March into fitness.... Allow April to shower you with energy.... and May you never be a couch potato again!

Start on a new you!
Pay no joiner fee!
A YWCA rec pass gives you unlimited access to the pool, whirlpool, gymnasium, classes, racquetball court, fitness center, and sauna!

Want to look great and feel better? Join today!

Joiner fee waived on six-month or annual memberships in March, April or May.
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)

holiday hours
Friday, April 14
Facility open, all childcare closed
Easter, facility closed
Sunday, April 16
Memorial Day, facility closed
Monday, May 29

management team

Megan Arnold, administrative assistant
marnold@ywcagettysburg.org, ext. 117
Jeff Cann, director of finance and administration
jcann@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
Jeanie Hanks, membership director
jhanks@ywcagettysburg.org, ext. 120
Alex J. Hayes, coordinator of special events and publications
ahayes@ywcagettysburg.org, ext. 116

Paula Howard, children and youth director
phoward@ywcagettysburg.org, ext. 126
Jen King, sports and fitness director
fitness@ywcagettysburg.org, ext. 119
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
Angela Weaver, human resources director
aweaver@ywcagettysburg.org, ext. 139

2016-17 board of directors

Betsy Meyer, president
Katy Giebenhain, vice president
Linda Raymond, treasurer
Shelley Kemp, secretary
Deb Geesey, executive director
Jane Lordeman
Lisa Moreno-Woodward
Chris Little
Stephanie Moses
Jane North
Diana Onativia
Vanessa Pellechio
Kristin Rice
Jessica Ritter
Sharon Stephenson
Christina Turley
Megan Weikel
Denise Wood
Karla Wolfe

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@ywcagettysburg.org or 717-334-9171, ext. 113. Also visit www.ywcagettysburg.org/category/community-outreach/

Callie Awards

The annual Callie Awards recognize the contributions and achievements of extraordinary women in Adams County. Join us in honoring five local women who are making an impact. The 2017 honorees are: Advocacy, Laura Geesaman; Community Service, Sharon Magraw; Education, Wendy Bream Stoner; Racial Justice, Pat Crowner; Young Woman, Indira Rucic. Contact Nancy Lilley at ext. 115 or nilley@ywcagettysburg.org to purchase your seat/table.

March 30, 5 p.m. Gettysburg Hotel

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. Visit ywcagettysburg.org for selected books. For more information, email Elizabeth Ebex (Tuesday group) at eibex@embarqmail.com or Susan Roach (Wednesday group) at jnsroach@comcast.net.

Brown Bag Lunch Series: Women’s Leadership 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. Each session features a talk by a female leader in Adams County. The sessions are free and open to the public. Registration is recommended; call ext. 115 or email nilley@ywcagettysburg.org. Visit ywcagettysburg.org for a complete list of speakers.

March 21 - Deb Novotny, Licensed Battlefield Guide will speak on the role of women in the Battle of Gettysburg as well as the history of female battlefield guides.

April 18 - Linda Raymond will discuss the book “Thrive” by Arianna Huffington. This is a book that explores the redefinition of success and creating a life of well-being, wisdom, and wonder.

May 16 - Anne Douds will discuss immigration reform

Racial & Ethnic Profiling Forum

Join the YWCA, the Middle East Justice and Peace Group of Central PA and our guest panelists in a discussion on racial and ethnic profiling. Profiling is the use of generalizations based on race, religion or national origin - rather than individual behavior or objective evidence - as grounds for suspecting someone of having committed an offense. Hear personal stories and learn about the effects of profiling, why it’s used, and what the community can do to respond. Admission is free. The program will begin promptly at 9 a.m. with Q & A to follow. Please RSVP by April 17 to: kferraro@ywcagettysburg.org.

April 22, 8:30 a.m.-12:30 p.m., YWCA Community Room

Encore Breast Cancer Support Group

The YWCA Encore Breast Cancer Support Group group meets the fourth Tuesday of every month at the YWCA from 6:30-8 p.m. 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, March 28, 6:30 p.m.: General meeting until Ted O’Brien arrives at 7 to present the benefits of acupuncture.

Tuesday, April 25, 6:30 p.m.: Susan Crosby Cann, massage therapist and meditation leader - intro/ how to relax with meditation with a brief practice and hand-out with resources.

Tuesday, May 23 – 6:30 p.m.: Lisa Costello - Lymphedema

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.

