28th Annual Spirit of Gettysburg
June 16, 2018
Application on Page 12
facility hours

**Special closings for cleaning**

The YWCA will be closing parts of its 909 Fairfield Road facility on select days for thorough cleaning.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Location</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 30, 31</td>
<td>Community Room</td>
<td>July 30, 31</td>
<td>Indoor pool (Members can use outdoor pool)</td>
</tr>
<tr>
<td>July 26</td>
<td>Fitness center</td>
<td>Aug 18, 19, 20</td>
<td>Entire facility closed for main hall scrubbing</td>
</tr>
</tbody>
</table>

**regular hours**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>(fitness center)</th>
<th>Time</th>
<th>(pool)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>4:30 a.m. - 10 p.m.</td>
<td>6 a.m. - 9 p.m.</td>
<td>8 a.m. - 4:30 p.m.</td>
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</tr>
<tr>
<td>Saturday</td>
<td>7 a.m. - 5 p.m.</td>
<td>(fitness center)</td>
<td>8 a.m. - 4:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>10 a.m. - 5 p.m.</td>
<td>(fitness center)</td>
<td>10 a.m. - 4:30 p.m.</td>
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<tr>
<td></td>
<td>6 a.m. - 9 p.m.</td>
<td>(pool)</td>
<td></td>
<td></td>
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</tbody>
</table>

**holiday closings**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>909 Fairfield Road closed, outdoor pool open</td>
</tr>
</tbody>
</table>

**Special closings for cleaning**

- May 30, 31: Community Room
- July 30, 31: Indoor pool (Members can use outdoor pool)
- Aug 18, 19, 20: Entire facility closed for main hall scrubbing

**management team**

- **Mike Dorsette, director of finance** mdorsette@ywcagettysburg.org, ext. 112
- **Deb Geesey, executive director** dgeesey@ywcagettysburg.org, ext. 124
- **Bud Glass, buildings and grounds director** rglass@ywcagettysburg.org, ext. 130
- **Drew Harding, human resources director** dharding@ywcagettysburg.org, ext. 139
- **Alex J. Hayes, coordinator of special events and public relations** 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
- **Ben Knuth, membership director** bknuth@ywcagettysburg.org, ext. 120
- **Nancy Lilley, community services director** nlilley@ywcagettysburg.org, ext. 115
- **Cora Rhoads, aquatics director** crhoads@ywcagettysburg.org, ext. 129
- **Carly Sterner, deputy director** csterner@ywcagettysburg.org, ext. 113
- **Teresa Rodgers, childcare at adams commerce center director** trodgers@ywcagettysburg.org, 717-334-7150

**2017-18 board of directors**

- Betsy Meyer, co-president
- Katy Giebenhain, co-president
- Jane North, vice-president
- Linda Raymond, treasurer
- Shelley Kemp, secretary
- Deb Geesey, executive director
- Kelly Alsedek
- Leigh Ayers
- Autumn Hanzlik
- Maggie Golec
- Kristin Largen
- Jane Lordeman
- Lisa Moreno-Woodward
- Chris Little
- Stephanie Moses
- 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 Nancy Lilley at nlilley@ywcagettysburg.org or 717-334-9171, ext. 115. 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 dgeese@ywca-gettysburg.org.

Tuesday, June 26, 6:30 p.m. - general meeting
Tuesday, July 24, 6:30 p.m. - Water fitness class in YW indoor pool
Tuesday, Aug. 28, 6 p.m. - Pot luck social at Deb’s house.

Women's Book Review and Discussion Groups

Two separate groups meet 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.

Empowering Young Women

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

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

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

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.

July 11  4:30 a.m. until 10 p.m., pool open noon to 8 p.m.

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.

The series is on hiatus for the summer and will return Sept. 18.

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.

July 24  3 p.m. - 7 p.m.

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 crhoods@ywcagettysburg.org to receive the link for the course.

