27th Annual Spirit of Gettysburg

June 17, 2017

Application on Page 19
facility hours

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

holiday hours
July 4
Independence Day, closed
Pool closed for draining, refill
Aug. 16 - 20
Childcare closed for in-service
Aug. 18 and 21

management team

Megan Arnold, administrative assistant
marnold@ywcagettysburg.org, ext. 117
Jeff Cann, director of finance and administration
jcann@ywcagettysburg.org, ext. 112
Kara Ferraro, director of advocacy and public relations
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Deb Geesey, executive director
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Bud Glass, buildings and grounds director
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Jeanie Hanks, membership director
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Alex J. Hayes, coordinator of special events and publications
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Paula Howard, children and youth director
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Jen King, sports and fitness director
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Nancy Lilley, road scholar director/community services coordinator
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Cora Rhoads, aquatics director
crhoads@ywcagettysburg.org, ext. 129
Teresa Rodgers, childcare director
trodgers@ywcagettysburg.org, 717-334-7150
Angela Weaver, human resources director
aweaver@ywcagettysburg.org, ext. 139

2016-17 board of directors

Betsy Meyer, president
Katy Giebenhain, vice president
Linda Raymond, treasurer
Shelley Kemp, secretary
Deb Geesey, executive director
Jane Lordeman
Lisa Moreno-Woodward

Chris Little
Stephanie Moses
Jane North
Diana Onativia
Vanessa Pellechio
Kristin Rice
Jessica Ritter

Sharon Stephenson
Christina Turley
Megan Weikel
Denise Wood
Karla Wolfe

2017-18 board of directors will be voted on in June, terms begin July 1. A new list will be available at ywcagettysburg.org.

our mission

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

Racial justice and women’s economic advancement are the hallmark initiatives of the YWCA. To further this mission in our community, the YWCA Gettysburg & Adams County offers programs that encourage discussion about race and appreciation for the diversity in our community, and provide women and girls opportunities to explore scientific fields and increase their earning potential.

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

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

Tuesday, June 27, 6 p.m. – Field trip to Under the Horizon, 2650 Biglerville Road, Gettysburg with Cathleen Lerew. Learn about pouring, pulling, firing and finish a small ceramic figurine. Paint $8 – take with you; Glaze $8.75 – pick up within 7-10 days.

Tuesday, July 25, 6:30 p.m. - Water fitness class at YWCA.
Tuesday, Aug. 22, 6 p.m. – Pot Luck social gathering at Deb’s.

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

If you haven’t noticed, the YWCA has a new sign outside our facility! The “Welcome Your Neighbors” sign grew out of an idea at Immanuel Mennonite Church in Harrisonburg, Virginia. In August 2015, Pastor Matthew Bucher wanted to share a simple message with the neighborhood around his church. In the midst of a national dialogue that was strikingly negative about immigrants, Bucher put out a hand-painted sign saying, “No matter where you are from, we’re glad you’re our neighbor,” in the three main languages spoken in his town.

The sign has now become part of a national movement encouraging us to get to know our neighbors, practice hospitality, reach out across divides, and share love with friends and strangers alike. If you would like to promote this message of unity, you may purchase one of these signs at the YWCA service desk for $15. Proceeds benefit our racial justice programs, which are free and open to the public.

ywca - your community center

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

Mondays 6:30 - 8:30 p.m.
Rec Free Basic $2 Non $4

Central Community Pennsylvania Blood Bank Blood Drive
Donors must be healthy, weigh at least 110 pounds, and be at least 17 years old. You may donate blood every 56 days.

July 18 3 p.m. - 7 p.m.

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

June 17, July 15, Aug. 19
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.

Rec $36 Basic $41 Non $49

Ages 4 & 5 Level 1 5 to 5:30 p.m.
Ages 4 & 5 Level 2 & 3 5:30 to 6 p.m.

Session 6A: June 5 to 9
Session 6B: June 12 to 16
Session 6C: June 19 to 23
Session 6D: June 26 to 30

Ages 6 to 12 Level 1 5 to 5:30 p.m.
Ages 6 to 12 Level 2 5:30 to 6 p.m.

Session 7A: July 10 to 14
Session 7B: July 17 to 21
Session 7C: July 24 to 28
Session 7D: July 31 to Aug. 4

parent-child swim lessons

The American Red Cross recommends children learn to be comfortable in the water starting at 6 months. Our parent-child swim lessons help parents teach their child the basics of floating, kicking and having fun in the water. This class teaches children from six months to three years of age.

