No need to reach high for an awesome deal

Purchase a six-month or annual YWCA rec pass in March, April or May and we will waive the joiner fee!

See page 16 for our awesome rec pass benefits!
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
March 30  
April 1  
May 28  

Childcare closed  
Easter, closed  
Memorial Day, closed

management team

Mike Dorsette, director of finance  
m dorsette@ywcagettysburg.org, ext. 112
Kara Ferraro, director of advocacy and public relations  
k ferraro@ywca gettysburg.org, ext. 113
Deb Geesey, executive director  
d geesey@ywca gettysburg.org, ext. 124
Bud Glass, buildings and grounds director  
rglass@ywca gettysburg.org, ext. 130
Drew Harding, human resources director  
d harding@ywca gettysburg.org, ext. 139
Alex J. Hayes, coordinator of special events and publications  
ahayes@ywca gettysburg.org, ext. 116

Paula Howard, children and youth director  
phoward@ywca gettysburg.org, ext. 126
Jen King, sports and fitness director  
fitness@ywca gettysburg.org, ext. 119
Ben Knuth, membership director  
b knuth@ywca gettysburg.org, ext. 120
Nancy Lilley, community services director  
n l l l e y@ywca gettysburg.org, ext. 115
Cora Rhoads, aquatics director  
c rhoads@ywca gettysburg.org, ext. 129
Teresa Rodgers, childcare at adams commerce center director  
t rodgers@ywca gettysburg.org, 717-334-7150

2017-18 board of directors

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

Autumn Hanzlik  
Maggie Golec  
Kristin Largen  
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/news/community-program-updates

Encore Breast Cancer Support Group

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

Tuesday, March 27, 6:30 p.m. - general meeting

Tuesday, April 24, 6:30 p.m. - Smitha Nair, M.D., Integrative and Functional Medicine presents general information in relation to cancer and evidence-based recommendations for breast cancer related supplements and exercise.

Tuesday, May 22, 6:30 p.m. - Betsy Wargo, nutritionist, discusses differences in raw versus fermented soy and diets for post treatment with healthy recipe substitutes.

Women’s Book Review and Discussion Groups

Two separate groups meet the in the Community Room. For more information, email Elizabeth Ibex (Tuesday group) at eibex@embarqmail.com or Susan Roach (Wednesday group) at jnsroach@comcast.net.

Second Tuesday, second Wednesday of each month 6:30 p.m.

18th Annual Callie Awards – Celebration of Exceptional Women

The Callie Awards recognize the significant achievements of exceptional Adams County women in various fields of service. The 2018 honorees are: Business, Kathy Gilbert; Community Service, Beverly Grazulewicz; Education, Shannon Harvey; Environmental Service, Bicky Redman; and Young Woman, Alexa Groft. Contact Nancy Lilley at 717-334-9171, ext. 115 for tickets.

Wednesday, March 28, 2018 Gettysburg Hotel

Day of Transformation

This one-day event was created to honor the memory of former YWCA Executive Director and HACC Gettysburg Campus Dean Jennifer Weaver and to help make a difference in the lives of women in our community.

Local women who are aspiring to make a change and could use a helping hand are invited to choose professional clothing and accessories, receive professional makeovers, relaxation techniques and learn skills for interviewing and resume writing. This free event helps women in need to gain confidence and helpful advice.

How you can help: donate women’s clothing, handbags, jewelry and accessories in nearly new condition. We are also accepting items for raffle/door prizes. Donations will be accepted April 2 - 6, 8 to 11 a.m. at the Gettysburg Hospital Auxiliary Thrift Shop’s rear entrance, behind the store on East Zerfing Alley. Early drop-off is available at United Way of Adams County, 123 Buford Avenue.

April 10, 1-5 p.m. Gettysburg Hospital Auxiliary Thrift Store, Lincoln Square and Claudia McCarthy Law Center, Carlisle Street

Take the Pledge to Stand Against Racism

April 26-29 marks the YWCA USA’s official Stand Against Racism campaign. The Stand Against Racism aims to build community among those who work for racial justice and to raise awareness about the negative impact of institutional and structural racism in our communities. Join us in taking the pledge: As an individual committed to social justice, I stand with the YWCA against racism and discrimination of any kind. I will commit to a lifetime of promoting peace, justice, freedom and dignity for all people in my community. Pledge boards will be available to sign at various locations throughout Gettysburg.

