Lots to do this fall!

Breast Cancer Awareness 5K
Oct. 14 (See page 19)
Nov. 5 (See page 19)

Children’s Nearly New Sale!
Oct. 20 and 21 (See Page 8)
Nov. 10 (See Page 8)
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
Sept. 4
Nov. 23
Nov. 24

management team

Megan Arnold, administrative assistant
marnold@ywcggettysburg.org, ext. 117
Mike Dorsette, director of finance
mdorsette@ywcggettysburg.org, ext. 112
Kara Ferraro, director of advocacy and public relations
kferraro@ywcggettysburg.org, ext. 113
Deb Geesey, executive director
dgeesey@ywcggettysburg.org, ext. 124
Bud Glass, buildings and grounds director
rglass@ywcggettysburg.org, ext. 130
Jeanie Hanks, membership director
jhanks@ywcggettysburg.org, ext. 120
Alex J. Hayes, coordinator of special events and publications
ahayes@ywcggettysburg.org, ext. 116

Paula Howard, children and youth director
phoward@ywcggettysburg.org, ext. 126
Jen King, sports and fitness director
fitness@ywcggettysburg.org, ext. 119
Nancy Lilley, road scholar director/community services coordinator
nlilley@ywcggettysburg.org, ext. 115
Cora Rhoads, aquatics director
crhoads@ywcggettysburg.org, ext. 129
Teresa Rodgers, childcare at adams commerce center director
trogers@ywcggettysburg.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 Alsdek
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.
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@ywcagettysburg.org or 717-334-9171, ext. 113. Also visit www.ywcagettysburg.org/category/community-outreach/

Encore Breast Cancer Support Group
The YWCA Encore Breast Cancer Support Group 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@ywcagettysburg.org.

Tuesday, Sept. 26 – Water fitness class
Saturday, Oct. 14 – Encore Breast Cancer Awareness 5K.
Tuesday, Oct. 24 – Year-end wrap-up, form plans for 2018.
Tuesday, Nov. 28 — Holiday gathering, location TBA

Stop Traffick in Adams County
Join the YWCA, Survivors, Inc., and the Middle East Justice and Peace Group of South Central PA, for a free community forum that will explore human trafficking in Adams County. This event will be held in the Valentine Hall Auditorium at the United Lutheran Seminary’s Gettysburg campus.

Dr. Stepanka Korytova, Director at the Center for the Study of Human Trafficking South-Central Pennsylvania, will discuss what human trafficking is. Participants will learn where trafficking happens in Adams County, hear about its global impacts, and determine what they can do to end the demand. Following a catered lunch, which will be provided, Survivors, Inc. will lead a community training on how to identify and report instances of human trafficking.

The community is also encouraged to join us at the Seminary to shop a fair-trade vendor market before the holidays. Items will include handcrafted jewelry, fair-trade coffee and chocolates, décor, crafts and a variety of eco-friendly products that empower artisans around the world. The vendor market is open to the public, regardless of whether you are attending the forum, from 10 a.m. until 2 p.m. To register for the forum, please contact Kara Ferraro at 717-334-9171, ext. 113, or kferraro@ywcagettysburg.org.

Nov. 11 9 a.m. to 2 p.m.

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 jsroach@comcast.net.

18th Annual Callie Awards – Celebration of Exceptional Women
Nomination forms, due Dec. 8, will be published in the next edition of YWorks, if you’d like one sooner, please contact Deb Geesey, Executive Director, YWCA Gettysburg & Adams County at dgeesey@ywcagettysburg.org.

Thursday, March 29, 2018

Adams County Heritage Festival
The Adams County Heritage Festival is a celebration of various cultures' music, food, and crafts that reflects life in Adams County, Pennsylvania.

Family-oriented entertainment includes music, dance, and a children’s play, as well as a full afternoon of children’s activities, including games, storytelling, and piñatas. Continuously throughout the afternoon, craft vendors and demonstrators have displays in booths on the park grounds. Diverse foods are offered for sale by local citizens, church groups, restaurateurs, and community organizations. Local non-profit organizations have display booths, usually grouped in tents. Carriage and pony rides are offered by a local vendor.

