adams County 909 Fairfield Road Gettysburg PA 17325

Questions? Call (717) 334-9171 ext. 124 or E-mail Deb Geesey at dgeesey@ywcagettsburg.org

learn to swim

Swim lessons keep kids safe in the water and opens the door for them to become future lifeguards, or be on our swim team. This is a lifelong skill. Our experienced and certified American Red Cross instructors emphasize water safety, and swimming skills, while teaching children with praise and encouragement.

Level 1: Does not know how to swim

Level 2: Can float on their front and back independently

Level 3: Can tread water independently

Session 12: Registration closes Nov. 28

Fridays, Dec. 1, 8, 15

5 to 5:30 p.m. Ages 4 and 5 Level 1

5:35 to 6:05 p.m. Ages 4 and 5, Levels 2 and 3

6:05 to 6:35 p.m. School age Level 1

6:35 to 7:05 p.m. School age Level 2 and 3

Rec \$24 Basic \$36 Non \$48

Session 01: Registration closes Jan. 2

Fridays, Jan. 5, 12, 19

5 to 5:30 p.m. Ages 4 and 5 Level 1

5:35 to 6:05 p.m. Ages 4 and 5, Levels 2 and 3

6:05 to 6:35 p.m. School age Level 1

6:35 to 7:05 p.m. School age Level 2 and 3

Rec \$24 Basic \$36 Non \$48

Session 1B: Registration Closes Jan. 3

Sundays, Jan. 7, 14, 21

1:30 to 2 p.m. Ages 4 and 5 Levels 1, 2 and 3

Rec \$24 Basic \$36 Non \$48

Session 02: Registration closes Jan. 28

Fridays, Feb. 2, 9, 16

5 to 5:30 p.m. Ages 4 and 5 Level 1

5:35 to 6:05 p.m. Ages 4 and 5, Levels 2 and 3

6:05 to 6:35 p.m. School age Level 1

6:35 to 7:05 p.m. School age Level 2 and 3

Rec \$24 Basic \$36 Non \$48

parent-child swim lessons

The American Red Cross recommends children learn to be comfortable in the water starting at 6 months. Our parent-child swim lessons help parents teach their child the basics of floating, kicking and having fun in the water. Rates are based on child's membership.

This class will be separated out into two levels. Level one is for children ages 6 months to 23 months. Level two is for children 24 months to 47 months.

Session 1: Registration ends Jan. 4

Sundays, Jan. 7, 14, 21

12:30 to 1 p.m. Level 1

1 to 1:30 p.m. Level 2

private swim lessons

Great for beginners or experienced swimmers trying to hone their skills. This is also available for children or adults with special needs. Our pool is handicap accessible. Each lesson is 30 minutes and dependent upon instructor's availability. Call Cora at ext. 129 or crhoads@ywcagettysburg.org to schedule a lesson. A \$15 fee will be charged to those who schedule a lesson and do not show or cancel within an hour of the lesson.

Rec \$24 Basic \$36 Non \$46

mini sharks swim team

This is for children ages 5 and up who are able to swim independently the front and back crawl. They must pass swim lesson level 3 to be in this class. This class will help students build endurance, refine their strokes and prepare them for the Sharks swim team try out.

Session 12: Registration ends. Nov. 29

Dec. 2, 3, 9, 10, 16, 17 1:15 to 2 p.m.

Rec \$34 Basic \$54 Non \$64

Session 02: Registration ends Feb. 7

Feb. 10, 11, 17, 18, 24, 25 1:15 to 2 p.m.

Rec \$34 Basic \$54 Non \$64

water fitness classes

Liquid Assets with Kellie

This class is for active and healthy adults who want a medium- to high-intensity workout that includes muscle toning and aerobic exercises. The workout uses the shallow and deep ends of the pool.

Saturdays 9 – 10 a.m.

Swing N' Sway with Mary

A low- to medium-intensity workout for senior adults that includes stretching, and muscle strengthening. The class is held in the shallow and deep ends of the pool.

Mondays and Wednesdays 10 – 11 a.m.

Gentle Water Yoga with Mary

A low- to medium-intensity workout for senior adults that includes stretching, and muscle strengthening. The class is held in the shallow and deep ends of the pool.

Mondays and Wednesdays 11-11:30 a.m.

Power House Workout with Linda

A high intensity workout in the shallow end of the pool only. This workout will focus on strengthening joints, increasing balance, and toning core muscles.

Mondays, Wednesdays and Fridays 12:30 - 1 p.m.

Masters YWMA

This club is for adults age 19 and over of any fitness level. You must be able to swim at least 25 meters without stopping. This is run like a swim team practice, so expect to swim a lot!

Tuesdays and Thursdays 5 to 6 p.m. with Coach Carol

Hydro Power Hour with Lori

This is for active and healthy adults who want a medium to high intensity workout for muscle toning with aerobic exercises. The workout will take place in the shallow and deep ends of the pool. The exercise routine is set to music, and all exercise equipment will be provided. This class is taught by a certified United States Water Fitness Association instructor.

Tuesdays 8 - 9 p.m.