April 18 3 p.m. - 7 p.m.

Mah Jongg

Mah jongg is a game of skill, strategy and calculation that involves a certain degree of change. Come ready to play the American four-player version. Contact Nancy Lilley at nlilley@ywcagettysburg.org or ext. 115 for more information.

Fridays 12:15 p.m.
Rec Free Basic $2 Non $4

Free YW Days

The YWCA on Fairfield Road will be open to the community for free on the following days from 2 to 5 p.m.

March 18, April 15, May 20
## Swim Team

### One Week Trial
Swimmers must be able to swim the entire length of our pool (25m) doing each of the following strokes: freestyle, backstroke, and breaststroke. They also must show they can swim at least half the length of our pool (about 15m) doing the butterfly. They must show their skills in diving, flip turns and open turns. The swimmers do not have to be proficient in any of these skills. Once the swimmer shows their skills on the first day, the swimmer can practice with the team the rest of the week. At the end of the week the coaches and the swimmer will determine whether the swimmer is ready for the Sharks Swim Team. To make an appointment, contact the coaches at sharkscoaches@gmail.com.

### Fee
$10
April 17-21 or April 24-28

### Shark Swim Team
Practice begins May 1 for all levels.

<table>
<thead>
<tr>
<th>Level</th>
<th>Participants with little to no competition swim experience. This level focuses on competitive strokes and techniques.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Monday - Thursday 5:45 - 6:30 p.m.</strong></td>
</tr>
<tr>
<td>Rec</td>
<td>$180</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 2</th>
<th>Focus is 50 percent stroke technique and 50 percent endurance training.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday - Thursday 6:30 - 7:45 p.m.; Friday 5:30 - 6:30 p.m.</strong></td>
<td></td>
</tr>
<tr>
<td>Rec</td>
<td>$230</td>
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</table>

<table>
<thead>
<tr>
<th>Level 3</th>
<th>Focus is on advanced techniques</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
</tr>
<tr>
<td>Rec</td>
<td>$260</td>
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</table>

<table>
<thead>
<tr>
<th>Level 4/USA: Swimmers who want longer and tougher workouts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday - Thursday 6 - 8 p.m.; Friday 5:30-6:30 p.m.</strong></td>
</tr>
<tr>
<td>Rec</td>
</tr>
</tbody>
</table>

### USA Swim
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 the fall. These swimmers will still practice during their scheduled level, but will have an extra 2 weeks of practice before the regular team starts and 2 weeks of practice after the regular team has stopped practicing. This group will also attend USA meets and league meets, around 12 meets a year. There is an extra $50 USA membership fee (that is not for the YWCA) to be paid directly to USA Swimming. The coaches will talk to the families about this.

Practice begins April 17.

<table>
<thead>
<tr>
<th>Level 2/USA: Swimmers who want longer and tougher workouts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday - Thursday 6:30-7:45 p.m.; Friday 5:30 - 6:30 p.m.</strong></td>
</tr>
<tr>
<td>Rec</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 3/USA: Swimmers who want longer and tougher workouts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday - Thursday 6:30 - 8 p.m.; Friday 5:30 - 6:30 p.m.</strong></td>
</tr>
<tr>
<td>Rec</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 4/USA: Swimmers who want longer and tougher workouts</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday - Thursday 6 - 8 p.m.; Friday 5:30-6:30 p.m.</strong></td>
</tr>
<tr>
<td>Rec</td>
</tr>
</tbody>
</table>

### 2017 YWMA Go the Distance Swim Meet
YW Masters of Adams County will host a swim meet open to anyone ages 14 and older. It is an event open to everyone who is not on a swim team and those on one, who want to compete for fun. The events will range from a 200 meter swim to 1500 meter swim. There will also be a “shark” race, in which you race with your own swim fins. The winner of the “shark” race will receive a trophy. A medal will be awarded to each swimmer. This swim meet will be recognized by USMS (United States Masters Swimming), so it will run according to USMS rules. Registration will open Feb. 15 on ClubAssistant.com. Please see our website for more details and/or the website link to register.

**April 1** 9 a.m. to noon  
**Fee:** $25 plus $5 per event
Learn to Swim

Swimming is a lifelong skill. Swim lessons keep children safe in the water and open the door for them to become lifeguards or join our swim team. Our experienced and certified American Red Cross instructors emphasize water safety and swimming skills, while teaching children with praise and encouragement. Each session includes three 30-minute classes. Call the YWCA to register.