This year’s mainstage performance lineup includes: 12:15 Across the Pond (Celtic), 1:10 Washington Toho Koto Society (Japanese), 2:10 Vox Cubana with Ernesto “Gato” Gatell (Afro-Cuban), 3:10 Barynya (Russian dancers), 4:10 Dixieland Express (jazz).

Sunday, Sept. 17 noon to 5 p.m., Gettysburg Rec Park

Brown Bag lunch series
Everyone is welcome to the YWCA’s brown bag lunch series, held the third Tuesday of each month at noon in the Community Room. The sessions are free and open to the public. Registration is recommended; call ext. 115 or email nlilley@ywcagettysburg.org.

Sept. 19: Joe and Maria Levenstein – Judaism. Pt. 2

Nov. 21: Linda Raymond will speak on her experiences as one of the first females in the U.S. Army Band

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.
Learn to Swim

Swim lessons keep kids safe in the water and open 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 9A: Sept. 8, 15, 22, 29 Register by Sept. 6
Session 10A: Oct. 6, 13, 20, 27 Register by Oct. 4
Session 11A: Nov. 3, 10, 17, 24 Register by Nov. 1

| Ages 4 and 5 Level 1 | 5 to 5:30 p.m. |
| Ages 4 and 5 Level 2 & 3 | 5:30 to 6 p.m. |
| Ages 6 to 12 Level 1 | 6:05 to 6:35 p.m. |
| Ages 6 to 12 Level 2 | 6:35 to 7 p.m. |

Rec $32  Basic $44  Non $56

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. This class teaches children from six months to three years of age. Rates are based on child’s membership.

Session 10: Oct. 7, 14, 21 Register by Oct. 6
Session 11: Nov. 4, 18, 25 Register by Nov. 3

| Ages 4 and 5 Levels 1, 2 and 3 | 10:30 to 11 a.m. |
| Rec $24  Basic $36  Non $48 |

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

USMS Last Chance Meet

Warm up begins at 8 a.m. and meet starts at 9 a.m. The meet is open to all Masters Swimmers holding a valid 2017 or 2018 USMS registration card. Age group is determined by the age as of Dec. 31, 2017. 2017 USMS rules and regulations apply.

Registration fee is $25 with no deck entries allowed (with the exception of relays). There is a $5/individual event and $8/relay fee. Every swimmer on a relay must be in at least one individual event. We will have a civil war (deck entered) 100 meter fun relay. Swimmers are to start from the wall and not the starting blocks. Swimmers are to swim any stroke for 25 meters wearing a civil war cap, then, hand it to the next swimmer, until all four swimmers have completed their 25 meters. The relay with the fastest time will be awarded a trophy. Registration forms can be downloaded from our website under the Aquatics tab. Registration forms must be mailed in or dropped off by Nov. 9 to the YWCA.

Nov. 11
American Red Cross Lifeguard Course

Participants must be at least 15 years old and pass a swim test. This course provides certification in lifeguarding, first aid, bloodborne pathogen training, administration of emergency oxygen and CPR/AED for the Professional Rescuer for two years.

**Fee:** $59 to YW and $35 to American Red Cross

**Session 9: Tryout/registration ends Sept. 7 at 3 p.m.**
Monday through Friday, Sept. 11 to 22 3 to 5 p.m.

Adult, Child, Infant Basic First Aid/CPR/AED

This is for anyone age 16 and over interested in becoming certified. Details on the class can be found on our website under the aquatics tab or call the Aquatics Director for more information at 334-9171 ext. 129.