Liquid Fit with Kellie

This is for active and healthy adults who want a medium to high intensity workout for muscle toning with aerobic exercises. The workout will take place in the shallow and deep ends of the pool. Routine is set to music, and all equipment is provided. Kellie is a certified Water Fitness Association instructor.

Wednesdays 5 - 6 p.m.

Water Walking with Linda

This is a low to medium-intensity class that will help build muscle tone and strength. There is a focus on a variety of movements in shallow water only and ends with stretching.

Tuesday and Thursday 8:45 - 9:30 a.m.

group aquatics training program

Deep Aquatics Fitness Training with Linda

A medium to high level workout in deep water for adults of all ages and ability levels. Emphasis is on improving total fitness goals which includes cardio, easy range-of-motion for joints, simple stretching, and balance. This is taught by an instructor certified by the Arthritis Foundation, the United States Water Fitness Association and holds a personal fitness trainer certification. Register online or at the service desk. Class is limited to 18 people.

Tuesdays and Thursdays 9:40 – 10:40 a.m.

Session 12: Dec. 5 - Jan. 11

Session 01: Jan. 16 - Feb. 22

Rec \$10 Basic \$20 Non \$25

Dynamic Shallow Water Training with Linda

A medium to high-intensity workout in shallow water for adults of all ages and ability levels. This is a class for people who want to improve their cardio, strength, flexibility, and balance. This is taught by an instructor certified by the United States Water Fitness Association and holds a personal fitness trainer certification. Register online or at the service desk. Class is limited to 18 people.

Mondays, Wednesdays and Fridays 11:30 – 12:30 p.m.

Session 12: Dec. 1 - 17 (no class Dec. 25, Jan. 1, Jan. 15)

Session 1: Jan. 19 - Feb. 28

Rec \$15 Basic \$25 Non \$30

basic first aid/CPR/AED for adult, child, infant

Registration closes 2 days prior to class beginning. The online coursework must be completed before the start of the in person training day. See our website for details and click under the Aquatics tab. You will also be able to register online. All registrants must email the aquatics director to receive the link for the course.

Fee \$80

Session 12: Registration closes Dec. 4
Dec. 6 6 to 9 p.m.

Session 2: Registration closes Feb. 19
Feb. 21 6 to 9 p.m.

Session 1: Registration closes Jan. 29
Jan. 31 6 to 9 p.m.

american red cross lifeguard classes

This is a blended learning course. Participants must try out to enter the course. Once they pass the try out, then they can do the 7 hours of course work online and 24 hours of practical skills on land and in the water. This course provides certification in Lifeguarding, First Aid, Blood borne Pathogen Training, Administration of Emergency Oxygen and CPR/AED for the Professional Rescuer for 2 years. Try out prerequisites are posted at ywcagettysburg.org.

Session 2: Registration ends/Tryout Feb. 8 at 5 p.m.

Feb. 12, 13, 15, 20, 22, 23 3 to 5 p.m.
Feb. 16 and 19 11 a.m. to 5 p.m.

Fee \$99 plus \$35 to American Red Cross

pool rental

Our 25-meter indoor swimming pool is available for any group or individual to rent. The indoor swimming pool is available Fridays 7 to 9 p.m. and Saturdays and Sundays from 2:30 to 4:30 p.m.

You may rent the swimming pool for one or two hours. All rentals include a minimum of two lifeguards and use of our 12-person whirlpool. The whirlpool can only be used by people over the age of 18.

Our pool's patio, which has seating for 20 people, is also available for rent. For more information contact Nancy at 717-334-9171 ext. 115.

Fee: Half pool \$70/hour (available only for groups with 20 or fewer people)
Entire pool \$150/hour

ywca - your community center

Bridge

A group currently meets at the YWCA to review and improve skills through playing. This is a relaxed atmosphere of casual play. Anyone with a knowledge of the basic skills of bridge may join.

Mondays 6:30 - 8:30 p.m.

Rec Free **Basic** \$2 **Non** \$4

Central Community Pennsylvania Blood Bank Blood Drive

Donors must be healthy, weigh at least 110 pounds, and be at least 17 years old. You may donate blood every 56 days.

Feb. 20 3 p.m. - 7 p.m.

Free YW Days

Thanks to our Hallmarks Sponsors, the YWCA will be open to the community for free on the following day from open until close. Free YW Days are offered quarterly and provide access to the fitness center, land and water classes, and the indoor pool during open swim hours.

Monday, Jan. 22 4:30 a.m. until 10 p.m., with the pool being open 8 a.m. until 10 a.m.

tae kwon do

Students learn the kicks, blocks and strikes of traditional Chung Do Kwan Tae Kwon Do. This style of karate is taught primarily as self-defense but students also gain physical fitness, increased awareness and self-assurance in a non-competitive environment. Ages 12 and older are welcome, from beginners to advanced practitioners. Instructor is Pete Golden, 6th Dan.

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

Rec \$20/month Basic \$25/month Non \$30/month (\$5 discount for second child)

recreational sports

racquetball

A fun, fast-paced game played on our indoor court. Courts can be reserved up to one week in advance.