**Children ages 4 & 5**

**Level 1:** Swimmers who prefer to keep their face and head above water

**Level 2:** Swimmers who can put their whole head underwater

**Children ages 6-12**

**Level 1:** Swimmers who cannot float on their back or tummy for 10 seconds

**Level 2:** Swimmers who can float on their tummy and back

**Level 3:** Swimmers who can swim independently on their tummy and back

---

**Session 3A: Registration ends March 7**

- Fridays, March 10, 17, 24, 31
- 5:30 - 6 p.m. Ages 4 and 5 Level 1
- 6 - 6:30 p.m. Ages 4 and 5 Level 2
- 6:30 - 7 p.m. School age Level 1
- 7 - 7:30 p.m. School age Level 2 and 3

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$36</td>
<td>$56</td>
<td>$66</td>
</tr>
</tbody>
</table>

**Session 4A: Registration ends April 4**

- Fridays, April 7, 14, 21, 28
- 5:30 - 6 p.m. Ages 4 and 5 Level 1
- 6 - 6:30 p.m. Ages 4 and 5 Level 2
- 6:30 - 7 p.m. School age Level 1
- 7 - 7:30 p.m. School age Level 2 and 3

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$36</td>
<td>$56</td>
<td>$66</td>
</tr>
</tbody>
</table>

**Session 5A: Registration ends May 2**

- Fridays, May 5, 12, 19
- 5:30 - 6 p.m. Ages 4 and 5 Level 1
- 6 - 6:30 p.m. Ages 4 and 5 Level 2
- 6:30 - 7 p.m. School age Level 1
- 7 - 7:30 p.m. School age Level 2 and 3

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$29</td>
<td>$49</td>
<td>$59</td>
</tr>
</tbody>
</table>

**Session 4B: Registration ends April 5**

- Saturdays, April 8, 22, 29
- 10:30 - 11 a.m. Ages 4 and 5 Levels 1 and 2

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$29</td>
<td>$49</td>
<td>$59</td>
</tr>
</tbody>
</table>

**Session 5B: Registration ends May 3**

- Saturdays, May 6, 13, 20
- 10:30 - 11 a.m. Ages 4 and 5 Levels 1 and 2

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$29</td>
<td>$49</td>
<td>$59</td>
</tr>
</tbody>
</table>

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**Elementary Swim Week**

This swim week is for children in Fairfield, Upper Adams, and Littlestown school districts and any private or charter school. Each child will learn the basics of swimming, and how to respond in an emergency when they are in trouble or a friend is in trouble. We will also teach your child about boating safety and give them a lesson on canoeing. This is for any child in first, second and/or third grade. Register your child today by calling ext. 129, or emailing crhoads@ywcatgettysburg.org. There are a limited amount of spots available. Scholarships are also available.

**April 3-7**

<table>
<thead>
<tr>
<th>4:30 - 5:30 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fee $14</td>
</tr>
</tbody>
</table>

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**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@ywcatgettysburg.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.

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
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</thead>
<tbody>
<tr>
<td>$24/lesson</td>
<td>$36/lesson</td>
<td>N/A</td>
</tr>
</tbody>
</table>
parent-child swim lessons

The American Red Cross recommends children learn to be comfortable in the water starting at age 6 months. Our parent-child swim lessons help parents teach their child the basics of floating, kicking and having fun in the water. For children ages 6 months to 3 years. Each session includes three 30-minute classes. Price based on child’s membership. Call the YWCA to register.

**Level 1:** Babies 6 months to 24 months
**Level 2:** Toddlers ages 2-3

<table>
<thead>
<tr>
<th>Session 4: Registration ends April 5</th>
<th>Session 5: Registration ends May 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays, April 8, 22, 29 10 - 10:30 a.m.</td>
<td>Saturdays, May 6, 13, 20 10 - 10:30 a.m.</td>
</tr>
<tr>
<td>Rec $27</td>
<td>Rec $27</td>
</tr>
<tr>
<td>Basic $47</td>
<td>Basic $47</td>
</tr>
<tr>
<td>Non $67</td>
<td>Non $67</td>
</tr>
</tbody>
</table>

basic first aid/CPR for adult, child, infants

This is a blended learning class. The student does coursework online and takes an online exam before attending an in-person skills assessment. The certification is good for two years. If interested, email crhoads@ywcatgettysburg.org.