**Fee:** $80

**Session 9:** Sept. 13 6 to 9 p.m.  
**Session 10:** Oct. 18 6 to 9 p.m.  
**Session 11:** Nov. 15 6 to 9 p.m.

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

Personal Water Fitness Trainer

This is for any adult who would like one on one water fitness training. This is great for anyone coming out of therapy. This is by appointment only. All participants who are interested can email crhoods@ywcagettysburg.org or call 717-334-9171 ext. 129. A medical release form is required of all participants. One can be emailed or mailed to anyone interested.

Our water fitness trainer is Linda Denniston. She comes with over 15 years of fitness training. She is certified through the United States Water Fitness Association and Aerobics and Fitness Association of America.

**Rec** $40/hr  
**Basic** $60/hr  
**Non** $80/hr

Adult Swim Clinic

This is a swim clinic to help swimmers, tri-athletes, and beginners to learn how to improve their free-style stroke. There will be a one hour portion of the course dedicated to a slide show presentation to discuss the dynamic mechanics of the stroke and drills. A two hour drill clinic will follow to help individuals improve their stroke. This is for anyone age 18 and over.

This swim clinic will be led by Dominic Latella. He is known throughout the country for running swim clinics for adults.

**Sept. 9: Registration deadline Sept. 3** 8 to 11 a.m.

**Rec** $60  
**Basic** $65  
**Non** $70
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.

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.
Tuesdays and Thursdays 9 - 9:30 a.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
Mondays and Wednesdays 4:45 to 5:45 p.m. with Coach Denise

Water training

Deep Water Mix with Linda
A medium to high level workout in deep water for adults of all ages and ability levels. Emphasis is on total fitness 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.
Tuesdays and Thursdays 9:40 – 10:40 a.m.
Session 9: Sept. 5-28 must register by Sept. 4
Session 10: Oct. 3-31 must register by Oct. 2
Session 11: Nov. 2-30 must register by Nov. 1

Movin’ & Groovin’ 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 strengthen their muscles and joints plus increase their flexibility and balance without any pain or strain. 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.
Mondays, Wednesdays and Fridays 11:30 – 12:30 p.m.
Session 9: Sept. 1-29 must register by Aug. 31
Session 10: Oct. 2-30 must register by Oct. 1
Session 11: Nov. 1-29 must register by Oct. 31

Giving Spree
SAVE THE DATE
Thursday, November 9, 2017 4:00 pm—6:30 pm Gettysburg Area Middle School

Proudly Presented by Adams County Community Foundation 717.337.0060 www.adamscountyfcf.org

909 Fairfield Road, Gettysburg, PA 17325 • 717-334-9171
sharks swim team

Swim levels
Level 1 Participants who have little to no competition swim experience. This level focuses on competitive strokes and techniques.
Level 2 Focus is approximately 50 percent stroke techniques and 50 percent endurance training. Swimmers will learn proper ways to start and turn.
Level 3 This level focuses on advanced techniques.
Level 4 This is for swimmers who want longer and tougher work outs.

USA Swimming
This is for swimmers who love competition at the pre-Olympic level. Swimmers must be recommended by their coach to be part of this group or have already been in this group before this fall. These swimmers will still practice during their scheduled level, but will attend USA meets in addition to league meets. There is an extra $70 USA membership fee to be paid directly to USA Swimming. The coaches will talk to the families about this.

Try-Outs
Swim team try outs for new swimmers to the team by appointment only. Email sharkscoaches@gmail.com to make an appointment. All swimmers must be able to swim 25 meters of free style, backstroke and breaststroke and 15 meters of butterfly without stopping, show that they can do open turns and/or flip turns and show they know how to dive. These skills do not need to be proficient. The coaches will determine after the try out whether each swimmer is ready for the swim team or would benefit from practicing with the Mini Sharks Swim Team. There will also be a $25 trial fee practice with the team for 2 weeks.

Practice begins Oct. 16, 2017 and ends February, 2018. Registration must be paid in full or by EFT for monthly payments prior to the child’s first day of swim practice. Online registration is also available for families paying in full. For families paying monthly via EFT registration must be done in person at our front desk.