Fee $80

Session 6: Registration closes June 10
June 13  6 to 9 p.m.

Session 7: Registration closes July 8
July 11  6 to 9 p.m.

Session 8: Registration closes Aug. 19
Aug. 22  6 to 9 p.m.
yw child care - year-round enrollment!

Our facilities offer care for children ages 6 weeks to 12 years including infant, toddler, preschool and school-age classrooms with age appropriate outdoor play equipment. School-age children have year-round care at the YW Main Building and Adams Commerce Center. Breakfast, snacks and family-style lunches are included in full-day child care programs.

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

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

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

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

Fairfield Elementary School
4842 Fairfield Road, Fairfield
Ages 5 - 12 years
Monday to Friday, 6:30 a.m. to school start; end of school to 6 p.m.

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

Jellybeans preschool 1/2 day program (Main YW, school-year only)
Three- to 5-year-old preschoolers are delighted by this first classroom experience. The program is part-time and flexible to meet parents' needs. 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
Now enrolling for 2018-19 school year!
learn to swim

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

**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
Level 3: Children who can float independently

**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 stomach and back
Level 4: Children who can tread water

**Session 6A: Registration ends June 8**
June 11 - 15, indoor pool
- Ages 4 and 5 Level 1: 4:30 to 5 p.m.
- Ages 6 to 12 Level 1: 4:30 to 5 p.m.
- Ages 4 and 5 Level 2: 5 to 5:30 p.m.
- Ages 6 to 12 Level 2: 5 to 5:30 p.m.
- Ages 4 and 5 Level 3: 5:30 to 6 p.m.
- Age 6 to 12 Level 3: 5:30 to 6 p.m.
Rec $36  Basic $41  Non $49

**Session 6B: Registration ends June 15**
June 18 - 22, indoor pool
- Ages 4 and 5 Level 1: 4:30 to 5 p.m.
- Ages 6 to 12 Level 1: 4:30 to 5 p.m.
- Ages 4 and 5 Level 2: 5 to 5:30 p.m.
- Ages 6 to 12 Level 2: 5 to 5:30 p.m.
- Ages 4 and 5 Level 3: 5:30 to 6 p.m.
- Age 6 to 12 Level 3: 5:30 to 6 p.m.
Rec $36  Basic $41  Non $49

**Session 6C: Registration ends June 22**
June 25 - 29, indoor pool
- Ages 4 and 5 Level 1: 4:30 to 5 p.m.
- Ages 6 to 12 Level 1: 4:30 to 5 p.m.
- Ages 4 and 5 Level 2: 5 to 5:30 p.m.
- Ages 6 to 12 Level 2: 5 to 5:30 p.m.
- Ages 4 and 5 Level 3: 5:30 to 6 p.m.
- Age 6 to 12 Level 3: 5:30 to 6 p.m.
Rec $36  Basic $41  Non $49

**Session 7A: Registration ends July 6**
July 9 - 13, outdoor pool
- Ages 4 and 5 Level 1: 5 to 5:30 p.m.
- Ages 6 to 12 Level 1: 5 to 5:30 p.m.
- Ages 4 and 5 Level 2: 5:30 to 6 p.m.
- Ages 6 to 12 Level 2: 5:30 to 6 p.m.
- Ages 4 and 5 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 4: 6:30 to 7 p.m.
Rec $36  Basic $41  Non $49

**Session 7AA: Registration closes July 12**
July 14, 21, 28, indoor pool
- Ages 4 and 5 Level 1, 2 and 3: 11 - 11:30 a.m.
Rec $24  Basic $36  Non $38

**Session 7B: Registration ends July 13**
July 16 - 20, outdoor pool
- Ages 4 and 5 Level 1: 5 to 5:30 p.m.
- Ages 6 to 12 Level 1: 5 to 5:30 p.m.
- Ages 4 and 5 Level 2: 5:30 to 6 p.m.
- Ages 6 to 12 Level 2: 5:30 to 6 p.m.
- Ages 4 and 5 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 4: 6:30 to 7 p.m.
Rec $36  Basic $41  Non $49