<table>
<thead>
<tr>
<th>Session 3: Registration ends March 12</th>
<th>Session 5: Registration ends May 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 16 6-9 p.m.</td>
<td>May 10 6-9 p.m.</td>
</tr>
<tr>
<td>Fee $60</td>
<td>Fee $60</td>
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</table>

<table>
<thead>
<tr>
<th>Session 4: Registration ends April 12</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>April 16 6-9 p.m.</td>
<td>Fee $60</td>
</tr>
</tbody>
</table>

lifeguard certification course

This is an American Red Cross Lifeguard course. It includes being trained in First Aid, Bloodborne Pathogen training and Administration of Emergency Oxygen. You will be trained as a professional rescuer in CPR and AED. The certification is good for two years. It is for anyone age 15 and older. Everyone must pass a pre-requisite swim test to be able to register for this course. See our website for more class details. If interested, email Cora at crhoads@ywcatgettysburg.org.

| Fee $199 |

<table>
<thead>
<tr>
<th>Session 3: Registration ends/Tryout March 3 at 3 p.m.</th>
<th>Session 5: Registration ends/Tryout May 1 at 3 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 6, 3 to 7 p.m.; March 7, 3 to 6:30 p.m.; March 9, 3 to 7 p.m.; March 10, 3 to 8 p.m.; March 13, 3 to 7 p.m.; March 14, 3 to 7 p.m.; March 16, 3 to 7 p.m.; March 17, 3 to 5 p.m.</td>
<td>May 4, 3 to 7 p.m.; May 5, 3 to 8 p.m.; May 8, 3 to 7 p.m.; May 9, 3 to 7 p.m.; May 10, 3 to 7 p.m.; May 11, 3 to 7 p.m.; May 12, 3 to 5 p.m.</td>
</tr>
<tr>
<td>Session 4: Registration ends/Tryout April 11 at 3 p.m.</td>
<td></td>
</tr>
<tr>
<td>April 20, 3 to 7 p.m.; April 21, 3 to 8 p.m.; April 24, 3 to 7 p.m.; April 25, 3 to 7 p.m.; April 26, 3 to 7 p.m.; April 27, 3 to 7 p.m.; April 28, 3 to 5 p.m.</td>
<td></td>
</tr>
</tbody>
</table>
**lifeguard recertification course**

This is for lifeguards who hold an active American Red Cross lifeguard certification. If interested, email crhoads@ywcagettysburg.org.

**Fee**: $75

**Session 5A: Registration ends May 12**
May 15, 16, 18 3 - 6 p.m.

**Session 5B: Registration ends May 18**
May 22, 23, 25 3 - 6 p.m.

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**water fitness classes**

**Deep Water Mix with Linda**
This class offers participants a workout blending cardio, toning, and flexibility. Participants are encouraged to work at their own pace. All participants must be comfortable wearing floatation belts or using noodles in deep water.

**Tuesdays and Thursdays**
9:30 – 10:30 a.m.

**Liquid Assets with Terry until March 25; then 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.

**Advanced Movin’ & Groovin’ with Linda**
This class is for people who are very mobile without pain and would like to try a tougher workout without aggravating their arthritis. The class will still improve balance and diminish pain. The instructor is certified to work with people with arthritis, diabetes, and sports-related injuries.

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

**Tuesday and Thursday**
9 - 9:30 a.m. (starts March 7)

---

**private pool rental**

Our 25-meter indoor pool is available for any group or individual to rent during the following days and times: Fridays 7-9 p.m. Saturdays and Sundays 2:30 - 4:30 p.m.

You may rent the swimming pool for up to two hours. All rentals of the swimming pool include a minimum of two life guards. Pool rental also includes the use of our 12-person whirlpool. The whirlpool can only be used by people ages 18 and older.

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

ywcagettysburg.org
The YWCA operates two outdoor pools at 730 Chambersburg Rd, Gettysburg. The outdoor pools will be open daily from noon to 8 p.m. May 27 to Sept. 4. As an added benefit for our rec pass members, we are offering discounted summer rates for outdoor pool memberships. All memberships can be purchased at the YWCA Service Desk. For complete details, visit www.ywcagettysburg.org/outdoor-pool.