Rec $27 Basic $37 Non $45

Ages 4&5 Level 1,2, and 3 10:30 to 11 a.m.

Session 8A: Aug. 5, 12, 26

private swim lessons

This is an outdoor camp that will be held at the YWCA outdoor pool. The day will primarily consist of swim lessons, free swim time, water games, arts and crafts and organized and supervised outdoor play. This is a fun camp that does not emphasize competitive strokes. The participants are to bring their own lunch and water bottle. The lunch must consist of items that do not need refrigeration.

Rec $150 Basic $160 Non $170

Session 6A: June 12-16, 9 a.m. to 3 p.m.  Session 6B: June 19-23, 9 a.m. to 3 p.m.  Session 6C: June 26-30, 9 a.m. to 3 p.m.
**American Red Cross Lifeguard Course**

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

**Fee**: $199

**Session 6: Tryout/registration ends June 2 at 3 p.m.**

June 5, 6, 7 8 a.m. to 4 p.m.

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**Water Safety Instructor Course**

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.

**Fee**: $150

**Session 5: Tryouts by appointment only by June 16/registration ends May 23 at 4:30 p.m.**

June 19 - 23 8 a.m. to 2 p.m.

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

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

**Fee**: $80

**Session 6**: June 14 6 to 9 p.m.

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**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

For outdoor pool rental information, email crhoads@ywcagettysburg.org

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**ADVENTURE AWAITS!**

**Monday - Friday**

9 AM - 4 PM

June 12 - Aug 4

**For Children Entering Grades 1 - 7**

Preschool & K options available

**ONLY $30/day Members**

For more information visit StrawberryHill.org or call (717) 642-5840
water fitness classes

Deep Water Mix with Linda
A medium-high level workout in deep water for adults of all ages and ability levels. Emphasis is on total fitness which includes cardio, easy range-of-motion for joints, simple stretching, and balance. Excellent for those with muscle or joint aches, are recovering from surgery, or have not exercised in a while. This is taught by an instructor certified by the Arthritis Foundation, the United States Water Fitness Association and holds a personal fitness trainer certification.

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

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

Saturdays 9 – 10 a.m.

Movin’ & Groovin’ with Linda
A medium to high-intensity workout in shallow water for adults of all ages and ability levels. This is a class for people who want to strengthen their muscles and joints plus increase their flexibility and balance without any pain or strain. This is taught by an instructor certified by the Arthritis Foundation, the United States Water Fitness Association and holds a personal fitness trainer certification.

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

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

Mondays and Wednesdays 10 – 11 a.m.

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

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

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

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

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

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

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

Tuesdays 8 - 9 p.m.

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

Wednesdays 5 - 6 p.m.

Water Walking with Linda
This is a low to medium-intensity class that will help build muscle tone and strength. There is a focus on a variety of movements through shallow water.

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

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@ywcagettysburg.org or call 717-334-9171 ext. 129. A medical release form is required of all participants. One can be emailed or mailed to anyone interested.

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

Rec $40/hr Basic $60/hr Non N/A
The YWCA operates two outdoor pools at 730 Chambersburg Rd, Gettysburg. The outdoor pools will be open daily from noon to 8 p.m. May 27 to Sept. 4. As an added benefit for our rec pass members, we are offering discounted summer rates for outdoor pool memberships. All memberships can be purchased at the YWCA Service Desk. For complete details, visit www.ywcagettysburg.org/outdoor-pool.

<table>
<thead>
<tr>
<th>YW Membership Type</th>
<th>Pool member category</th>
<th>Season Cost</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non YW member</td>
<td>Family</td>
<td>$700</td>
<td>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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<tr>
<td></td>
<td>Couple</td>
<td>$450</td>
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<tr>
<td></td>
<td>Individual</td>
<td>$325</td>
<td></td>
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<tr>
<td>YW Rec Pass Member</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>
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<tr>
<td>(includes discount)</td>
<td>Couple</td>
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<td></td>
<td>Individual</td>
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<tr>
<td>Annual YW Rec Pass</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>
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<tr>
<td></td>
<td>Individual</td>
<td>$150</td>
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### tennis (not a yw program, but a yw member benefit)

**730 Chambersburg Rd., har-tru courts with no backboard– better for your body and tennis**

Singles, doubles or against a backboard on your own, tennis is a great activity that can keep you in shape whether you’re age 5 or 95. It keeps your cardiovascular and muscular system in top shape even as you age. Plus, you can’t beat a strategic mental game that lets you enjoy the fresh air of the outdoors. Payments will be accepted at YWCA, check only.