Hidden Figures Film Screening & Discussion

Join the YWCA and the Middle East Justice and Peace Group of South Central PA for a showing of Hidden Figures. The event will be hosted in Valentine Hall at the United Lutheran Seminary. Following the film, a panel of distinguished women will lead a conversation on women in STEAM fields. Popcorn and refreshments will be provided! There is no cost to attend this event. Please RSVP to Kara Ferraro at kferraro@ywcagettysburg.org by April 20 to reserve your seat.

Saturday, April 28 1-4 p.m

Empowering Young Women

The LEGO Robotics Club is offered as part of the ASAP afterschool 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 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 Bechtle at the high school.
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

Free YW Days
Thanks to our Hallmarks Sponsors, the YWCA will be open to the community for free on the following day from open until close. Free YW Days are offered quarterly and provide access to the fitness center, land and water classes, and the indoor pool during open swim hours.
Tuesday, April 17 4:30 a.m. until 10 p.m., with the pool being open 4 to 8 p.m.

Personal Finance Workshop
Develop a clear picture of your current financial situation by reviewing your income, assets, liabilities and evaluating your retirement and estate plan. Identify your financial weaknesses and build your financial strengths. Establish a strategy to achieve and maintain your financial goals.
Beth Freeman, a licensed financial advisor at the York office of Janney Montgomery Scott, will be the facilitator. Call the Front Desk to register.
Childcare is available, pre-registration required.
March 15 and 22 6:30 to 8:30 p.m.
Free program, registration required

Mah Jongg
Mah Jongg is a game of skill, strategy and calculation that involves a certain degree of chance. Come ready to play the American four-player version. If you are interested in learning to play, there is a possibility of a learning session being scheduled. Contact Nancy Lilley at nlilley@ywcagettysburg.org or ext. 115 for more information.
Mondays 11:30 a.m.
Rec Free Basic $2 Non $4

Brown Bag
This series is held at noon in the YWCA Community Room at 909 Fairfield Road. Registration is recommended; call 717-334-9171, ext. 115 or email nlilley@ywcagettysburg.org.
The series is free to attend and open to the public. This year’s theme is “Around the YWCA Community” featuring stories of YWCA members and those living in Gettysburg & Adams County.
March 20 - Wendy Allen, local artist and owner of Lincoln Into Art Studio and Gallery, will speak about her journey on becoming a businesswoman in Gettysburg and her Lincoln passion.
April 17 - Nancie Gudmestad, owner/operator of The Shriver House, a museum that presents the story of the Battle of Gettysburg as seen through the eyes of the residents, will speak on the building’s restoration.
May 1 - Tom Deloe, a YWCA member and member of Fair Districts Adams County PA, will speak on the timely topic of gerrymandering.

Central 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 24 3 p.m. - 7 p.m.

Nearly New Sale!
Friday, March 23, 7:30 a.m. - 6 p.m. Saturday, March 24, 8:30 - 10:30 a.m.
Buy and sell quality, gently used, seasonal children’s clothing and shoes,
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.
Volunteer 5 hours and shop the pre-sale March 22, 6 - 8 p.m.
To volunteer, call Nancy at ext. 115 or email nlilley@ywcagettysburg.org.
Consignments accepted March 18, 11 a.m. to 4 p.m., March 19, 8 a.m. to 8 p.m.
Donations accepted March 20, 9 a.m. to 3 p.m.
learn to swim

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

**Ages 4 & 5**
Level 1: Children who prefer to keep their face and head above water  
Level 2: Children who can put their whole head underwater

**Ages 6 to 12**
Level 1: Children who cannot float on their back or stomach for 10 seconds  
Level 2: Children who can float on their stomach and back  
Level 3: Children who can swim independently on their tummy and back

**Session 3A: Registration ends Feb. 28**
Fridays, March 2, 9, 23, 30  
5:30 to 6 p.m.  
6 to 6:30 p.m.  
6:30 to 7 p.m.  
7 to 7:30 p.m.  
Rec $29  
**Basic** $39  
**Non** $42