<table>
<thead>
<tr>
<th>YW Membership Type</th>
<th>Pool member category</th>
<th>Season Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non YW member</td>
<td>Family</td>
<td>$700</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Couple</td>
<td>$450</td>
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<tr>
<td></td>
<td>Individual</td>
<td>$325</td>
<td></td>
</tr>
<tr>
<td>YW Rec Pass Member (includes discount)</td>
<td>Family</td>
<td>$630</td>
<td>10 percent discount offered to non-annual rec pass members whose pre-paid membership expires after Labor Day.</td>
</tr>
<tr>
<td></td>
<td>Couple</td>
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</tr>
<tr>
<td></td>
<td>Individual</td>
<td>$290</td>
<td></td>
</tr>
<tr>
<td>Annual YW Rec Pass Member (includes discount)</td>
<td>Family</td>
<td>$300</td>
<td>Greater than 50 percent discount for annual rec pass members whose pre-paid membership expires after Labor Day.</td>
</tr>
<tr>
<td></td>
<td>Couple</td>
<td>$200</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Individual</td>
<td>$150</td>
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</tr>
</tbody>
</table>

**gymnastics**

**No gymnastics classes April 2 - 9 (Nearly New Sale) and May 29 (Memorial Day).**

**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 - 2:45p.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

**Session B (ages 8+)**
Wednesdays, 4:45 - 5:45 p.m.
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.

**Mondays and Wednesdays**
6 - 7:30 p.m.
Rec $70/month Basic $75/month Non $85/month
**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 courts in which the serving player stands on the service line, and on the serve, he or she must bounce the ball and then hit it toward the wall in front of him or her. The ball must then make it behind the server to a line known as the short line. If it does not, it is a fault. If it does, the ball is in play and the receiving player, who stands at a line behind the short line may hit the ball so that it hits the front wall. Players can only earn a point on a serve, which the receiving player gains if he or she wins the rally. Points are earned if the opposing player’s ball bounces twice before being hit or if a player hits a ball that does not reach the front wall. Play up to 15 points.

The YWCA has two courts that 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**

**running club**

The club, coached by Betsy Meyer, is for all current coach potatoes who have an interest in starting a running routine, whether you want to run a 5K or just one or two miles. This class needs a minimum of five participants to run.

**Wednesdays 5:30 - 6:30 p.m.**  
**Rec Free**  
**Basic** N/A  
**Non** N/A
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

---

### 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.

**Chair Yoga**
- Taught by Julie M. Falk, certified yoga instructor.
- Mondays: 10:30 - 11:30 a.m.
- Fridays: 1 - 2 p.m.
- Rec: Free

---

### Group Exercise Classes

**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!

**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.

**Kids Zumba** - Zumba for the little ones ages 6 to 12!

**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!

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

**Silver Sneakers 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.

**Silver Sneakers 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 in the Circuit** - The exciting dance rhythms of a Zumba class combined with strength-conditioning equipment provides a fun, complete, and effective workout. Zumba in the circuit is perfect for non-dancers, new exercisers, experienced Zumba participants or those who have previously hesitated to participate in group exercise classes.

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

**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!
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.

<table>
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<th>Basic</th>
<th>Purchase day pass</th>
<th>Non</th>
<th>Purchase day pass</th>
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beginner cycle classes

Beginner cycle is designed for the active older adult, the beginner participant and others who may need modifications for success. The class will improve range of motion, posture, balance, coordination, muscle strength and endurance and increase your ability to perform pain-free activities during daily living. Cycle classes schedules are available at the service desk or ywcagettysburg.org.

<table>
<thead>
<tr>
<th>Rec</th>
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<th>Basic</th>
<th>Purchase day pass</th>
<th>Non</th>
<th>Purchase day pass</th>
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massage therapy

Our certified massage therapists offer therapeutic table and chair massages. Please call service desk to schedule a massage.

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<table>
<thead>
<tr>
<th>Susan Cann</th>
<th>Rosalind Eicholtz</th>
</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.

<table>
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<th>30-minute workout</th>
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</tr>
</thead>
<tbody>
<tr>
<td>60-minute workout</td>
<td>$30</td>
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</tbody>
</table>

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.

Emily Bucher | Howard Dorsey | Ben Jones
Jennifer King | Jeff Kutz | John Marconi | Allison Ryan
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.