**Girls and boys, ages 10 through 18 with Nell Matthews, pro**

Fast paced drills, footwork, agility, conditioning, and match play structured for player’s ability of play. This program is established to promote competitive tennis playing. Parents can play for the first 45 minutes. Lessons taught by Nell Matthews.

For more information, contact gettysburgtennis@gmail.com or 398-8238

**Session 1: June 12, 14, 19 and 21** 5:30 – 7 p.m.
**Session 2: July 10, 12, 17, and 19** 5:30 – 7 p.m.

<table>
<thead>
<tr>
<th>Rec $35/session</th>
<th>Basic $45/session</th>
<th>Non $55/session</th>
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**Adult clinic with Pat Smith, pro**

For more information, email psmith701@comcast.net

**Thursdays, June 1 – Aug. 3** 6:30 – 8 p.m.

<table>
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<th>Rec $15/clinic</th>
<th>Basic $20/clinic</th>
<th>Non $25/clinic</th>
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</table>

**Free clinics for parents and kids, Andy Knox, pro**

To register, contact nell.tennis4life@gmail.com or 334-0289

**June 3, July 1, Aug. 5** 9 to 10 a.m.

**Gettysburg Tennis Club Membership**

Members get discounts on clinics, free tennis socials, no court fees

For more information, contact Richard Thrasher at 337-2381 or r_thrasher@comcast.net

$400/season, YW members get 10 percent off
To me and my family, the YWCA has been a safe and nurturing place to learn, grow, and create new friendships. Growing up in India, I was very athletic and when we moved to Gettysburg, the YWCA was the perfect place to begin my disport and the acculturation process in this country. My journey began here even before I understood the mission of the YWCA. Dance aerobics was one of the first fitness classes I took, and thus my love for play and workout continued in America.

When our family started to grow in 1993, we took advantage of the affordable childcare. Our daughter was taken care of by loving staff, while I was able to maintain a healthy lifestyle. This institution even prepared our daughter Radhika for school. She was enrolled in the Terrific 2s and 3s program and was encouraged to socialize, try new things, and apply the skills she was taught. Over the course of her preschool years, I made friends with the other moms and continue to be friends decades later. Radhika tried a variety of activities, including gymnastics, dance, swimming and summer camps. When our second daughter, Meera, came along, she also ventured into these activities.

With a YWCA membership, it becomes easy to keep active and grow in spirit, mind, and body. As I made exercise a part of my daily routine, I took a variety of classes like body sculpting, toning, power hour, yoga, spin, and Zumba, to name a few. It seems I never get too comfortable with one thing. I’m always looking for a new challenge. As Sylvester Stallone says, “there are a lot of mountains to climb out there.” I never swim as a kid, and my newest challenge has been to swim well and do laps in the pool.

Lately, I am learning that the YWCA not only offers an innovative blend of physical activity and a healthy lifestyle, but is also involved in social issues. It plays an active role in the community in bringing about crucial social changes. I feel fortunate that I am slowly getting involved in such community-based programs that provide knowledge and support.

I am currently working on my doctorate in adult education, and last year I had an opportunity to conduct my community education series at the YWCA. The two part series emphasized on class and race in America. In pursuit of the mission of the YWCA, I am getting more involved in some other aspects of the community, such as International Day, recent forums on racial profiling and human trafficking, and the Adams County Human Relations Council. In the coming years, I want to continue to volunteer to create real change for women and families in our small community. The YWCA has brought many perspectives to my life, and I am better because of it. It has given me friends, an opportunity to engage in physical activity, a sense of belonging in my new home country, and a strong advocacy voice for women.

— Monica Bajaj
**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 an indoor court in which the serving player stands on the service line, and on the serve, he or she must bounce the ball and then hit it toward the wall in front of him or her. The ball must then make it behind the server to a line known as the short line. If it does not, it is a fault. If it does, the ball is in play and the receiving player, who stands at a line behind the short line may hit the ball so that it hits the front wall. Players can only earn a point on a serve, which the receiving player gains if he or she wins the rally. Points are earned if the opposing player's ball bounces twice before being hit or if a player hits a ball that does not reach the front wall. Play up to 15 points.