**Session 4A: Registration ends April 3**
Fridays, April 6, 13, 20, 27  
5:30 to 6 p.m.  
6 to 6:30 p.m.  
6:30 to 7 p.m.  
7 to 7:30 p.m.  
Rec $29  
**Basic** $39  
**Non** $42

**Session 4B: Registration ends April 4**
Saturdays, April 7, 14, 21  
11 to 11:30 a.m.  
Rec $24  
**Basic** $36  
**Non** $38

**Session 5A: Registration ends May 1**
Fridays, May 4, 11, 18  
5:30 to 6 p.m.  
6 to 6:30 p.m.  
6:30 to 7 p.m.  
7 to 7:30 p.m.  
Rec $29  
**Basic** $39  
**Non** $42

**Session 5B: Registration ends May 2**
Saturdays, May 5, 12, 19, 26  
11 to 11:30 a.m.  
Rec $24  
**Basic** $36  
**Non** $38

parent-child swim lessons

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

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

**Session 3: Registration ends March 23**
Monday through Friday March 26 - 30  
8:30 to 9 a.m.  
Level 1 and 2  
Rec $34  
**Basic** $44  
**Non** $47

**Session 4: Registration ends April 4**
Saturdays, April 7, 14 and 21  
10 to 10:30 a.m.  
Level 1  
10:30 to 11 a.m.  
Level 2  
Rec $24  
**Basic** $26  
**Non** $38

**Session 5: Registration ends May 2**
Saturdays, May 5, 12, 19, 26  
10 to 10:30 a.m.  
Level 1  
10:30 to 11 a.m.  
Level 2  
Rec $24  
**Basic** $26  
**Non** $38

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@ywciągettysburg.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

ywciągettysburg.org
elementary swim week

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. There is a limited amount of spots for this chosen week.

Fee $14

James Gettys Elementary
Franklin Township Elementary
Fairfield, Upper Adams, Littlestown, private or charter schools
Lincoln Elementary School

mini sharks swim team

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

Session 4: Registration ends April 4
Saturdays and Sundays, April 7, 8, 14, 15, 22, 24
1:15 to 2 p.m.
Rec $34  Basic $54  Non $64

sharks swim team

Summer Sharks Swim Team Trials
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.

April 16 to 20 or 23 to 27
Fee $10

Sharks Swim Team
Registration opens Feb. 15.
April 30 to July 22

Level 1: Monday to Thursday 5:45 to 6:30 p.m.
Participants with little to no competition swim experience. This level focuses on competitive strokes and techniques.

Rec $181  Basic $231  Non $241

Level 2: Monday to Thursday, 6:30 to 7:45 p.m.; Friday 5:30 to 6:30 p.m.
Focus is 50 percent stroke technique and 50 percent endurance training

Rec $231  Basic $301  Non $311

Level 3: Monday to Thursday 6:30 to 8 p.m.; Friday 5:30 to 6:30 p.m.
Focus is on advanced techniques

Rec $261  Basic $311  Non $321

Level 4/USA: Monday to Thursday 6 to 8 p.m.; Friday 5:30 to 6:30 p.m.
Swimmers who want longer and tougher workouts

USA Swimmers
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 to be paid directly to USA Swimming.

Registration opens Feb. 15. USA Swim Practice begins April 17.

Level 3 USA Rec $281  Basic $331  Non $341
Level 4 USA Rec $296  Basic $346  Non $356
The online coursework must be completed before the start of the in person training day. See our website for details and click under the Aquatics tab. You will also be able to register online. All registrants must email the aquatics director at crhoads@ywcagettysburg.org to receive the link for the course.

**American Red Cross Lifeguard Classes**

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

**Session 3: Registration ends/Tryout March 9 at 5 p.m.**
March 12, 13, 15, 16  
**Fee** $99 plus $35 to American Red Cross

**Session 4: Registration ends/Tryout April 20 at 5:30 p.m.**
April 23, 24, 26, 27  
**Fee** $99 plus $35 to American Red Cross

**Session 5: Registration ends/Tryout May 4 at 3 p.m.**
May 7, 8, 10, 11  
**Fee** $99 plus $35 to American Red Cross

**Lifeguard Instructor Class**

This is a blended learning course. Participants must try out to enter the course. Participants will be certified to train lifeguards at a basic level. Try out pre-requisites are posted at ywcagettysburg.org.