Level 4 and USA swimmers must be registered by Oct. 16 or a late fee will be charged. All other returning swimmers must be registered by their child’s first day of practice. High School Swim Team Swimmers new or returning that are not a part of our Sharks USA team, qualify for this rate.

Tryouts:
Level 1: Monday-Thursday, 5:45 – 6:30 p.m.
Rec $190
Basic $230
Non $240

Level 2: Monday – Thursday, 6:30pm – 7:45 p.m.; Friday 5:30 -6:30 p.m.
Rec $285
Basic $325
Non $335

Level 3: Monday – Thursday 6:30pm – 8 p.m.; Friday 5:30-6:30 p.m.
Rec $316
Basic $356
Non $366

USA Swimmers
Practices begin Sept. 18, Monday to Thursday 6 – 8 p.m., Friday 5:30-6:30
Level 2/USA Rec $295
Basic $335
Non $345
Level 3/USA Rec $328
Basic $401
Non $411
Level 4/USA Rec $431
Basic $469
Non $479

High School Swim Team swimmers (non-USA)
Rec $105
Basic $145
Non $155

Mini Sharks Swim Team
This is for children ages 5 and up who are able to swim independently on their stomach and back. This class will help students build endurance, refine their strokes and prepare them for the Sharks swim team try out.

Session 9: Sept. 9, 10, 16, 17, 23, 24, 1:15 - 2p.m. Register by Sept 7
Session 10: Oct. 7, 8, 14, 15, 21, 22 1:15 - 2p.m. Register by Oct 5
Session 11: Nov. 4, 5, 11, 12, 18, 19 1:15 - 2p.m. Register by Nov 2
Rec $34
Basic $54
Non $64
Notable Adams County residents are paired with professional choreographers. After months of practice, they show off their skills to the public at a fun event!

**November 10, 2017**

**7 p.m.**

**Gettysburg Area High School**

Michael Allwein and Bridgid Wills  
Kim “Ms. Kim” Reiner and Frank Daire  
Jay Schmitt and Linda Neiwender  
Harry Tassou and Holly Fox  
Bob Wright and Josie Brownley

Presented by and a fundraiser for:

[YWCA logo]

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

**Come to Nearly New Sale!**

Friday, Oct. 20, 7:30 a.m. - 6 p.m.  
Saturday, Oct. 21, 8:30 - 10:30 a.m.

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

**Make money on gently used CHILDREN’S items!**

For a 45 percent commission, plus a small handling fee, the YWCA Nearly New Sale draws great crowds of shoppers and sells your items for you.

Proceeds benefit the entire community through YWCA programs and services.

**Volunteers are always needed to help sort and tag clothes the week of the sale.**

**Volunteer 5 hours and shop the pre-sale Oct. 19, 6 - 8 p.m.**

To volunteer, call Nancy at ext. 115 or email nlilley@ywcagettysburg.org.

Consignment accepted Oct. 15, 11 a.m. to 4 p.m., Oct. 16, 8 a.m. to 8 p.m.

**Donations accepted Oct. 17, 9 a.m. to 3 p.m.**
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)

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**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.
**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.
**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**

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**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 1 - 1:45 p.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 2 - 2:45pm**
**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) Day and times to be determined**
**Session B (ages 8+) Days and times to be determined**
**Rec $34/month**  **Basic $39/month**  **Non $49/month**

**Intermediate Gymnastics**
Coaches will identify and recommend children to this class who have achieved mastery of the beginner skill set. Some skills taught include glides, squat and regrasping on bars, kicks, dips, tick/straddle jump off, start of handstand/cartwheel on beam, round-off, bridge down, back walkover, and handstand forward roll on the floor. Children will also be introduced to vaulting.
**Days and times to be determined**
**Rec $70/month**  **Basic $75/month**  **Non $85/month**
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

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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 bodyweight 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 and 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!