**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.

**Fee** $187/week

**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** $174/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.

**Fee** $166/week

**Jellybeans preschool 1/2 day program (Main YW)**
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.

- School year only, ends last week of May.
- **Five days** $83/day
- **Two - four days** $22/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** $47/week
- **After school** $84/week
- **Before and after school** $101/week

** child enrichment programs**

---

**YWCA Main Building**
909 Fairfield Road, Gettysburg, PA 17325 • 717-334-9171

**Child Enrichment Programs at Adams Commerce Center**
50 Expedition Trail, Gettysburg
Ages 6 weeks - 12 years
Monday - Friday, 6:30 a.m. - 6 p.m.

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- **Before school** $47/week
- **After school** $84/week
- **Before and after school** $101/week

---

**909 Fairfield Road, Gettysburg, PA 17325 • 717-334-9171**
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

<table>
<thead>
<tr>
<th>Administration</th>
<th>Child Enrichment Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office supplies</td>
<td>Play Dough</td>
</tr>
<tr>
<td>Extension cords/power strips</td>
<td>Pencils/pens</td>
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<tr>
<td>Flat screen monitors</td>
<td>Washable markers</td>
</tr>
<tr>
<td>Computer speakers</td>
<td>Computer speakers</td>
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<tr>
<td>Stereos w/CD players</td>
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<td>Spray bottles</td>
<td>Spray bottles</td>
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<td>Arts and crafts materials</td>
<td>Arts and crafts materials</td>
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<tr>
<td>Batteries (AA, AAA, C, D, 9V)</td>
<td>Batteries (AA, AAA, C, D)</td>
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<td>Contact paper</td>
<td>Contact paper</td>
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<tr>
<td>Magnets</td>
<td>Magnets</td>
</tr>
<tr>
<td>Electric or battery-operated pencil</td>
<td>Electric or battery-operated pencil</td>
</tr>
<tr>
<td>sharpener</td>
<td>sharpener</td>
</tr>
<tr>
<td>Tape dispensers</td>
<td>Tape dispensers</td>
</tr>
</tbody>
</table>

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)

Table knives

Serrated knives (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

TLC

Coloring books

thank you to our generous donors

Donors (Individual)
The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between Oct. 1 and Dec. 31, 2016. We appreciate your generosity!

Hallmark Friends ($1,000+)
  Jane Lordeman
  Leigh Magraw Ayers, in honor of Sharon Magraw
  Barclay and Jacquelynn Brooks
  Sharon Magraw
  Eric and Betsy Meyer
  George and Connilu Petrie
  Linda and Brian Raymond
  John Rice
  Geoffrey Wade and Sara Rohr

Charter Friends ($500-$999)
Peggy Bosch
  Sharon Stephenson and Bret Crawford
  Thomas and Christine Little
  Ruth L. Mink
  Cynthia and David Salisbury
  Anne C. Simpson

Susan Whaley
  Pacesetter Friends ($250-$499)
  William and Bonnie Braun
  Chris Bushey
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  Kathleen Ciolino
  Linda Fauth
  Katy Giebenhain
  Kurt and Nancy Kramer
  Michael and Jo R. McGlaughlin
  Faye and Steve Niebler
  Peter and Jane North
  Carolyn and Norman Nunamaker
  Gail Pavlovich
  Gretchen P. Stuempfle
  Marie Jean Van Ness
  Denise Wood

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  Sustaining Friends ($100-$249)
  John A. Barnes
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  Gregg and Ruth Boehne
  Jay and Mary Brown
  Suzanne and Liam Christianson
  Tim and Linda Daniel

Alicia Dehoff
  Tom and Carol Deloe
  Bob and Susie Fetter
  Faith and Frederick Foltz
  Greg Hamilton
  Ronald and Carolyn Hankey
  Gary and Irene Hartman
  Janet Hikes
  Jerry Johnson and Sandy Moyer
  Bill and Emily Knowles-Kellett
  Bill and Rebecca Krishan, in honor of Dr. and Mrs. Ron Bushrock
  Lee Ann Larson
  Mike and Nancy Lilley
  G. Mary Lincoln
  Harry Meixell
  Jennifer Mickelson
  Jerry and Linda Neth
  Amber Quigley Norwood
  Kim and Jane Patrono, in honor of Sam Carlson

Rukhsana Rahman and Athar Rafiq
  Julie Ralicki
  Dennis and Sharon Ranney
  Victor Reale
  Ron and Pat Reuse