**Session 5: Registration ends May 12**
May 14 to 16  
8 a.m. to 4 p.m.

**Fee** $250

**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

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

The online coursework must be completed before the start of the in person training day. See our website for details and click under the Aquatics tab. You will also be able to register online. All registrants must email the aquatics director at crhoads@ywcagettysburg.org to receive the link for the course.

**Fee** $80

**Session 3: Registration closes March 12**
March 14  
6 to 9 p.m.

**Session 4: Registration closes April 9**
April 11  
6 to 9 p.m.

**Session 5: Registration closes April 30**
May 2  
6 to 9 p.m.

**Free Adult Swim Lesson**

Two instructors will lead a group lesson to introduce people to swim techniques. Class members are invited to stay after class and hone their skills with the Masters Swim Team. Class is limited to 10 people. Registration ends April 4.

**April 5**  
5 to 5:30 p.m.

ywcagettysburg.org
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.
- **Wednesdays** 5 - 6 p.m.
- **Saturdays** 9 – 10 a.m.

**Swing N’ Sway with Mary**
A low- to medium-intensity workout for senior adults that includes stretching, and muscle strengthening. The class is held in the shallow and deep ends of the pool.
- **Mondays and Wednesdays** 10 – 11 a.m.

**Gentle Water Yoga with Mary**
A low- to medium-intensity workout for senior adults that includes stretching, and muscle strengthening. The class is held in the shallow and deep ends of the pool.
- **Mondays and Wednesdays** 11-11:30 a.m.

**Power House Workout with Linda**
A high intensity workout in the shallow end of the pool only. This workout will focus on strengthening joints, increasing balance, and toning core muscles.
- **Mondays, Wednesdays and Fridays** 12:30 - 1 p.m.

**Masters YWMA with Coach Carol**
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.

**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.

**Deep Aquatics Fitness Training with Linda**
A medium to high level workout in deep water for adults of all ages and ability levels. Emphasis is on improving total fitness goals which includes cardio, easy range-of-motion for joints, simple stretching, and balance. This is taught by an instructor certified by the Arthritis Foundation, the United States Water Fitness Association and holds a personal fitness trainer certification. Register online or at the service desk. Class is limited to 18 people.
- **Tuesdays and Thursdays** 9:40 – 10:40 a.m.
- **Session 3: March 27 - April 26**
- **Session 5: May 1 - 31**
- **Rec** $8.50  **Basic** $16.50  **Non** $21

**Dynamic Shallow Water Training with Linda**
A medium to high-intensity workout in shallow water for adults of all ages and ability levels. This is a class for people who want to improve their cardio, strength, flexibility, and balance. This is taught by an instructor certified by the United States Water Fitness Association and holds a personal fitness trainer certification. Register online or at the service desk. Class is limited to 18 people.
- **Mondays, Wednesdays and Fridays** 11:30 – 12:30 p.m.
- **Session 3: March 26 - April 27**
- **Session 4: April 30 - June 1**
- **Rec** $10  **Basic** $20  **Non** $25

**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 crhoads@ywzagettysburg.org or call 717-334-9171, ext. 129 for an appointment with a water fitness trainer. 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/hour  **Basic** $60/hour
outdoor pools

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 26 to Sept. 3. 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>
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<tbody>
<tr>
<td>Non YW member</td>
<td>Family</td>
<td>$700</td>
<td>Full-price pool membership includes 4-month YW rec pass (valid May 15 - Sept. 15) in addition to pool membership.</td>
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<td>Couple</td>
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<td>10 percent discount offered to non-annual rec pass members whose pre-paid membership expires after Labor Day.</td>
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member spotlight

I am a thousand things in one: a professional musician, a journalist, an immigrant, a cancer survivor, a traveler, a gymnastics mom. When people say to me, “Sit down,” I answer, “I am not a sitter. I am a dancer.” I dance between the refrigerator and the stove, homework and cooking, biking and chorus practice, the garden and the grocery store. I never stop moving, exploring, learning and loving life.

The YWCA is also a thousand things in one. To me, it’s a wonderland where you are encouraged by people of all ages and abilities to be healthy and happy. It’s a unique place where you meetup with family, friends, neighbors, teachers, doctors, lawyers and colleagues. You can learn a lot of great information, attend community events and be social. This place has become my second home, and oftentimes I have found myself spending more time here than at home.