**Session 7C: Registration ends July 20**
July 23 - 27, outdoor pool
- Ages 4 and 5 Level 1: 5 to 5:30 p.m.
- Ages 6 to 12 Level 1: 5 to 5:30 p.m.
- Ages 4 and 5 Level 2: 5:30 to 6 p.m.
- Ages 6 to 12 Level 2: 5:30 to 6 p.m.
- Ages 4 and 5 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 4: 6:30 to 7 p.m.
Rec $36  Basic $41  Non $49

**Session 8A: Registration ends July 27**
July 30 - Aug. 3, outdoor pool
- Ages 4 and 5 Level 1: 5 to 5:30 p.m.
- Ages 6 to 12 Level 1: 5 to 5:30 p.m.
- Ages 4 and 5 Level 2: 5:30 to 6 p.m.
- Ages 6 to 12 Level 2: 5:30 to 6 p.m.
- Ages 4 and 5 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 4: 6:30 to 7 p.m.
Rec $36  Basic $41  Non $49

**Session 8AA: Registration closes Aug. 2**
Aug. 4, 11, 18, indoor pool
- Ages 4 and 5 Level 1, 2 and 3: 11 - 11:30 a.m.
Rec $24  Basic $36  Non $38

**Session 8B: Registration ends Aug. 3**
Aug. 6 - 10, outdoor pool
- Ages 4 and 5 Level 1: 5 to 5:30 p.m.
- Ages 6 to 12 Level 1: 5 to 5:30 p.m.
- Ages 4 and 5 Level 2: 5:30 to 6 p.m.
- Ages 6 to 12 Level 2: 5:30 to 6 p.m.
- Ages 4 and 5 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 3: 6 to 6:30 p.m.
- Ages 6 to 12 Level 4: 6:30 to 7 p.m.
Rec $36  Basic $41  Non $49

(Continued on Page 6)
**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 to 47 months.

**Session 6: Registration ends June 15**
June 18, 20, 22
9:15 to 9:45 a.m.  Level 1 and 2
**Rec** $24  **Basic** $36  **Non** $38

**Session 7: Registration ends July 11**
July 14, 21, 28
10 to 10:30 a.m.  Level 1
10:30 to 11 a.m.  Level 2
**Rec** $24  **Basic** $36  **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. Each lesson is 30 minutes and dependent upon instructor’s availability. Call Cora at ext. 129 or crhoads@ywcagettysburg.org to schedule a lesson. A $15 fee will be charged to those who schedule a lesson and do not show or cancel within an hour of the lesson.

**Session 8C: Registration ends Aug. 10**
Aug. 13 - 17, outdoor pool
Ages 4 and 5 Level 1  5 to 5:30 p.m.
Ages 6 to 12 Level 1  5 to 5:30 p.m.
Ages 4 and 5 Level 2  5:30 to 6 p.m.
Ages 6 to 12 Level 2  5:30 to 6 p.m.
Ages 4 and 5 Level 3  6 to 6:30 p.m.
Ages 6 to 12 Level 3  6 to 6:30 p.m.
Ages 6 to 12 Level 4  6:30 to 7 p.m.
**Rec** $36  **Basic** $41  **Non** $49

**American Red Cross Swim Instructor Classes**

Participants must be at least 16 years of age and pass a swim test. This course certifies swimmers to be swim instructors for all ages and capabilities. This can be a lifelong certification.

**Registration ends/Tryout: June 1 at 8:15 a.m. or by appointment before June 1**
June 4, 5, 7, 8  8 a.m. to 4 p.m.
**Fee** $150  Register online.

**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, Epi Pen, Asthma Inhaler and CPR/AED for the Professional Rescuer for 2 years. Try out pre-requisites are posted at ywcagettysburg.org.