Courts can be reserved up to one week in advance.  
**Rec Free**  
**Basic** 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** basic and non members pay day pass fee

**recreational volleyball**

If you are a rec pass holder and have a group of people who would like to play volleyball, give us a call and reserve a time to play. Because this is not a paid rental, all YW rec pass holders are invited to join any groups. If you would like to rent the court for your group, you must pay a rental fee and schedule the area ahead of time.

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

**noontime basketball**

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

**Tuesdays and Thursday**, noon to 1 p.m.  
**Rec Free**  
**Basic** $4  
**Non** $5

**pickleball**

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

**Mondays, Tuesdays, Thursdays, Sundays**  
2 - 4 p.m.  
**Rec Free**  
**Basic** $4  
**Non** $5

**ping pong**

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

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

**running club**

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

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

**gymnastics**

**It Takes Two (18 months to 3 years)**

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

**Tuesday 10 - 10:45 a.m. OR Friday 10 - 10:45 a.m.**  
**Rec** $24/month  
**Basic** $29/month  
**Non** $39/month

**Preschool Gymnastics (ages 3 and 4)**

This 45-minute class for boys and girls teaches the basic body shapes, positions and techniques of gymnastics on all four apparatus.

This includes beginner level skills such as a handstand, cartwheel, rolls on the floor, swinging on the bars with proper body control, walking comfortably on the balance beam and learning the proper technique for the spring board.

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

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

**Mondays**
10:30 - 11:30 a.m.

**Fridays**
1 - 2 p.m.

**Rec** Free  **Basic** $20/month per class  **Non** $36/month per class

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**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 poses 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!

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

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

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

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

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

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

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

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

**Zumba for Kids** — Kids age 6-12 are welcome!
cycle classes

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

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

<table>
<thead>
<tr>
<th>Rec</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.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying on hands and is based on the idea that an unseen life force energy flows through us and is what causes us to be alive. If one’s life force energy is low, then he or she is more likely to get sick or feel stress, and if it is high, he or she are more capable of being happy and healthy.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

<table>
<thead>
<tr>
<th>therapeutic massage/reiki</th>
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<tbody>
<tr>
<td></td>
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<tr>
<td>Rec</td>
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<tr>
<td>Basic</td>
</tr>
<tr>
<td>Non</td>
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</tbody>
</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.
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.

Fee $191.60/week;
$55 per day (summer only, three-day minimum)

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

Fee $178.60/week;
$49 per day (summer only, three-day minimum)

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 $170.60/week;
$46 per day (summer only, three-day minimum)

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.

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 $83/day
Two - four days $22/day

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

Before school $48.60/week
After school $86.60/week
Before and after school $103.60/week

Camp Champ
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 $166.60/week plus $20 activity fee (due upon enrollment)
$44.60/per day plus $5 activity fee on field trip days
(Late registration fee of $10 applicable after May 12)
Hallmark Sponsors support YWCA events and ongoing programs throughout the year while gaining recognition for their business in YWorks, on a banner displayed in the front driveway and parking area of our 909 Fairfield Road headquarters, on all event t-shirts and programs, and in all YW marketing materials, including our website. Employees of these companies also receive discounted memberships.

To find out more about becoming a Hallmark Sponsor, call Deb Geesey at ext. 124.
The YWCA must adapt each year to a growing and changing community, and as evidenced in recent years, a changing economy. Our programs and services are made possible through the generous support of our members and friends. Membership and program fees cover only 87 percent of our operating expenses, and we rely on private donations and grants to cover the rest. We are grateful to our many loyal supporters, and we offer many ways you can help us carry on our mission to eliminate racism and empower women. For more information on giving to the YWCA, call Deb Geesey at ext. 124 or email dgeesey@ywcagettysburg.org. All financial contributions are tax deductible to the extent of the law.