Rec Free Basic and non members pay day pass fee

wallyball

Play an "off the wall" version of volleyball in a racquetball court. Scoring and play are similar, but balls may be hit off of the side walls and over the net. Court reservations are recommended. Because this is not a paid rental, YW rec pass holders are permitted to join any group. If you would like to rent the court for your group, you must pay a rental fee and schedule the area in advance.

Rec Free Basic and non-members pay day pass fee

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. Because this is not a paid rental, all YW rec pass holders are invited to join any groups. If you would like to rent half of the gym for your group, you must pay a rental fee and schedule the area ahead of time.

Rec Free Basic and non-members pay day pass fee

noontime basketball

An active, co-ed pickup game of basketball for adults. Players rotate for fair play.

Tuesdays and Thursday, noon to 1 p.m.

Rec Free Basic \$4 Non \$5

pickleball

Pickleball is played on a badminton-style court with the net lowered to 34 inches at the center. The game is played with a perforated plastic ball and wood or composite paddles. It is easy for beginners to learn but can develop into a competitive for experienced players.

Mondays, Tuesdays, Thursdays, Sundays 2 - 4 p.m.

Rec Free Basic \$4 Non \$5

ping pong

Rec pass holders can play ping pong on the weekends. The ping pong tables will be set up Friday evenings until Sundays at close.

Rec Free Basic and non members pay day pass fee

adult indoor floor hockey

Open to men and women age 16 and older. Each player is required to bring his or her own stick, wrapped in white tape to protect gym floor. There must be 15 people registered.

Tuesdays, Jan. 2 - Feb. 20 7:30-9:30 p.m.

Rec \$30 Basic \$40 Non \$50

gymnastics

It Takes Two (18 months to 3 years)

This 45-minute class is designed to teach the fundamentals of gymnastics and body awareness through basic body positions and movements, as well as introduce the child to developmental skills such as listening, following instructions, and waiting their turn. Parents/guardians will be asked to accompany their child during the class to assist them in following directions, but most importantly to encourage the child to try new skills.

Tuesday 10 - 10:45 a.m. OR Friday 10 - 10:45 a.m.

Rec \$24/month Basic \$29/month Non \$39/month

Preschool Gymnastics (ages 3 and 4)

This 45-minute class for boys and girls teaches the basic body shapes, positions and techniques of gymnastics on all four apparatus. This includes beginner level skills such as a handstand, cartwheel, rolls on the floor, swinging on the bars with proper body control, walking comfortably on the balance beam and learning the proper technique for the spring board.

Tuesday 11 - 11:45 a.m. OR Friday 11 - 11:45 a.m.

Rec \$24/month Basic \$29/month Non \$39/month

Beginner Gymnastics

This class is for children ages 5 and older. Skills taught include forward roll, backward roll, handstand, and cartwheel on floor; pullover, casting and backflip on bars; and walking forward, backward and sideways on beam. The basic straight, tuck and straddle jump will be perfected on the spring board. Testing is done when the child reaches the skill level to move into the intermediate class.

Session A (ages 5 - 7) Mondays 4:45 - 5:45 p.m.

Rec \$34/month Basic \$39/month Non \$49/month

chair yoga

Chair yoga is a gentle class held in the Community Room that enables people who cannot lie on the floor to enjoy the benefits of yoga. All the poses are adapted to be done seated or standing with the support of a chair as needed. The class promotes flexibility, strength, balance, and relaxation. Taught by Julie M. Falk, certified yoga instructor.

Mondays 10:30 - 11:30 a.m. **Fridays** 1 - 2 p.m.
Rec Free **Basic** \$20/month per class **Non** \$36/month per class

group exercise classes

Class schedules available at the service desk or ywcagettysburg.org.

Advanced body sculpting - Intense muscle conditioning focusing on both upper and lower muscle groups, including abdominals.

Bootcamp - Bootcamp mixes traditional calisthenics and body weight exercises with interval and strength training. This military-style class includes jumping rope, sprinting and interval training and involves bursts of high-intensity work to push you to your limit!

Drishti yoga — Drishti means 'focus' or 'alignment.' In Yoga we practice to bring the body, breath and mind into alignment, and we practice focusing on a specific part of the body or on an uplifting thought, such as gratitude.

Fit, fun and fifty - A total exercise class for seniors incorporating cardio, toning and flexibility.

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

Gentle/beginner yoga - Gentle yoga designed for all ages.

High Intensity Interval Training (HIIT) - A head-to-toe workout that will leave you and your muscles exhausted.

Intermediate yoga - Designed to take students to the intermediate level. More advanced postures and sequences are introduced, requiring a bit more strength, stamina and flexibility, balance and agility.

Kids bootcamp - Bootcamp classes for kids ages 10 and older. Includes age-appropriate exercises that will help your child increase strength, endurance, core stability, power, flexibility, balance and agility.

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

Pilates - An introduction to Pilates mat work through a series of floor exercises designed to promote core strength, flexibility, and good posture and improve body awareness.

Power hour - One hour of weightlifting that will tone your whole body.

Raising the bar - An energy-packed class that involves circuit training, strength conditioning, high intensity interval training, plyometrics, bodyweight/gravity exercises and more! The objective of this class is to physically get everything out of you that we can while having fun. We will help you raise the bar for yourself!