909 Fairfield Road, Gettysburg, PA 17325 • 717-334-9171
thank you to our generous donors

Arthur and Hannah Rice
Ray and Patti Schwartz
Earl E. and Joyce M. Shutt
Ralph and Judy Sorensen
Howard and Susan Steffen
Barbara Stokes
Carrie Stuart
Ed and Karen Szoke
Adam and Diane Wasserman
Tom and Bobbie Wolf

Supporting Friends (<$100)
Anonymous
Kelly Ann Alsedek
Mollie Back
Edna and Dick Backe
Wanda (Carty) Bates
Bob and Beverley Bigham, in memory of Lois Hooke Boenau
Marilyn Bowers
John and Anne Campbell
Jeff and Susan Cann
Richard and Susan Crouse
Margery Donovan
Jane Eiker
Tricia Frazee and fitness class, in honor of Jim and Jen
Laura and Timothy Geesaman
Deb Geesey
Pamela Gilbert
Reggie and Barbara Gilliam
Shirley Golden
Jeanie Hanks
Stephen D. and Rebecca B. Harris
Alex J. Hayes and Ashley Andyszak Hayes
Brandon and Katie Heller
Janet Hikes and fitness class, in honor of Jim and Jen
Paula Howard
Robert Kengla
Jennifer King
Barbara K. Knarr
Walter and Janice Krug
John Kuhn and Jan Knouse
Sarah Lambert
Linda Larson
Ruth H. Lewis
Fred and Fran Lorenzo
Nancy R.C. MacMeekin
Ann McHale
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Jacqueline Moore
Betty Myers
Alexis Packard
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Tatia Reeder
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Linda Schultz
Deborah Slocum
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Robert and Marilyn Teeter
Sam and Linda Teeter
Dustin and Hannah Weikel
Deborah Wolf
David and Judy Young
Barbara Ziegler

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Tom and Carol Deloe
Margery and John Donovan
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Deb Geesey
Chris Glatfelter
Florence Jurney
Kim Penney
Esther Redding
Bob Robinson
Janine Sherman
Sonya Showers
Dawne Smith
Mary Smith
Sandy Thielemann

Corporate and Foundation Friends
The support of local businesses, foundations, organizations, and municipalities is crucial in ensuring the YWCA can continue to offer programs and host special events. The following entities made donations between October 1 and December 31, 2016:

Charter Corporate Friends ($5,000+)
BB&T
Bryn Mawr Trust/Margaret Trew Cline Foundation
Bryn Mawr Trust/Thomas Cline Foundation
M&T Bank

Pacesetter Corporate Friends ($2,500-$4,999)
Eisenhower Hotel
The Sites Family

Sustaining Corporate Friends ($1,000-$2,499)
Adams County Community Foundation
Gettysburg Times

Supporting Corporate Friends ($500-$999)
AES Electrical, Inc.
Confederate Woods Veterinary Hospital
Golden Living Center - Gettysburg
KPI Technology, Inc.
Shipley Energy/Energy Objective

Contributing Corporate Friends (<$500)
Adams County Dispatchers
Boles Metzger Brosius & Emrick PC
Christ Evangelical Lutheran Church
Gettysburg Animal Hospital
Grace Kelly Salon
Henry Heiser Ill Law Firm
Hoss’s Steak & Sea House
Hull’s Electric Service, Inc.
Pivot Physical Therapy

ywcagettysburg.org
### Fees

**Rec Pass Fees**

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<th>Youth (under 13)</th>
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<th>Adult (18-59)</th>
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<th>Senior Couple</th>
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<td><strong>Monthly rate w/bank draft</strong></td>
<td>$29</td>
<td>$31</td>
<td>$42</td>
<td>$64</td>
<td>$36</td>
<td>$55</td>
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</tr>
</tbody>
</table>

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

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

^2Family 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 are still enrolled in school. 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) Elderly parents living with and dependent upon an adult child may be included in a regular family membership purchased by the adult child (d) Physically or mentally handicapped adult children living with or 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

^3Senior Couple — defined as two adults living as a couple with one of the persons being 60 or older.

^4College — for students who are enrolled in at least 12 credit hours at an institution of higher learning. Proof of current enrollment required.