**Session 6: Registration ends June 8**
June 11 - 15  8:30 a.m. to 2 p.m.
**Fee** $99
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 end of the pool.
- **Tuesdays and Thursday**  8:45 to 9:30 a.m.

**Water Walking with Linda**
A low- to medium-intensity workout for senior adults that includes stretching, and muscle strengthening. The class is held in the shallow end of the pool.
- **Tuesdays and Thursday**  9:40 – 10:40 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 end 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**  4:30 to 6 p.m., outdoor pool

**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 and Thursdays**  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 6:** June 15 - Aug. 31 (No class July 4, 30, Aug. 20, 22, 24)
- **Rec** $27  **Basic** $35  **Non** $39

**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.
- **Rec** $37  **Basic** $45  **Non** $49

group aquatics training program

**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 Cora Rhoads at crhoads@ywcagettysburg.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
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>
</thead>
<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>
</tr>
<tr>
<td></td>
<td>Couple</td>
<td>$450</td>
<td></td>
</tr>
<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>
<td>$400</td>
<td></td>
</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>
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<tr>
<td></td>
<td>Individual</td>
<td>$150</td>
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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 Ben at bknuth@ywcagettysburg.org or 120.

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

Kelly Argenta has been a smiling face as a volunteer in TLC for the past three years. Kelly is a native of New York State and retired from various occupations ranging from corporate administration to instructional education and has lived in Gettysburg since retiring in 2013.

She began volunteering as a child care volunteer because of her love of children and babies and has continued to volunteer because of the friendship and fun that the little people bring to her life. Kelly volunteers approximately 8-10 hours per week including playtime with the little people in other areas of the YWCA and has reserved Mondays on her schedule as “Funday Mondays,” although she also slides in on other days for more fun as her personal schedule permits.

She considers reading stories, creating with Play-Doh, doing puzzles, singing and interacting with the little ones among the best moments of her service. “The rewards that I receive from teaching children socialization skills, including manners and sharing, are countless,” says Kelly. Kelly and her husband enjoy playing their ukuleles for the little people on special events and holidays.

While Kelly might think of Dostoyevsky’s words when she thinks of her service, “The soul is healed by being with children,” we here at the YWCA think of Mr. Fred Rogers’s words when we think of Kelly, “Anyone who does anything to help a child is a hero to me.”

To learn more about volunteer opportunities at the YWCA, contact Community Services Director Nancy Lilley at nlilley@ywcagettysburg.org or 717-334-9171, ext. 116.
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

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 game for experienced players.
Mondays, Tuesdays, Thursdays, Sundays 2 - 4 p.m.
Rec Free Basic $4 Non $5

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

cornhole
Everyone is welcome to come in and enjoy playing the popular backyard and tailgate game of Cornhole (bean bag toss). Players of all ages and skill levels are welcome to come and play doubles Cornhole on Thursday evenings in Racquetball Court A. Two sets of competition boards with bags and score towers will be provided. Family members and couples are encouraged to come and play. The game is easy to learn but takes time to fully master.
Thursdays, 7 to 9 p.m.
Rec Free Basic $2.50 Non $5

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.
Friday 11 - 11:45 a.m.
Rec $24/month Basic $29/month Non $39/month

Beginner Gymnastics
This class is for children ages 5 and older. Skills taught include forward roll, backward roll, handstand, and cartwheel on floor; pullover, casting and backflip on bars; and walking forward, backward and sideways on beam. The basic straight, tuck and straddle jump will be perfected on the spring board. Testing is done when the child reaches the skill level to move into the intermediate class.
Session A (ages 5 - 7) Mondays 4:45 - 5:45 p.m.
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
**massage therapy**

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

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**personal training**

**one-on-one training**

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

- **30-minute workout** $20
- **60-minute workout** $35

**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.

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

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

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**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!

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**cycle classes**

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

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

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

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ywcagettysburg.org
Race is 8 a.m., June 16. It begins and ends at United Lutheran Seminary, Gettysburg.