**Saturday Shake-up** - Thirty minutes of spin, 20 minutes of High Intensity Interval Training and 10 minutes of abs.

**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!

---

This class will focus on situational awareness and positive mental attitude. The class will also include instruction on basic personal self-defense techniques such as arm bars, punching, kicking, and throwing. The instructor, Rachel McVey, spent eight years with the Frederick County Sheriff’s Office and is currently working as an Animal Control Officer. She has been teaching women’s self-defense since 2003, including four semesters at Frederick Community College. Registration is required, refunds are only given if class is cancelled.

**Tuesday Oct. 17 and Wednesday October 18; 6 to 9 p.m.**

**Rec Free**  **Basic** $10  **Non** $20
**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.

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<thead>
<tr>
<th></th>
<th>Rec Free</th>
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<tr>
<td>90 min</td>
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**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**

<table>
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<tr>
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**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

**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

**If you 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.**
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.

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.

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.

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
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.
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@ywcagettysburg.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@ywcagettysburg.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
9×13 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

Run for Peace
(Sept. 20)
Brown & Brown of Pennsylvania
Jeff Cook, Attorney at Law
CRS Insurance, Inc.
Gettysburg Animal Hospital
Gettysburg Friends Meeting
Gettysburg Pediatrics
H.C. Nye Service Co.
KPI Technology, Inc.
United Way of Adams County

Encore Breast Cancer Awareness 5K (Oct. 7)
Silver
C.S. Davidson, Inc.
SpiriTrust Lutheran Home Care & Hospice
Bronze
Boles Metzger Borsius & Emrick, PC
Gettysburg Pediatrics
Gail & Peter Hull
United Way of Adams County

The following donors, listed alphabetically by donor category, made gifts or pledges to the YW between April 1 and June 30.

Donors (Individual)
Hallmark Friends ($1,000+)
Anonymous

Charter Friends ($500-$999)
George & Roberta Wood

Pacesetter Friends ($250-$499)
Luann Battersby
David & Carolyn Doud
Kathryn Giebenhain
Scott & Patricia Jaeger
Jane Lordeman
Ruth Mink
Donna & John Newell
Kristin Rice
Gretchen Stuempfle

Sustaining Friends ($100-$249)
Anonymous
John A. Barnes
Carol Bream
Cecelia Brown
& Curt Mussleman
Sue & Kenneth Bucher
Roger & Pam Dalrymple
David & Mary Diner
Joseph J. Dowd
Beth & Terry Gardner

Supporting Friends (<$100)
Al & Janet Albanowski
Billie Aukscun
Edna & Dick Backe
Neil & Sara Beck
Craig L. Berkeley
Cliff Bowman
Barbara & Tim Braband

Nancy Hendriks
Harold (Mick) Kirschner & Gloria (Jean) Johnston
Jerry Johnson & Sandy Moyer
Barbara Kelly
Marilyn T. Leitner
Bill & Judy Leslie
Denis Meany
Ellen H. Piacentine
Victor Reale
Kristina Rebert
Ronald & Patricia Reuse
Frederick & Linda Schwenker
Eugene & Yvonne Starbuck
Barbara Stokes
Jean C. Sumser
Sean & Colleen Umbenhouer
Deb Wolf

Thank you to our generous donors

Donors (Individual)
Hallmark Friends ($1,000+)
Anonymous
thank you to our generous donors

Corporate and Foundation Friends
Charter Corporate Friends ($5,000+)
Anonymous

Pacesetter Corporate Friends ($2,500-$4,999)
Gettysburg Dental Associates

Sustaining Corporate Friends ($1,000-$2,499)
Eisenhower Hotel
Mason-Dixon Endodontics
Rotary Club of Gettysburg

Supporting Corporate Friends ($500-$999)
Confederate Woods Veterinary Hospital
Eicholtz, Co.
Gettysburg Times
Shipley Energy
& Energy Objective
Tully Dental, P.C., P aul J. Tully, D.D.S.