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

yw wish list

Administration
Office supplies
Extension cords/power strips
Flat screen monitors
Child Enrichment Programs
Play Dough
Pencils/pens
Washable markers
Computer speakers
Stereos w/CD players
Playing cards
Spray bottles
Arts and crafts materials
Batteries (AA, AAA, C, D, 9V)
Contact paper
Magnets
Electric or battery-operated pencil sharpener
Tape dispensers
Headphones
Thermometers (for refrigerators)
Children’s thermometers
Construction paper
Storage bins with lids
Sand toys and buckets
Pink and yellow copy paper
Masking tape
Brooms, dustpans and mops
Large dishwasher racks (2)
Griddle
Large electric fry pan
Pancake turners (2)
Cookie sheets (2)
Cutting boards (4)
Ove Gloves (2)
Slotted spoons (4)
Gravy ladles (2)
Storage containers
Swiffer wet mop
Washcloths
9x13 pans (4)
30-40-foot extension cord
Microwaveable table dishes
Sports and Fitness
Broom or Swiffer broom w/cloths
Wall clock(s)
First aid supplies: band aids, gauze, creams, ice packs, etc.
Racquetball racquets and balls
Basketballs, soccer balls and volleyballs
Batteries (AA, AAA, C, D)
Blow dryers

thank you to our generous donors

Individual Event Sponsors
Callie Awards
Adams Electric Cooperative, Inc.
Kilwin’s Chocolates
Scott & Co. Fine Jewelers
WellSpan Health
Wilmington Trust

Callie Honoree Sponsors
Judy Sorensen, Kathy Jacoby, and Deb Geesey – sponsored Laura Geesaman
Wilmington Trust – sponsored Sharon Magraw
Equity Payment, Inc. – sponsored Wendy Bream Stoner
Norman & Carolyn Nunamaker – sponsored Pat Crown
United Way of Adams County – sponsored Indira Rucic

Callies for Callies Sponsors
Carole Aldinger
Sandy Beauchat
Ruth Boehne
Carol Bream
Kathy Ciolino
Holly Cookerly
Ellen Dayhoff
MJ Duffy
Deb Geesey
Holly Giles
Christina Glatfelter
Stacey Green
Kay Hollabaugh
Gail Hull
Jean LeGros
Donna Mountfort
Linnette Murray
Kathy Nelson
Carolyn Nunamaker
Josie Pelc
Jane Scott
Joyce Shutt
Mary Stevenson
Chucki Strevig
Marilyn Teeter
Connie Woodruff
KPI Technology, Inc.
Mason Dixon Endodontics
Bronze
Conewago Enterprises, Inc.
Tully Dental, P.C.
Eicholtz Company
Hockley & O’Donnell Insurance Agency

Donors (Individual)
The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between January 1 and March 31, 2017. We appreciate your generosity!

Hallmark Friends ($1,000+)
Tom Deloe
Janet Dewar
Deb Geesey
Helen & Hugh Matthews
Mike & Jo McGlaughlin
Antoinette Smith-Elias
Eugene & Yvonne Starbuck
Ed & Karen Szoke
thank you to our generous donors

Charter Friends ($500-$999)
Ann Lordeman, in honor of Jane Lordeman
Margaret Dewar & Glenn Nelson

Pacesetter Friends ($250-$499)
Gregg & Ruth Boehne
Margaret Curtis
Janet Powers

Sustaining Friends ($100-$249)
Carole Aldinger
Anne Baltz
Mr. & Mrs. T.J. Beauchat
MJ Duffy
Deb Geesey, in honor of Janet Dewar
Holliday Giles
Shirley Golden
Stacey Green
Connie & Harold Gulden
Frank V. Herman
Jean LeGros
Jane Lordeman
Ruth Clark & James Loveless
Eileen & Norbert Mathias
Donna Mountfort
Carolyn Nunamaker
Katherine & Michael Powley
Sharon & Dennis Ranney, in memory of Daniel Hamnett, Jay Brown, Janet Hovis, and Brian Pecher
Jane Scott
Carlotta Strevig
Marilyn Teeter

Supporting Friends (<$100)
Jeff & Susan Cann
Gary & Ronalee Ciocco, in memory of Diane Kierniesky
Kathleen Ciolino
Holly Cookerly
Ellen Dayhoff
Margery & John Donovan
Kathleen Glahn
Christina Glafelter
Jeanie Hanks
Alex J. Hayes & Ashley Andryshak Hayes
Kay Hollabaugh
Paula Howard
Peter & Gail Hull
Lynn & Joseph Hunter
Kathryn Jacoby
Evangelina & John Joyce, in honor of Nancy Lilley
Alida Kalas, in memory of Diane Kierniesky
Jennifer King
John Kuhn
Carol Merwede
Linnette Murray
Kathy Nelson
Josephine & Richard Pelc
Eleanor Pella, in honor of Janet Dewar
Jessica Ritter
Joyce Shutt
Thomas & Carol Slavin
Sheryl Snyder, in memory of Margaret Spangler
Judy & Ralph Sorensen, in honor of Janet Dewar
William Speer
Mary Stamm
Mary Stevenson
Gretchen Stuempfle, in honor of Janet Dewar
Marlene Tindall
Joseph & Rosemarie Tripi, in honor of Janet Dewar
Connie Woodruff