SilverSneakers Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers Circuit - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Spin, Tabata, and Yoga (STaY) - Tired of the same old workouts? Try mixing it up with 20 minutes of spin, 20 minutes of tabata, and 20 minutes of yoga.

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

Zumba Gold - This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Zumba Strong — STRONG by Zumba™ is a high intensity interval training workout. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.

Zumba Toning - For those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba Toning Sticks (light weights) helps you focus on specific muscle groups so you and your muscles stay engaged!

Zumba for Kids — Kids age 6-12 are welcome!

cycle classes

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

Participants should arrive for class 10 minutes before the scheduled class time to make necessary adjustments to the bike. Participants should bring a towel and a full water bottle. All bikes are equipped with toe-clips and SPD pedals. Classes are open to rec pass members ages 16 years and older. Teens ages 13-15 may participate if they have completed the basic training class.

Rec Free **Basic** Purchase day pass **Non** Purchase day pass

massage therapy

Our certified massage therapists offer therapeutic table and chair massages. Please call service desk to schedule a massage. We would like to add another massage therapist to our staff. Complete application online at ywcagettysburg.org.

therapeutic massage

| | 30 min | 45 min | 60 min | 75 min | 90 min |
|--------------|--------|--------|--------|--------|--------|
| Rec | \$35 | \$45 | \$50 | \$60 | \$70 |
| Basic | \$40 | \$55 | \$60 | \$70 | \$80 |
| Non | \$45 | \$60 | \$65 | \$75 | \$85 |



Aimee Bailey



Susan Cann



Rosalind Flickinger

personal training

one-on-one training

Our certified personal trainers help clients meet their goals and achieve maximum potential. To learn more about YW personal training or to schedule an appointment, call ext. 145. Rec pass membership required.

30-minute workout \$17
60-minute workout \$30



Emily Bucher



Kevin Ecker



Howard Dorsey



Ben Jones

individual workout plan

A certified personal trainer will develop an individual plan specific to your needs. Your personalized plan will be recorded on a workout sheet and you decide how long to follow the plan before meeting with the trainer for a new plan.

One-hour session \$25

Individuals who need to cancel a massage or personal training appointment must do so within 24 hours or they will be charged a \$15 fee that must be paid before scheduling a future appointment.



Jennifer King



John Marconi



Allison Ryan

yw child care - year-round enrollment!

Our facilities offer care for children ages 6 weeks to 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 Adams Commerce Center. Breakfast, snacks and family-style lunches are included in full-day child care programs.

YWCA Main Building

909 Fairfield Road, Gettysburg
Ages 6 weeks - 12 years
Monday - Friday, 6:30 a.m. - 6 p.m.

Child Enrichment Program at Adams Commerce Center

50 Expedition Trail, Gettysburg
Ages 6 weeks - 12 years
Monday - Friday, 6:30 a.m. - 6 p.m.

Infant/young toddler (main YW and Commerce Center)

Teachers provide warm, nurturing care in a safe learning environment designed to promote each child's development. Providing developmentally-appropriate materials found in the real world, teachers create lesson plans using the Creative Curriculum, which supports the Pennsylvania Early Learning Standards. Each child is assigned a primary caregiver who attends to his or her individual needs and interacts with parents.

| | |
|----------------------|---------------|
| Infants | \$194.60/week |
| Young toddler | \$187.60 |

Older Toddler (Main YW and Commerce Center)

Through developmentally-appropriate activities based on the Creative Curriculum and the Pennsylvania Early Learning Standards, toddlers enjoy large and small group activities including songs, finger plays and indoor and outdoor recreational activities. Classrooms are designed to promote each child's creativity and independence by allowing them to make choices in learning centers throughout the day. Breakfast, lunch and afternoon snack are provided in a family-style setting where children learn to make healthy choices.

Fee \$178.60/week

Preschool (Main YW and Commerce Center)

Teachers utilize Creative Curriculum and Pennsylvania Early Learning Standards to create meaningful learning experiences in a nurturing and stimulating environment. Children are encouraged to learn through play by exploring, asking questions, making choices, using their senses, problem solving, and expressing their feelings. Breakfast, lunch and afternoon snack are provided in a family-style setting where children learn to set the table and make healthy choices. Weekly swimming opportunities are available at the Main YW.

Fairfield Elementary School

4842 Fairfield Road, Fairfield
Ages 5 - 12 years
Monday to Friday, 7 a.m. to school start; end of school to 6 p.m.

Fee \$170.60/week

Jellybeans preschool 1/2 day program (Main YW, school-year only)

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 education instruction, creative play, circle time themes and weekly swim time.

Five days \$84/day

Two - four days \$23/day

Clubhouse (Main YW, Commerce Center, Fairfield Elementary School)

The YWCA Clubhouse program provides care for children age 5 to their 12th birthday. Clubhouse begins on the first day of school and ends on the Friday of the last week of school in the Gettysburg Area School District. We provide all-day care during most school holidays and teacher in-service days. This program provides a variety of activities and experiences for children attending public or private schools, including quiet homework time, games, physical recreation, swimming (Main YWCA building only) and theme-related activities.