Send form and payment to YWCA Gettysburg & Adams County, Spirit of Gettysburg, 909 Fairfield Road, Gettysburg, PA 17325.

ONE APPLICATION PER PERSON, PER EVENT, additional applications available at ywcagettysburg.org

Name ____________________________________________________________________________

Address ____________________________________________________________________________ City __________________________________________

State ____ Zip code __________________________ Phone ______-____-______ E-mail ____________________________________________

Age on race day ___ DOB (Required) ____/____/_________ Gender  ☐ Male ☐ Female

Hi-tech wicking shirts are only guaranteed until May 25. 100 percent cotton shirts will be available on a first come, first serve basis for those who register after May 25.

5K Run/Walk
☐ $25
☐ $30 (race day)
Circle T-shirt Size: S M L XL XXL (add $5 for XXL)
Circle T-shirt Type: wicking 50/50 blend

5K Wheelchair race
☐ $25
☐ $30 (race day)
Circle T-shirt Size: S M L XL XXL (add $5 for XXL)
Circle T-shirt Type: wicking 50/50 blend

1-Mile Fun Run/Fitness Walk (13 years +)
☐ $15
☐ $20 (race day)
Circle 50/50 T-shirt Size: S M L XL XXL (add $5 for XXL)
Circle T-shirt Type: wicking 50/50 blend

1/4-mile Kids’ Sprint
☐ $7
☐ $10 (race day)
Circle Youth T-shirt size: S M L XL XXL

Kids’ Mini Trot
☐ $7
☐ $10 (race day)
Circle Youth T-shirt size: S M L XL XXL

Extra Shirts (must be ordered by May 25)
☐ Adult Wicking T-shirt $20
Quantity, size: S__M__ L__ XL__ XXL__ (add $5 for XXL)
☐ Adult 50/50 T-shirt $10
Quantity, size: S__ M__ L__ XL__ XXL__ (add $5 for XXL)
☐ Youth 50/50 T-shirt $6
Quantity and size: S__ M__ L__ XL__

Childcare for children under 10, from 7 - 10 a.m.
Must register by June 12
Number of children requiring care ___ x$2 = $________
Names/Ages ____________________________________________________________________________

Register for the YWCA Breast Cancer Awareness 5K
☐ Encore 5K (Oct. 13) $25

Long Sleeve T-shirt Size: S M L XL XXL (add $5 for XXL)

Contributions
Proceeds from the Spirit of Gettysburg 5K benefit the community-based programs and services provided year-round by the YWCA Gettysburg & Adams County.
☐ I would like to make a donation to the YWCA ______

Payment
☐ Check ☐ Cash

Want to pay by credit card? No problem!
For security purposes, we are only accepting credit card payments in-person at the YWCA or through our Active.com registration site, https://www.active.com/gettysburg-pa/running/distance-running-races/spirit-of-gettysburg-2018. We do not want your card number getting into the wrong hands!

Waiver
By electing to participate in the programs or activities sponsored by or at the YWCA Gettysburg & Adams County, I do voluntarily, and with full knowledge, assume any and all risks of harm or injury to my person, my property, my health and my well-being which may result from such participation. I further agree to release, indemnify and hold harmless the YWCA Gettysburg & Adams County, its staff, employees and agents for any and all claims and demands for damages resulting from my, or my child’s, participation in said programs or activities.

I HAVE READ THE ABOVE WAIVER AND RELEASE. I UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING BELOW.
I HAVE SIGNED THIS RELEASE VOLUNTARILY.