In-Kind Donors
John Carria
Scott & Karen Coyle
Jen & Max Holz
Elizabeth Kellett
Russell Raub
Cora Rhoads

Corporate and Foundation Friends
The support of local businesses, foundations, organizations, and municipalities is crucial in ensuring the YWCA can continue to offer programs and host special events. The following entities made donations between January 1 and March 31, 2017:

Charter Corporate Friends ($5,000+)
Rutter’s Children’s Charities
The Robert C. Hoffman Charitable Endowment Trust

Pacesetter Corporate Friends ($2,500-$4,999)
Adams Electric Cooperative, Inc.
BB&T
Community Benefits Real Estate
Cumberland Township Board of Supervisors
Gettysburg Hotel Est. 1797
The York Water Company
TREYSTA Technology Management
WellSpan Health

Sustaining Corporate Friends ($1,000-$2,499)
Becky Smith, State Farm Insurance
Conewago Enterprises, Inc.
Gettysburg Diagnostic Imaging PC
Thrivent Financial – Jim Dunlop
Weis Markets, Inc.
Wilmington Trust

Supporting Corporate Friends ($500-$999)
Energy Objective & Shipley Energy
Gettysburg Times
Hockley & O’Donnell Insurance Agency, LLC
Margaret Trew Cline Foundation

Contributing Corporate Friends (<$500)
ACNB Bank
America’s Charities
CRS Insurance, Inc.
C.S. Davidson, Inc.
Foursquare Gettysburg
Gettysburg Animal Hospital
Gettysburg Friends Meeting
Golden Living Center - Gettysburg
Hull’s Electric Service, Inc.
Khouse Foods
KPI Technology
Martin’s Family Shoes
Middle East Justice & Peace Group
United Way of Adams County
VFW Home Association Post 15
Zavos Architecture & Design, LLC
fees

rec pass fees

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<th>Youth (under 13)</th>
<th>Junior 13-17</th>
<th>Adult (25-59)</th>
<th>Family²</th>
<th>Senior</th>
<th>Senior Couple</th>
<th>Single Parent Family²</th>
<th>Young Adult (18-24)</th>
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All sales are final. Memberships are non-refundable and non-transferable. See ywcagettysburg.org or membership guide for policies.

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

²Family memberships - A family is defined as two adults living together as a couple, and their children, functioning as a single family. Children are defined as minor child or children under 24 who are still enrolled in school. In addition: (a) non-custodial parents may include their children in their family membership (b) custodial grandparents may include their grandchildren on a family membership (C) 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

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

⁴Young Adult — Ages 18 - 24, joiner fee may be waived with proof of college enrollment

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

***Joining fee may be waived for snowbird members who live half of the year elsewhere, contact Jeanie 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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<th>Youth (under 13)</th>
<th>Junior (13 - 17)</th>
<th>Adult (15 - 59)</th>
<th>Family</th>
<th>Senior (60+)</th>
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<th>Single Parent Family</th>
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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 10 years while their parents are using the facility. Reservations are highly recommended. Payment is required before care is given.

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

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

**Volunteers like Bob Rhoads make Spirit happen!**

Here in Gettysburg on the third Saturday in June at 5:45 AM, Janice Rhoads knows exactly where to find her husband Bob - at the YWCA Gettysburg & Adams County - dressed in a brightly colored safety vest with a walkie-talkie in his hand, directing parking traffic for the Annual Spirit of Gettysburg Race. This Volunteer Spotlight is deservedly turned on long-time race volunteer Bob Rhoads. Bob has parked cars at the race for 26 out of the 27 years it has been held. The only year he missed was when he was taken to York Hospital for emergency triple bypass surgery. When he called Deb Geesey, who was in charge of the race at the time, to tell her he was in an ambulance going to the hospital and would not be at the race, she didn’t believe him at first.