Before school \$48.60/week

After school \$86.60/week

Before and after school \$103.60/week

2017 hallmark sponsors

Hallmark Sponsors support YWCA events and 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 t-shirts and programs, and in all YW marketing materials, including our website. Employees of these companies also receive discounted memberships. To find out more about becoming a Hallmark Sponsor, call Deb Geesey at ext. 124



**Community
Benefits
Real Estate**



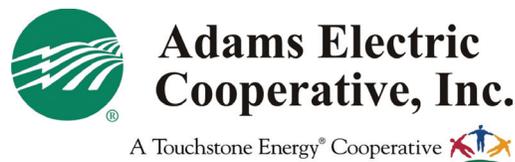
WELLSPAN®
Gettysburg Hospital



Jim Dunlop

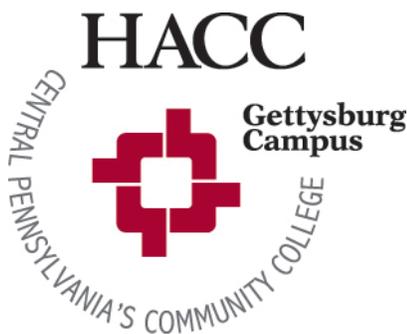


www.HullsElectric.com



A Touchstone Energy® Cooperative

donors



**Gettysburg Dental
ASSOCIATES**



Sites Family

The YWCA must adapt each year to a growing and changing community, and as evidenced in recent 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 grateful to our many loyal supporters, and we offer many ways you can help us carry on our mission to eliminate racism and empower women. For more information on giving to the YWCA, call Deb Geesey at ext. 124 or email dgeesey@ywcagettyburg.org. All financial contributions are tax deductible to the extent of the law.

If you'd like to donate your time to the YWCA as a volunteer, call Nancy Lilley at ext. 115 or email nlilley@ywcagettyburg.org.

yw wish list

Administration

Office supplies
Extension cords/power strips
Flat screen monitors

Child Enrichment Programs

Play Dough
Pencils/pens
Washable markers
Computer speakers
Stereos w/CD players
Playing cards
Spray bottles
Arts and crafts materials
Batteries (AA, AAA, C, D, 9V)
Contact paper
Magnets
Electric or battery-operated pencil sharpener

Tape dispensers
Headphones
Thermometers (for refrigerators)
Children's thermometers
Construction paper
Storage bins with lids
Sand toys and buckets
Pink and yellow copy paper
Masking tape
Brooms, dustpans and mops
Large dishwasher racks (2)
Griddle
Large electric fry pan
Pancake turners (2)
Cookie sheets (2)
Cutting boards (4)
Ove Gloves (2)
Slotted spoons (4)

Gravy ladles (2)
Storage containers
Swiffer wet mop
Washcloths
9x13 pans (4)
30-40-foot extension cord
Microwaveable table dishes

Sports and Fitness

Broom or Swiffer broom w/cloths
Wall clock(s)
First aid supplies: bandaids, gauze, creams, ice packs, etc.
Racquetball racquets and balls
Basketballs, soccer balls and volleyballs
Batteries (AA, AAA, C, D)
Blow dryers

donors

thank you to our generous donors

Donors (Individual)

The following donors, listed alphabetically by donor category, made gifts to the YWCA between July 1 and September 30, 2017. We appreciate your generosity!

Hallmark Friends (\$1,000+)

Barbara DeUgarte

Charter Friends (\$500-\$999)

George and Pat Thorsen

Sustaining Friends (\$100-\$249)

Ron and Emme Brown
Brownley & Golanoski Families
Shirley Golden
Hannah Hauser
Elizabeth Ibez
Sharon Kuntzman
Sara Elizabeth Rohr

Supporting Friends (<\$100)

Lin Ackerman
Hope Baum
Jennifer Bucher
Nancy Crawford
Susan Delgado
Mary Dooley

Deb Geesey
Kathryn Gelner
Jeanie Hanks
Stephen and Rebecca Harris
Alex J. Hayes
and Ashley Andyshak Hayes
Paula Howard
Gail Hull
Jennifer King
Judith Leslie
Nancy and Mike Lilley
Heather Lowe
Carol Merwede
Jan Renn
Aileen Singer
Elaine Stebbins
Barbara Stokes
Steven and Adair Toddes
Ila Verdirame
Karla and David Wolfe

Corporate and

Foundation Friends

Charter Corporate Friends (\$5,000+)

Adams County Community Foundation

Comcast Foundation

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

Hull's Electric Service, Inc.
Knouse Foods Cooperative, Inc.
Members 1st FCU

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

Blue & Gray Bar and Grill
Cross Keys Village
Rice Fruit Company
ShIPLEY Energy & Energy Objective

Contributing Corporate Friends (<\$500)

America's Charities
Apple Leaf Abstracting & Settlement Co.
Crouse Electric Co. LLC
Gettyburg Adams Chamber of

Commerce

Hartman & Yannetti Attorneys
Lincoln Intermediate Unit 12
Thrivent Financial – Southern Commonwealth Associates
Town & Campus Hair Care

In-Kind Donors (Individuals)

Connie Carbajal
Bud Glass
Marilyn and Mike Meixell
Bob Robinson

In-Kind Donors (Corporate)

Cumberland Valley Woodturners Club
General Recreation, Inc.
Mentzer Farms and Services
Mott's/Dr. Pepper Snapple Group

thank you to our generous donors

Preserving Our Legacy Campaign

These individuals have made a commitment to ensure that our YWCA will be here for you and our community tomorrow. Gifts of \$1,000+ receive recognition throughout the duration of our endowment campaign. Thank you for your support!