Signature __________________________ Date____________
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
Keurig machine
Swiffer/self-contained mop
Forehead/infrared thermometer

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
Sharpies
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)
Windex

thank you to our generous donors

Callie Awards Sponsors
Adams Electric Cooperative
Scott & Co. Fine Jewelers
The Gettysburg Hotel
UPMC Health Plan
WellSpan Gettysburg Hospital

Callie Honoree Sponsors
Kathy Gilbert sponsored by the Gettysburg Area Retail Merchants Association (GARMA)
Beverly Grazulewicz sponsored by “The Gingerbread Ladies”
Shannon Harvey sponsored by Harrisburg Area Community College, Gettysburg Campus
Bicky Redman sponsored by Donna Mountfort, Kay Hollabaugh, Jessie Allen
Alexa Groft sponsored by United Way of Adams County

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Members 1st Federal Credit Union

Donors (Individual)
The following donors, listed alphabetically by donor category, made gifts to the YWCA between January 1 and March 31, 2018. We appreciate your generosity!

Hallmark Friends ($1,000+)
Leigh Magraw Ayers

Callies for Callies Sponsors

Spirit of Gettysburg Sponsors
Silver
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Confederate Woods Veterinary Hospital, Inc.
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Gettysburg Hotel
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Shirley Golden
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Barbara Neth
Donna and John Newell
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Supporting Friends (<$100)
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Bob Appleton
Stephen Askew

Hallmark Friends ($1,000+)
Leigh Magraw Ayers

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Bob Appleton
Stephen Askew

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Gettysburg Diagnostic Imaging
Gettysburg Hotel
The Gettysburg Times
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Bob Appleton
Stephen Askew

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thank you to our generous donors

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Marian Gutierrez
Autumn Hanzlik
Alex J. and Ashley Andyshak Hayes
Paula Howard
Shirley Ketrow
Gregory Kingston
John and Cindy Lewis
Fanny Miller
John and Shirley Miller
Stephanie Moses
Faye and Steven Niebler
Kristina Rebert
Paula Howard
Shirley Ketzrow
Gregory Kingston
John and Cindy Lewis
Fanny Miller
John and Shirley Miller
Stephanie Moses
Faye and Steven Niebler
Kristina Rebert
Paula Howard
Shirley Ketzrow
Gregory Kingston
John and Cindy Lewis
Fanny Miller
John and Shirley Miller
Stephanie Moses
Faye and Steven Niebler
Kristina Rebert

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Adams Electric Cooperative, Inc.
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Sites Family
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Treysta Technology Management
WellSpan Health – Gettysburg Hospital

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Gettysburg Dental Associates
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Margaret Trew Cline Foundation
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United Way of Adams County

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Jewish Community Foundation of Central PA
Harris and Zelma Freedman Family
Philanthropic Fund
Knouse Foods
Martin’s Family Shoes
VFW Home Association Post 15
York White Rose Wanderers

In-Kind Donors (Individuals)
Elizabeth Greene

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

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

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

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Adams County Bar Foundation
ACNB Bank
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Tom and Carol Deloe
Jane English, in honor of Janet C. Dewar
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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Linda and Roy Fauth
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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 Stuemplle
David Rice and Dora Townsend, in memory of Keith Irmeier and Evelyn McGlauglin
Richard L. and Ruth Jean Unger
Denise Wood

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Anonymous YWCA Donor
Adams County Community Foundation
Bridget Mary Allen
Vance and Janet Hikes
Ken Hoy
Jane Hyde
Shelley Kemp
Jean LeGros
Ann Lordeman
Jo and Mike McGlaughlin
Jane North
Peter and Eleanor Pella
Conni and George Petrie
Jennifer Raling
Bill and Suzanne Steinour
Sharon Stephenson
Charles and Judith Szarowski
Ed and Karen Szoke
Adam and Diane Wasserman
Tom and Bobbie Wolf

Endowment Donors (<$1,000)
The following donors, listed alphabetically, made gifts or pledges to the YWCA between January 1 and March 31, 2018 who are not listed above.
Stephanie Moses
Sharon and Dennis Ranney, in memory of Betty Laptook, Charles “Chuck” Keffer, Annette Cluck, and Joyce Trostel
Lawrence and Lynda Taylor