While Bob has a long history as a volunteer in the community, helping in the past with Chamber of Commerce activities, as a Girl Scout leader when his daughters were younger, and with his wife’s church, he says he especially enjoys volunteering at the Spirit of Gettysburg Race and being a familiar face to returning runners. Last year, over 1000 runners were registered for the race – many of whom were repeat participants. Bob’s cheerful smile, wave, and parking directions are the first things the returning or novice runner will encounter when coming to the race that morning!

If you would like to join Bob on the parking crew or to volunteer in some other capacity for this year’s race the week prior to the race or on June 17, Race Day, please contact Nancy Lilley at nlilley@ywcagettysburg.org or at 334=9171, ext. 115.

Bob Rhoads
member policies

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

Access
An individual membership is for the purchaser only and does not allow access for anyone else. It is not transferable even to a member of a family membership type. Violation of this is a theft of service and may result in the membership being forfeited. A YWCA rec pass membership is required for access to the swimming pool, whirlpool, sauna, gymnasium, racquetball courts and fitness center. Basic and non-members may purchase a day pass to access group exercise and water fitness classes. All members must bring their cards and swipe at the turnstile each visit. If you forget your card, a desk worker will allow you access three times within a prescribed amount of time. After the third occurrence, you will need to purchase a new card for $5 to gain access. Tracking member usage is an important evaluation tool for all departments. We need correct usage numbers when applying for grants and reporting on membership utilization. Tracking access is also used for security reasons. This information is only accurate if all members are individually swiping their cards at the gate. Turnstiles are located at the service desk and fitness centers.

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

Membership Policy
The YWCA welcomes individuals and families regardless of age, race, religion, gender, ability or economic level. If you have special requirements and need assistance, please call our Service Desk at 717-334-9171. If a member or guest acts in a manner inconsistent with the YWCA mission, fails to abide by the rules and regulations of the YWCA Gettysburg & Adams County or acts in a manner which is harmful, potentially harmful or a threat to the safety of others, membership and/or rec pass privileges may be revoked or suspended at the discretion of the Executive Director or the Board of Directors.

Therefore, the YWCA reserves the right to deny access or membership to any person who:
- is a registered sex offender;
- has pleaded guilty to or been convicted of a crime involving sexual abuse, physical abuse or neglect of a child, spouse or parent;
- has pleaded guilty to or been convicted of any offense related to the sale or transportation of illegal narcotic habit-forming or dangerous drugs;
- and/or is clearly under the influence of intoxicating beverages or behavior modifying drugs.

Pool
We welcome all ages of members as well as community guests to our pool. Children under the age of 10 must be accompanied by an adult aged 18 or older at all times. A complete list of pool rules is available in the pool area. Infants and toddlers must wear a swim diaper; diapers can be purchased at the Service Desk. Participants must shower before entering the pool. Users’ good hygiene is essential to the maintenance and sanitation of the pool. Please use good judgment in choosing your swim wear.

Fitness Center
As a non-profit organization, it is the responsibility of both staff and members alike to take care of our equipment. We ask that you take ownership of your workout space. In other words, if you see someone breaking the rules, bring it to the attention of a YWCA staff member. We have rules for this facility designed for the safety and comfort of all our members. If we all work together to enforce the rules, the YWCA fitness facility will continue to be the great place that it is!

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

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

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

Locker Rooms
Please be mindful of wet and dry areas in YWCA locker rooms. For the comfort and privacy of all members, children age 4 and older are required to use their same gender locker room. Parents bringing opposite gender children age 4 and older may use the special assistance (ADA compliant) room. See the Service Desk for the key. Adults are responsible for children that they bring into the locker room and must stay with them at all times. Cell phone usage is not permitted in the locker rooms or fitness center. Baby changing areas are located in the men’s and women’s aquatic locker rooms.

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

health insurance discounts
Check your health insurance for fitness benefits. The YWCA honors Prime, Forever Fit, Silver and Fit, and Silver Sneakers. Confirm the details with your insurance provider then bring your card to the YW to get started!
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   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   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. 14) $25

Circle T-shirt Size: S   M   L   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, http://www.active.com/gettysburg-pa/running/distance-running-races/27th-annual-spirit-of-gettysburg-2017

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__________

ywcagettysburg.org  19
Pay with ease!

You can now pay for YW programs and childcare online!

To celebrate this advancement, the YW will be entering everyone who registers for a program or pays for their childcare online in June, July and August into a drawing to win 50 YW Dollars!

There will be one drawing each month and the more you times you pay online, the more chances you will receive to win!