Persimmon Donors (\$50,000+)

Thomas Cline Foundation
Sharon Magraw
Gudrun Rice & Charles Kerr,
in memory of Muriel L. Rice

Platinum Donors (\$25,000-\$49,999)

Leigh Magraw Ayers
Janet L. Dewar
Margery & John Donovan
Jim & Julie Dunlop
Frank Loveland Estate
Leslie Magraw, in memory of Margaret Trew
Cline

Mary and Jed Smith
Margaret Trew Cline Foundation

Gold Donors (\$10,000-\$24,999)

Anonymous, in memory of Aunt Betty
Adams County Bar Foundation
ACNB Bank
Deb Geesey & Chris Bushey
Tom & Carol Deloe
Jane English

Gail & Peter Hull
Jane Lordeman
Nell & Hugh Matthews
Betsy & Eric Meyer
Rukhsana Rahman
Silver Donors (\$5,000-\$9,999)

Stephen Askew
Margaret Curtis
John & Donna Dodson
Linda & Roy Fauth
Pat & Bill Hinkle
Carolyn & Norm Nunamaker
Megan Weikel & Eddie Rankin
Ellen & Lynn Rebert
John & Vanessa Rice
Kristin Rice and John Wolfe
Mark & Kate Rice
Ted & Hannah Rice
Gretchen Stuempfle
David Rice & Dora Townsend
Richard L. and Ruth Jean Unger
Denise Wood

Bronze Donors (\$1,000-\$4,999)

Anonymous YWCA Donor
Adams County Community Foundation
Vance & Janet Hikes
Ken Hoy
Jane Hyde
Shelley Kemp

Jean LeGros
Ann Lordeman
Jo & Mike McLaughlin
Jane North
Peter & Eleanor Pella
Conni & George Petrie
Sharon Stephenson
Ed & Karen Szoke
Tom & Bobbie Wolf

Endowment Donors (<\$1,000)

The following donors, listed alphabetically, made gifts or pledges to the YWCA between July 1 and September 30, 2017 who are not listed above.

Katy Giebenhain & Rev. Peter Kuhn
Ray & Betty Smith

Bequests & Legacy Gifts

These are gifts to the YWCA promised through a will, IRA, or Life Insurance Policy.

Gail & Peter Hull
Chris & Tom Little
Jane Lordeman
Betsy & Eric Meyer
Patti & Ray Schwartz
Clodius & Maxine Willis
Denise Wood

donors

donor spotlight

As a member and volunteer, my support of the YWCA Gettysburg & Adams County began when we moved to Fairfield in 1999. I joined the YWCA so that I could swim on a weekly, regular schedule. This evolved into my contributing some of my hand-turned bowls for the Race Against Racism. This donation led to fifty-two turned items for the ENCORE 5K, and that led to turning the trophies for the Last Chance Master Swim Meet.

Once I established a relationship with the different events, I got the Cumberland Valley Woodturners interested in helping me support the ENCORE 5K since there are so many different winners in this race. Among the items we have turned are pens and pencils, key rings, ice cream scoops and more.

I personally have a strong feeling of support for the ENCORE 5K, having lost my biological mother and my Aunt, who raised me, to breast cancer. It is an important issue for most families, since many can name a relative who has suffered from this disease.

In my early teens, I was a camp counselor, a basketball referee and participant at the Annapolis, Maryland YMCA. Once I was married and working, I taught gymnastics and wrestling to young boys on Saturday mornings for about five years. Then a neighbor asked me to serve on the Anne Arundel County YMCA board. I was president of that organization for two years.

So, as you can see, I have always thought the "Y" - be it YMCA or YWCA - serve an important need in the community. I find that the YWCA Gettysburg does that to a higher level through its many varied programs that meet the needs in this community.

— **Bob Robinson**



YWCA IS ON A MISSION



A commitment today ensures that the YWCA Gettysburg & Adams County preserves our legacy for you and our community tomorrow.

2017 Endowment Campaign
YWCA Gettysburg & Adams County

When you donate to the YWCA Gettysburg & Adams County's Endowment Campaign, you are helping create a substantial, secure fund which will provide lasting support for:

Living Our Mission

The YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. We promote racial justice and the empowerment of women by being a leading voice in Adams County through our education and advocacy work. The YWCA strives to be the center for personal and community growth—the place to learn, to play, and to improve emotional and physical well-being for future generations. We will guide Adams County to positive change by connecting cultures, encouraging healthy lifestyles, and empowering all who walk through our doors.