Sometimes I feel like a bird flying to the YWCA to clean my feathers and shake my wings. Being here fixes my mood, restores balance and recharges my batteries. For instance, taking a Zumba class provides the atmosphere of being in the Bahamas and costs a lot less! The classes are uplifting and I can’t imagine my life without movement.

The YW truly connects people; it is a melting pot of different cultures, generations and interests. This place has great resources for everyone in the community – from sports and health, to learning opportunities and entertainment, to child care and the free library. When leaving the YWCA, I feel Y – young, W – welcomed, C – cared for, and A – awesome!

The staff here are friendly and helpful, and I always feel welcome, safe and comfortable. I would like to thank everyone who operates this facility from 4:30 a.m. until 10 p.m! You being present makes our lives so colorful. I truly love the YW’s philosophy of having an open mind and open space for the community. This is the best place to merge into the Adams County community if you are new to town. I was so blessed to have found everything I was looking for and I will always need the YWCA in my life.

So when people say to me, “Natalie, you look good today,” I respond, “I just don’t have time to get older!” The YWCA helps me stay young.

Natalie Raymond
**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>
<thead>
<tr>
<th></th>
<th>Rec Free</th>
<th>Basic Purchase day pass</th>
<th>Non Purchase day pass</th>
</tr>
</thead>
</table>

**massage therapy**

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

<table>
<thead>
<tr>
<th>therapeutic massage</th>
<th>30 min</th>
<th>45 min</th>
<th>60 min</th>
<th>75 min</th>
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</table>

**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

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.
Chair yoga

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

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

Group exercise classes

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Zumba for Kids** — Kids age 6-12 are welcome!
**tae kwon do**

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

**Wednesdays and Fridays, 7 - 8:30 p.m.**  
**Rec $20/month  Basic $25/month  Non $30/month  ($5 discount for second child)**

---

**recreational sports**

**racquetball**

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

**Rec Free  Basic and non members pay day pass fee**

**wallyball**

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

**Rec Free  Basic and non-members pay day pass fee**

**recreational volleyball**

If you are a rec pass holder and have a group of people who would like to play volleyball, give us a call and reserve a time to play. Since 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**

---

**gymnastics**

**It Takes Two (2 to four 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 or Friday**  
**10 - 10:45 a.m.**

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

**Beginner Gymnastics**

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

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

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

**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 into this class who have achieved mastery of the beginner skills. Some skills taught include glides, squat and regrasping on bars, kicks, dips, tick/straddle jump off, start of handstand/cartwheel on the beam, roundoff, bridge down, back walkover, and handstand forward on the floor. Children will also be introduced to vaulting.

**Monday and Wednesday**  
**6 to 7 p.m.**

**Rec $50/month  Basic $60/month  Non $70/month**
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.

yw wish list

Administration/Front Desk
Office supplies
Extension cords/power strips
Flat screen monitors
Keurig machine
Swiffer mop
VGA Cable

Child Enrichment Programs
Play Dough
Pencils/pens
Washable markers
Playing cards
Calculators

Spray bottles
Arts and crafts materials
Batteries (AA, AAA, C, D, 9V)
Contact paper
Magnets
Sharps
Electric pencil sharpener
Tape dispensers
Children’s thermometers
Construction paper
Dry erase markers
Storage bins with lids
Sand toys and buckets
Pink and yellow copy paper

Masking tape

CEP Kitchen
Large electric griddle
Cookie sheets
Storage containers with lids
30-40-foot extension cord
Glass containers

Sports and Fitness
Racquetball racquets and balls
Basketballs, soccer balls and volleyballs
Batteries (AA, AAA, D)

Thank you to our generous donors

Donors (Individual)
The following donors, listed alphabetically by donor category, made gifts to the YWCA between Oct. 1 and Dec. 31, 2017.