Contributing Corporate Friends (<$500)
Active Network, LLC
Golden Living Center – Gettysburg
David K. Heiges, Registered Investment Advisor
Hull’s Electric Service, Inc.
Leer Photography
Millhimes Automotive
PNC Bank
York White Rose Wanderers

In-Kind Donors (Individuals)
Dave Coshun
Jody Dickey
Robert Ehlers
Deb Geesey
Frank & Carol Geist
Marc Balbert
Judith Kortoz
Conni Petrie
Rud Platt
Teresa Rodgers
Marie Schultz
Mary Smith
Dawn Wagenfer
Scott Waybrant

Preserving Our Legacy Campaign
Persimmon Donors ($50,000+)
Thomas Cline Foundation
Sharon Magraw
Gudrun Rice

Gold Donors ($25,000-$49,999)
Leigh Magraw Ayers
Janet L. Dewar
Margery & John Donovan
Jim & Julie Dunlop
Gail & Peter Hull
Frank Loveland Estate
Leslie Magraw, in memory of Margaret Trew Cline
Mary Smith
Margaret Trew Cline Foundation

Silver 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
Jane Lordeman
Nell & Hugh Matthews
Rukhsana Rahman
Maxine Willis

In-Kind Donors (Corporate)
Biggerstaff’s Catering
Blue & Gray Bar and Grill
Dobbin House
Garryowen Irish Pub
Gettysburg Beer Mart
Gettysburg Eddie’s
Gettysburg Hotel
 Giant Food Stores
Hauser Estate Winery
High Street Brews
IUS – Northwest Tri-County Int.
Kennie’s Markets
Lark
Spiritied Ladies Shoppe
Thiemeimann’s Antiques
Treat Yo’Self
Weis Markets
YWCA Hanover

Bronze Donors ($1,000-$9,999)
Anonymous YWCA Donor
Adams County Community Foundation
Stephen Ashkew
Margaret Curtis
John & Donna Dodson
Linda & Roy Fauth
Vance & Janet Hikes
Pat & Bill Hinkle
Ken Hoy
Jane Hyde
Shelley Kemp
Jean LeGros
Ann Lordeman
Jo & Mike McLaughlin
Betsy & Eric Meyer
Jane North
Carolyn & Norm Nunemaker
Peter & Eleanor Pella
Conni & George Petrie
Megan Weikel & Eddie Rankin
Ellen & Lynn Rebert

Endowment Donors (<$1,000)
Ingrid Caverly
Kathy & Salvatore Ciolino
Jack & Sally Crist
Julie & Carl Falk
John & Ann Marie Kalloz
Emily Knowles-Kellett
Fran Myers
Jennifer Railing
Dennis & Sharon Ranney, in memory of Donna Finafrock,
Jack Casey, and Earl Mier
Susan & Tim Redding
Bob & Karen Reed
Lynn Reinhart
Linda Rettenmayer
Jane Scott
Chester & Elizabeth Tyson
Susan Whaley

Legacy Gifts
Chris & Tom Little
Jane Lordeman
Betsy & Eric Meyer
Patti & Ray Schwartz
Denise Wood

ywcagettysburg.org
## Fees

### Rec Pass Fees

<table>
<thead>
<tr>
<th></th>
<th>Youth (under 13)</th>
<th>Junior (13-17)</th>
<th>Young Adult (18-24)</th>
<th>Adult (25-59)</th>
<th>Family²</th>
<th>Single Parent Family⁴</th>
<th>Senior (60+)</th>
<th>Senior Couple⁵</th>
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</table>

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

### 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.

<table>
<thead>
<tr>
<th>Day Pass for Adults 16 and Older</th>
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<th>Day Pass for Children 5 to 15</th>
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<th>Day Pass for Children under 5 Free</th>
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### fees (continued)

#### basic membership fees

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<th>Adult (25-59)</th>
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<th>Single Parent Family</th>
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<td>$40</td>
<td>$110</td>
<td>$60</td>
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#### 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/two hours

### member spotlight - Mitchell Hoffman

My story begins when I was a bit younger. I was diagnosed with Sensory Nerve Loss at the age of two. Due to my medical condition, I struggled to hear and pick up new sounds. I never had much confidence in myself and, at one point, I was overweight. Another obstacle in my life was being put down by others. I felt as though I was made fun of by peers and at times, coaches. Even though I struggled in school, I found that sports helped motivate me and gave me a reason to try and do better.