### Membership Info

**Rec Pass Benefits**

**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 individual membership and 10 with family membership

**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**

<table>
<thead>
<tr>
<th></th>
<th>Youth (under 13)</th>
<th>Junior (13 - 17)</th>
<th>Adult (15 - 59)</th>
<th>Family</th>
<th>Senior (60+)</th>
<th>Senior Family</th>
<th>Single Parent Family</th>
<th>College</th>
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<td>Annual</td>
<td>$30</td>
<td>$40</td>
<td>$40</td>
<td>$110</td>
<td>$30</td>
<td>$50</td>
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</tbody>
</table>

**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 10 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**
  - Two infants, max of 10 children

- **Monday - Thursday, 4:30 - 8 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

**donor spotlight**

“*I enjoy coming here and I meet so many nice people, some of us have so much in common,*” wrote member Shirley Golden in a note about why she gives to the YWCA. Shirley has been coming to the YWCA nearly three years, and you will often find her in the circuit room, or participating in gentle yoga. “Where else can you go and have so many great things to do,” she writes.

Shirley, like many others, is a member through her insurance, Silver & Fit. Health insurance coverage is a great way for people to take advantage of all the YWCA offers while improving well-being at low or no cost to the user. However, insurance reimbursement does not make up the full cost of a membership, leaving the YWCA to make up the difference. As a nonprofit organization, we rely on the income from membership fees to support all of our programs and maintain our facilities.

Knowing this, Shirley pledged to make a monthly gift to help offset the difference between the cost of a rec pass, and the insurance reimbursement rate. “If I can help in any way, I will do so,” she noted. Shirley made the point that others are always doing their part to help her. For example, people would show her how to correctly use a piece of equipment, a bit of guidance that she appreciated. Plus, she says that working out at the YWCA makes exercising not so boring.

From the smiling children that greet her in the halls, to the friends she has made in the circuit room, she knows her donation helps provide much needed services for these members. The YWCA continually strives to meet the needs of our community through affordable memberships, multiple childcare facilities, and free mission-minded programs. To those of you, like Shirley, who already donate... thank you! We wouldn't be the community center we are today without the generous support of our members, local businesses, and sponsors.

Shirley Golden
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 lose 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.

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.

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

Gymnasium
The gymnasium is available for member use when there is not a program scheduled. Basketballs are located at the fitness center desk; please return them when you are finished using them. School age members (5+ years) are permitted in the gym without an adult. Children under 5 must be accompanied by an adult age 18 or older. This is not a YWCA supervised program; please use your judgement in allowing your children in this area. Parent or responsible adult must be in the building and the child must know where to locate the adult.

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.

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

Saturday, April 29, 8 a.m.  
YWCA Gettysburg & Adams County, 909 Fairfield Road, Gettysburg

Mail application to: Race Against Racism, YWCA Gettysburg & Adams County, 909 Fairfield Road, Gettysburg, PA 17325
Applications will also be accepted at the YW Service Desk until noon, April 28 or on race day starting at 6:30 a.m.
Runners can also register online through active.com

Team Point of Contact
Name ___________________________________________ Team Name: ____________________________ (Optional)

Address __________________________________________________________________________________________

City __________________________ State _____ Zip ______________

Phone __________________________ Email __________________________________________

Team members- include Point of Contact (Parent must sign if under 18):
1) Name____________________________ Waiver Signature________________________ Shirt Size ________
2) Name____________________________ Waiver Signature________________________ Shirt Size ________
3) Name____________________________ Waiver Signature________________________ Shirt Size ________
4) Name____________________________ Waiver Signature________________________ Shirt Size ________
5) Name____________________________ Waiver Signature________________________ Shirt Size ________
6) Name____________________________ Waiver Signature________________________ Shirt Size ________

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 or 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 official race results.

ALL proceeds benefit YWCA Gettysburg & Adams County Racial Justice Programs
$__________ AC-XC Race Entry Fee - $25 per runner, not to exceed $100 per team (TT. 122)

$__________ I would like to donate to the YWCA Gettysburg & Adams County Racial Justice Programs

$__________ Total - Make checks payable to YWCA Gettysburg & Adams County
5 exceptional women, 1 inspiring night

Pat Crowner  Laura Geesaman  Sharon Magraw  Indira Rucic  Wendy Bream Stoner

YWCA Callie Awards for Exceptional Women

Thursday, March 30  Grand Ballroom of the Historic Gettysburg Hotel
Cocktails at 5 p.m.  Dinner at 6 p.m.
$45 per person
Proceeds benefit the Callie Scholarship for Exceptional Young Women
and the YWCA Gettysburg & Adams County.
RSVP by March 17 to Nancy Lilley, 717-334-9171, ext. 115.
Event presented by the YWCA and the Callie Awards Committee