Hallmark Friends ($1,000+)
Barclay Downing
and Jacquelynn A. Brooks
Joyce Ettinger
Conni and George R. Petrie
David and Cynthia Salisbury

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Anonymous
Ruth L. Mink
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Andrew D. and Julie K. Keyser
Michael and Jo R. McLaughlin
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David Rice

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Shirley Golden
Harold and Connie Gulden
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Walter and Janice Krug
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Mary and Jed Smith
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Elizabeth Tyson
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Deb Wolf
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and Ashley Andryshak Hayes
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Judith Kartoz
Allison Kauffman
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and Emily Knowles-Kellett
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Sam and Linda Teeter
Robert and Marilyn Teeter

ywcatgetysburg.org
thank you to our generous donors

Joseph and Rose Tripi
Denise Wood

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M&T Bank
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Eisenhower Hotel

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Confederate Woods Veterinary Hospital
Hull's Electric Service, Inc.

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Appalachian Brewing Company
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Boles Metzger Brosius & Walborn PC
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Codori Memorials, LLC
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Grace Kelly Salon, LLC
KPI Technology
L&H Mechanical
NTM Engineering, Inc.
Pivot Physical Therapy
Sites Family
Steve Rice Law
Tom Knox Tire & Auto
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In-Kind Donors (Individuals)
Tom Beauchat
Deb Campbell
Mike Gladfelter
Bob Gough
Stan and Kathy Jaworski
Tom Kauffman

Preserving Our Legacy Campaign
These individuals have made a commitment to ensure that our YWCA will be here for you and our community tomorrow. Gifts of $1,000+ receive recognition throughout the duration of our endowment campaign.

Persimmon Donors ($50,000+)
Thomas Cline Foundation
Sharon Magraw
Gudrun Rice and Charles Kerr,
in memory of Muriel L. Rice

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

Gold Donors ($10,000-$24,999)
Anonymous, in memory of Aunt Betty
Adams County Bar Foundation
ACNB Bank
Deb Geesey and Chris Bushey
Tom and Carol Deloe
Jane English
Hockley & O’Donnell Insurance Agency, LLC
Gail and Peter Hull
Jane Lordeman
Nell and Hugh Matthews
Betsy and Eric Meyer
Rukhsana Rahman

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

Bequests & Legacy Gifts
These are gifts to the YWCA promised through a will, IRA, or Life Insurance Policy.
Gail and Peter Hull
Chris and Tom Little
Jane Lordeman
Betsy and Eric Meyer
Patti and Ray Schwartz
Clodius and Maxine Willis
Denise Wood
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.
rec pass fees

<table>
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<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>Family³</th>
<th>Single Parent Family⁴</th>
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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 grandparent(s) may include their grandchildren on a family membership (c) Relative(s) 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.
6. Joining fee — a one time fee unless a rec pass lapses 60 days or more.

***Joining fee may be waived for snowbird members who live half of the year elsewhere, contact our Membership Director at ext. 120 to update your account
Active members of the military receive 20 percent off of memberships, excluding Young Adult

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

rec pass benefits - full access to our facility, including

fitness center
65 cardio and weight training machines, sauna, free weights, and separate circuit training room – voted Best Fitness Center in Gettysburg

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

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

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

indoor racquetball courts
racquet and ball use included

unlimited cycle classes
a fast-paced indoor ride

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

gymnasium
play basketball, volleyball, and more

discount guest passes
bring a friend with you for $2 less than the regular rate

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

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

guest fee

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

Day pass for adults 16 and older $8  Day pass for children 5 to 15 $5  Day pass for children under 5 Free  Weekly pass $25
basic membership fees

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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

member policies

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 or day pass is required for access to the swimming pool, whirlpool, sauna, gymnasium, racquetball courts and fitness center. 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 per quarter. 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.

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

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

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.

Membership behavior 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.

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 drugs; and/or is clearly under the influence of intoxicating beverages or behavior modifying drugs.

If a member or a guest acts in a manner inconsistent with the YWCA mission, fails to abide by the rules and regulations of this YWCA or acts in a manner which is harmful, potentially harmful or a threat to the safety of others, an employee has the right to tell the member/guest to leave the facility with or without a warning. The executive director can revoke membership without refund.

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!