I started going to the YWCA with my brother when I was 15 years old. Being in the weight room gave me a whole new outlook on life. I found out how much I loved working out and it helped me deal with the negative aspects of my life. Throughout high school, I really began to focus on the gym and lifting heavy weights. The weight room was the one place I had full control over. I knew that no one could take that from me.

I began going to the YW almost daily. Howard Dorsey was one of my football coaches who I admired and respected as a role model. He always believed in me and was encouraging. I would see Coach Dorsey at the YW and we would often talk about life and lifting. I also met Nathan Groft, who was also in the gym working out. We would talk about fitness and he would give me great advice. My friend Autumn Hanzlik is also a YW member. She would check in on me and give me suggestions on fitness and on life as well.

These three people, along with my brother, Kurt, were essential to me considering my first NPC Physique Competition. Kurt would text me often. He would complement my Instagram and was literally my “HYPE” man. In March of this year, I decided to go for it. I studied and researched how to prepare for this type of competition.

I began a 13-week journey of fitness and nutrition. I knew it would be tough, and there were good days and bad. The YW became my second home due to the fact that I would spend anywhere from 15-21 hours a week in the gym. YWCA members would often ask me about my workouts and show interest in my competition. I always looked forward to sharing my goals and fitness schedule with them.

On June 10, I placed 2nd in Novice Class for the NPC Excalibur Cup where he placed second.
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.

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!
Breast Cancer Awareness 5K

Saturday, Oct. 14, 8 a.m.  
YWCA Gettysburg & Adams County, 909 Fairfield Road, Gettysburg

Mail application to: Encore Breast Cancer Awareness 5K, YWCA Gettysburg & Adams County, 909 Fairfield Road, Gettysburg, PA 17325

Applications will also be accepted at the YW Service Desk until noon, Oct. 13 or on race day starting at 7 a.m. Runners can also register online through active.com.

Hand-crafted wooden ice cream scoops made by Cumberland Valley Woodturners Club will be awarded to age group winners.

Name ________________________________

Address __________________________________________________________________________

City _______________________________ State ____ Zip____________________

Phone ___________________________ Email ____________________________________________

Birthday ___/___/______ Age on Race Day _______

$25 Encore Breast Cancer Awareness 5K, Oct. 8 (TT #196)

Donation to Encore Breast Cancer Awareness/Support Group (TT #78)

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

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

Signature Required [Parent must sign if runner is under 18] Date ________________________________

26.2 miles or 13.1 on the historic
Gettysburg National Military Park


Registration Search “Gettysburg Battlefield Marathon” on Active.com

Volunteers Dozens of volunteers are needed! Complete the form at gettysburgbattlefieldmarathon.com and someone will be in touch.

Packet pick-up Saturday, Nov. 4 from 8 a.m. to 5 p.m. at Gettysburg National Military Park Visitor Center, 1195 Baltimore Pike, Gettysburg and 6 to 8 p.m. at the Gettysburg Area Rec Park.

Pre-race pasta dinner
The pre-race pasta dinner will be held at the Gettysburg Area Rec Park, 465 Long Lane, Gettysburg, Nov. 4 from 5 to 8 p.m.

It will be catered by Ragged Edge Coffee House. Cost is included with full marathon registration. When runners register, they will have an option to purchase additional tickets for anyone who is accompanying them.

Course Map available at ywcagettysburg.org/special-events/sports-races/gettysburg-battlefield-marathon/
Commit to a fit life!

Buy a six-month rec pass....
Get one month free!

Buy an annual rec pass....
Get 2 months free!

Offer valid on new or renewing memberships in September, October or November.