Community Wellness

We are committed to keeping our services accessible. A substantial endowment fund allows us to maintain and repair our facility infrastructure, while keeping our membership prices affordable. The YWCA plays a central role in the health and wellness of our community with our award-winning fitness center, gymnasium, racquetball courts, and the only public indoor pool in Gettysburg. The YWCA has a positive impact on the community by promoting health and wellness, facilitating fellowship, offering child care services, and providing a social outlet for people of all ages.

Child Care Programs

As Adams County's largest child care provider, we offer safe, convenient, quality care that includes crucial early learning opportunities for infants, toddlers and school-age children. YWCA child care provides peace of mind for working parents and ensures that children enter kindergarten with the knowledge and skills they need to succeed. Our Endowment Campaign helps sustain and enrich these programs, keeping them viable for future generations.

OUR FINANCES: As we approach our 90th year, increasing our endowment fund by \$900,000 will provide a much-needed source of revenue. Our membership fees cover program expenses, but repairs and upgrades to our 35-year-old building are costly.

Making a commitment today ensures that our YWCA will be here for you and our community tomorrow.

<\$1,000

Recognition in our YWCA publication that is distributed to nearly 18,000 businesses and homes.

\$1,000+

Recognition in YWCA publications throughout the duration of our three-year endowment campaign.

\$5,000+

Recognition in YWCA publications and your name engraved on a donor plaque displayed in the lobby of the YWCA.

\$50,000+

Recognition in YWCA publications, donor plaque, and your name engraved on a park bench at our main entrance.

\$100K+

Your name prominently listed as the sole donor on a park bench in front of our main entrance, plus all other benefits.

YWCA IS ON A MISSION

Campaign Pledge Form

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

Yes, I want to help preserve our YWCA for future generations with a gift to the Endowment Campaign.

Step 1

DONOR INFORMATION

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell: _____

Email Address: _____

Signature (required): _____ Date: _____

Step 2

CONTRIBUTION OPTIONS

Give a Gift

I would like to make a one time payment to the YWCA Endowment Campaign.

Total Gift Amount:

\$ _____

This gift was made in honor of (optional):

Make a Pledge

I would like to pledge a fixed amount to be paid in part at specific times.

Total Gift Amount:

\$ _____

Gift Transfer

I choose to make a charitable gift donation through the transfer of stocks or bonds.

Please specify:

Approx. Amount:

\$ _____

Leave a Legacy

I am making a Legacy Gift to the YWCA through my will, my IRA, or Life Insurance.

Please specify type:

Approx. Amount:

\$ _____

For additional information, please call 717-334-9171, ext. 112 to speak with our Director of Finance.

Step 3

METHOD OF PAYMENT

Pledge to the Endowment Campaign: I would like to give \$ _____/year for (circle) 2 or 3 years.

A check is enclosed for the full amount.

Charge my credit card:

Exp. Date _____ **CVW Code** _____

For your privacy, you may call 717-334-9171, ext. 112 to speak with our Director of Finance and make a secure payment over the phone.

Pledge payment will be completed by the year: _____

Please check this box if you would like an invoice as a reminder.

If so, what month would you like your reminder sent? _____

Check here if you plan to satisfy your pledge by giving to the Adams County Community Foundation.

Thank you for your contribution to the YWCA Gettysburg & Adams County through our Endowment Campaign. The official registration and financial information of YWCA Gettysburg & Adams County may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

YWCA Gettysburg & Adams County
909 Fairfield Road - Gettysburg, PA 17325
T: 717-334-9171 F: 717-334-8797
ywcagettsburg.org

fees

rec pass fees

| | Youth (under 13) | Junior (13-17) ¹ | Young Adult (18-24) ² | Adult (25-59) | Family ³ | Single Parent Family ⁴ | Senior (60+) | Senior Couple ⁵ |
|--|---------------------|--------------------------------|-------------------------------------|------------------|---------------------|---|-----------------|-------------------------------|
| Joining Fee⁵ | \$25 | \$25 | \$25 | \$50 | \$50 | \$50 | \$50 | \$50 |
| Annual | \$296 | \$319 | \$347 | \$452 | \$673 | \$563 | \$364 | \$563 |
| 6-month | \$158 | \$170 | \$182 | \$241 | \$363 | \$302 | \$195 | \$302 |
| 3-month | \$85 | \$90 | \$98 | \$128 | \$193 | \$161 | \$103 | \$161 |
| One month | \$32 | \$34 | \$37 | \$47 | \$71 | \$60 | \$39 | \$60 |
| Monthly rate w/bank draft | \$29 | \$31 | \$34 | \$42 | \$64 | \$55 | \$36 | \$55 |

All sales are final. Memberships are non-refundable and non-transferable. See ywcagettsburg.org or membership guide for policies.

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

²**Young Adult** — Ages 18 - 24, joiner fee may be waived with proof of college enrollment

³**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 child or children under 24 who still live at home. In addition: (a) non-custodial parents may include their children in their family membership (b) custodial grandparents may include their grandchildren on a family membership (C) Relatives who live in the same household and are dependent (as defined by IRS) may be included in a family membership (d) Physically or mentally handicapped adult children living with or being cared for by their parents or persons (as defined above) acting as parents may also be included by that person(s) on a regular family membership

⁴**Single Parent Family** — defined as single-income family with children, headed by a parent who is widowed or divorced and not married, or by a parent who has never married. Children are eligible as defined in family definition

⁵**Senior Couple** — defined as two adults living as a couple with one of the persons being 60 or older.