For a complete list of membership policies, visit ywcagettysburg.org.
18th Annual Gettysburg Benefit Tennis Tournament
In Memory of Arthur and Muriel Rice

Saturday, May 5, 2018  (Rain date: Sunday, May 6, 2018)
Round-robin, doubles format

Gettysburg College Tennis Courts
Courts open 9:30 a.m., Play begins 10 a.m., Reception 6:30 p.m. at Seminary Refectory
Proceeds benefit YWCA Financial Assistance Program

______________________________
Player 1
______________________________
Phone
______________________________
Email address
______________________________
T-shirt size  □ S  □ M  □ L  □ XL  □ XXL

______________________________
Player 2
______________________________
Phone
______________________________
Email address
______________________________
T-shirt size  □ S  □ M  □ L  □ XL  □ XXL

______________________________
Player 3
______________________________
Phone
______________________________
Email address
______________________________
T-shirt size  □ S  □ M  □ L  □ XL  □ XXL

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Player 4
______________________________
Phone
______________________________
Email address
______________________________
T-shirt size  □ S  □ M  □ L  □ XL  □ XXL

Fee includes entry in round-robin tournament, tournament apparel, refreshments, lunch during tournament and reception.

_____ Individual Entry $90  _____ High School Entry $50  _____ Reception only $25
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.

**Infant/young toddler (main YW and Commerce Center)**
Teachers provide warm, nurturing care in a safe learning environment designed to promote each child’s development. Providing developmentally-appropriate materials found in the real world, teachers create lesson plans using the Creative Curriculum, which supports the Pennsylvania Early Learning Standards. Each child is assigned a primary caregiver who attends to his or her individual needs and interacts with parents.
- **Infants**: $194.60/week
- **Young toddler**: $187.60

**Older Toddler (Main YW and Commerce Center)**
Through developmentally-appropriate activities based on the Creative Curriculum and the Pennsylvania Early Learning Standards, toddlers enjoy large and small group activities including songs, finger plays and indoor and outdoor recreational activities. Classrooms are designed to promote each child’s creativity and independence by allowing them to make choices in learning centers throughout the day. Breakfast, lunch and afternoon snack are provided in a family-style setting where children learn to make healthy choices.
- **Fee**: $181.60/week

**Preschool (Main YW and Commerce Center)**
Teachers utilize Creative Curriculum and Pennsylvania Early Learning Standards to create meaningful learning experiences in a nurturing and stimulating environment. Children are encouraged to learn through play by exploring, asking questions, making choices, using their senses, problem solving, and expressing their feelings. Breakfast, lunch and afternoon snack are provided in a family-style setting where children learn to set the table and make healthy choices. Weekly swimming opportunities are available at the Main YW.
- **Fee**: $173.60/week

**Jellybeans preschool 1/2 day program (Main YW, school-year only)**
Three- to 5-year-old preschoolers are delighted by this first classroom experience. Jellybeans is offered Monday through Friday during the school year. Parents have a choice of registering their child for one to five days of participation. Activities include education instruction, creative play, circle time themes and weekly swim time.
- **Five days**: $84/day
- **Two - four days**: $23/day

**Clubhouse (Main YW, Commerce Center, Fairfield Elementary School)**
The YWCA Clubhouse program provides care for children age 5 to their 12th birthday. Clubhouse begins on the first day of school and ends on the Friday of the last week of school in the Gettysburg Area School District. We provide all-day care during most school holidays and teacher in-service days. This program provides a variety of activities and experiences for children attending public or private schools, including quiet homework time, games, physical recreation, swimming (Main YWCA building only) and theme-related activities.
- **Before school**: $48.60/week
- **After school**: $87.60/week
- **Before and after school**: $104.60/week

**Camp Champ - enrollments begin in April**
Our summer camp offers school-age children, 5 years old (have already attended kindergarten) until their 12th birthday a safe and fun environment for the summer. Our activity-packed days include swimming in our indoor pool, cooking activities, arts and crafts, physically active games, special themed weeks, walking excursions exploring the neighborhood and field trips to area points of interest. Camp begins Monday following the last day of school and ends the Friday prior to the first day of school in the Gettysburg Area School District. Breakfast, lunch and afternoon snack and field trip fees are included in tuition.
- **Fee**: $167.60/week plus $20 activity fee (due upon enrollment)
- **$45.60/per day plus $5 activity fee on field trip days**
(Late registration fee of $10 applicable after May 11)
5 exceptional women, 1 inspiring night

Wednesday, March 28      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 Callie Awards Committee