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
2018 hallmark sponsors

Hallmark Sponsors support YWCA events and ongoing programs throughout the year while gaining recognition for their business in YWorks, on a banner displayed in the front driveway and parking area of our 909 Fairfield Road headquarters, on all event t-shirts and programs, and in all YW marketing materials, including our website. Employees of these companies also receive discounted memberships. To find out more about becoming a Hallmark Sponsor, call Deb Geesey at ext. 124.
### fees

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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 grandparents may include their grandchildren on a family membership (c) Relatives who live in the same household and are dependent (as defined by IRS) may be included in a family membership (d) Physically or mentally handicapped adult children living with or being cared for by their parents or persons (as defined above) acting as parents may also be included by that person(s) on a regular family membership
4. **Single Parent Family** — defined as single-income family with children, headed by a parent who is widowed or divorced and not married, or by a parent who has never married. Children are eligible as defined in family definition
5. **Senior Couple** — defined as two adults living as a couple with one of the persons being 60 or older.
6. **Joining fee** — a one time fee unless a rec pass lapses 60 days or more.
7. **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.

<table>
<thead>
<tr>
<th>Program</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day pass for adults 16 and older</td>
<td>$8</td>
</tr>
<tr>
<td>Day pass for children 5 to 15</td>
<td>$5</td>
</tr>
<tr>
<td>Day pass for children under 5</td>
<td>Free</td>
</tr>
<tr>
<td>Weekly pass</td>
<td>$25</td>
</tr>
</tbody>
</table>

5 visits within 30 days $30
basic membership fees

<table>
<thead>
<tr>
<th>Basic Membership Fees</th>
<th>Youth (under 13)</th>
<th>Junior (13 - 17)</th>
<th>Young Adult (18 - 24)</th>
<th>Adult (25-59)</th>
<th>Family</th>
<th>Single Parent Family</th>
<th>Senior (60+)</th>
<th>Senior Couple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>$30</td>
<td>$40</td>
<td>$40</td>
<td>$40</td>
<td>$110</td>
<td>$60</td>
<td>$30</td>
<td>$60</td>
</tr>
</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 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.
YWCA IS ON A MISSION

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

2017 Endowment Campaign
YWCA Gettysburg & Adams County

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

Living Our Mission

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

Community Wellness

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

Child Care Programs

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

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

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

|$1,000+
Recognition in our YWCA publication that is distributed to nearly 18,000 businesses and homes.

|$5,000+
Recognition in YWCA publications throughout the duration of our three-year endowment campaign.

|$50,000+
Recognition in YWCA publications, donor plaque, and your name engraved on a donor plaque displayed in the lobby of the YWCA.

|$100K+
Your name prominently listed as the sole donor on a park bench in front of our main entrance, plus all other benefits.
Campaign Pledge Form

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

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

Step 1

DONOR INFORMATION

First Name: ___________________ Last Name: ___________________

Address: __________________________________________________________

City: _________________________ State: _______ Zip Code: ________________

Home Phone: ___________________ Cell: ________________________________

Email Address: ______________________________________________________

Signature (required): __________________________ Date: ________________

Step 2

CONTRIBUTION OPTIONS

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

Total Gift Amount: ______________________

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

Total Gift Amount: ______________________

This gift was made in honor of (optional): ______________________________________

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

Please specify: ______________________

Approx. Amount: $________________________

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

Please specify type: ______________________

Approx. Amount: $________________________

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

Step 3

METHOD OF PAYMENT

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

☐ A check is enclosed for the full amount.

☐ Charge my credit card:

#________________________________________

Exp. Date ________ CVV Code ______

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

Pledge payment will be completed by the year: ____________

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

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

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

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

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

ywca@gettysburg.org
Summer Sun at YWCA Outdoor Pool

- Open daily noon to 8 p.m. May 26 to Sept. 3, including holidays!
- Discounted rates for current rec pass holders
- Pool members can buy day pass for guests
- Payment plans available until June 15

See Page 8 for more details.