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

***Joining fee may be waived for snowbird members who live half of the year elsewhere, contact our Membership Director at ext. 120 to update your account

Active members of the military receive 20 percent off of memberships, excluding Young Adult

Please note: Memberships may be put on hold for medical reasons. A doctor's note must be provided with dates of care.

rec pass benefits - full access to our facility, including

fitness center

65 cardio and weight training machines, sauna, free weights, and separate circuit training room—voted **Best Fitness Center in Gettysburg**

unlimited group exercise classes

shape up by choosing from more than 30 classes offered each week including Zumba, yoga, pilates, and more

indoor heated pool and whirlpool

25-meter heated indoor pool with lap lanes; 12-person whirlpool

unlimited water fitness classes

low-impact exercise for all fitness levels: arthritis, deep water, cardio, strength, stretching and water yoga

indoor racquetball courts

racquet and ball use included

unlimited cycle classes

a fast-paced indoor ride

successful start package

includes consultations and a personal training session to get you started on the right foot

gymnasium

play basketball, volleyball, and more

discount guest passes

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

free guest passes with purchase of annual membership

five with 6-month membership and 10 with annual membership (unused passes do not roll over with renewals)

deepest discounts on fee-based programs: swim lessons, karate, massage, and more!

guest fee

Those who do not have a YWCA rec pass are welcome to purchase a guest pass, which gives you access to the pool, racquetball court, gymnasium, fitness center, circuit room and all classes.

Day pass for adults 16 and older \$8

Day pass for children 5 to 15 \$5

Day pass for children under 5 Free

Weekly pass \$25

fees (continued)

basic membership fees

| | Youth (under 13) | Junior (13 - 17) | Young Adult (18 - 24) | Adult (25-59) | Family | Single Parent Family | Senior (60+) | Senior Couple |
|--------|---------------------|---------------------|--------------------------|------------------|--------|----------------------------|-----------------|------------------|
| Annual | \$30 | \$40 | \$40 | \$40 | \$110 | \$60 | \$30 | \$60 |

basic membership benefits

First-tier discounts

Youth and adult programs, massage

Does not give access to the pool or fitness facilities unless you pay to participate in a class or purchase a rec pass

babysitting

Babysitting is available for children ages 6 weeks to 8 years while their parents are using the facility. Reservations are highly recommended. Payment is required before care is given.

Monday - Friday, 9 a.m. to noon One infant, max of 8 children
Monday - Wednesday, 4:30 - 8 p.m. One infant, max of 8 children
Thursday, 4:30 - 7 p.m. One infant, max of 8 children
Saturday, 8 a.m. - noon One infant, max of 8 children

Rec \$25/month for one child, additional \$5.50/child per month
Basic \$35/month for one child, additional \$5.50/child per month
Non N/A
Pay as you go \$5.50 per child

health insurance discounts

Check your health insurance for fitness benefits. The YWCA honors Prime, Forever Fit, Silver and Fit, and Silver Sneakers. Confirm the details with your insurance provider then bring your card to the YW to get started!

member policies

Grounds

All YWCA facilities are alcohol-,vape-, tobacco-, and weapons-free. **Children under 10 must be accompanied by an adult at all times while in the facility.**

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 a day pass to access 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. Turnstiles are located at the service desk and fitness centers.

Children under 10 years of age not permitted in building without an adult.

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 our Service Desk at 717-334-9171. 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 pleaded guilty to or been convicted of a crime involving sexual abuse, physical abuse or neglect of a child, spouse or parent;
- has pleaded 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.

Sauna

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

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 aged 18 or older 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.

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!

Personal Training Policy

The YWCA Gettysburg & Adams County offers personal training services to include instruction, coaching, advice, lessons or demonstration concerning physical exercise, physical fitness, exercise strategies, nutrition, wellness, fitness equipment and other fitness-related activities by certified personal trainers employed by the YWCA.

No personal training by members or guests is permitted. A member or guest may not solicit or conduct any personal training as defined above, with or without compensation. This applies to any and all sessions, one on one or with two or more people.

If a member/guest is found to be engaged in any activities noted above, they will be notified of this policy and it will be brought to the attention of the Executive Director. At the discretion of the Executive Director, if the member/guest continues any of the activities noted above, he/she will lose membership privileges immediately without refund.

Locker Rooms

Please be mindful of wet and dry areas in YWCA locker rooms. For the comfort and privacy of all members, children age 4 and older are required to use their same gender locker room. Parents bringing opposite gender children age 4 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.

909 Fairfield Road
Gettysburg, PA 17325
ywcagettysburg.org
717-334-9171

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Gettysburg, PA
Permit No. 139

**YWCA IS ON
A MISSION**

Find a fit you in 2018!

Try the YWCA free for two weeks!



Offer valid December 2017, January and February 2018. Must not have used a two-week trial in the past year.