Get off the Bench... Try a YWCA Fitness Class

- Spin
- Bootcamp
- Fit, Fun & Fifty
- Gentle Yoga
- Power Hour
- Zumba in the Circuit
- Zumba
- Zumba Toning
- H.I.I.T.

- Kids Zumba
- Swing N’ Sway
- Gentle Water Yoga
- Power House Workout
- Zumba Gold
- Silvers Sneakers Classics
- S.T.A.Y.
- Raising the Bar

- Liquid Fit
- Fit Yoga
- Zumba Gold
- Yoga for Health
- Yoga Assets
- Liquid Assets
- Kids Bootcamp

...ywcagettysburg.org
for all class schedules
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
Dec. 24 (Christmas Eve)
7 a.m. - 1 p.m. (fitness center)
7 a.m. - 12:30 p.m. (pool)
Dec. 25 (Christmas)
total facility closed
Dec. 31 (New Year’s Eve)
8 a.m. - 5 p.m. (fitness center)
8 a.m. - 4:30 p.m. (pool)
total facility closed
Jan. 1 (New Year’s Day)
total facility closed
Jan. 16 (Martin Luther King Jr. Day)

parking
The YW has leased spaces from the Seminary for our staff to free up more parking for you, our valued members. This lot requires hang-tag identification. Parking will be monitored. YWCA members should continue to use the YWCA parking lot only.

management team

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

Paula Howard, children and youth director
phoward@ywcagettysburg.org, ext. 126
Jen King, sports and fitness director
fitness@ywcagettysburg.org, ext. 119
Nancy Lilley, road scholar director/community services coordinator
nlilley@ywcagettysburg.org, ext. 115
Cora Rhoads, aquatics director
crhoads@ywcagettysburg.org, ext. 129
Teresa Rodgers, childcare at adams commerce center director
trodgers@ywcagettysburg.org, 717-334-7150
Angela Weaver, human resources director
aweaver@ywcagettysburg.org, ext. 139

2016-17 board of directors

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

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

Sharon Stephenson
Christina Turley
Megan Weikel
Denise Wood
Karla Wolfe

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

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

Callie Awards
The annual Callie Awards recognize the contributions and achievements of extraordinary women in Adams County. Nominations will be accepted through Dec. 9; a nomination form and guidelines are on page 4. Information about tickets will be available at ywcagettysburg.org.

March 30, Gettysburg Hotel

Brown Bag Lunch Series: Women’s Leadership Series
Everyone is welcome to the YWCA’s free brown bag lunch series, held the third Tuesday of each month at noon in the Community Room. Each session features a talk by a female leader in Adams County. While all of our speakers will be women, the sessions are open to everyone. Visit ywcagettysburg.org for a complete list of speakers.

31st Women in History Essay and Art Contest
The YWCA will once again host the Women in History essay and art contest for all 6th, 7th and 8th grade students in Adams County. Entry materials will be available at all county schools and at the YWCA. Deadline for entries is Feb. 10. Visit ywcagettysburg.org for more information.

18th annual MLK Day On
Celebrate Martin Luther King Jr.’s birthday, not as a day off, but a day on helping your local non-profits. Volunteers are needed to sort donations for participating agencies in the YWCA gymnasium. For agency wish lists (available in January) or to volunteer, contact Vickie Corbett at 717-334-5809 or vcorbett@uwadams.org. The day is co-sponsored by the YWCA and the United Way of Adams County Volunteer Center.

Jan. 16, 9 a.m. - noon

Martin Luther King Jr. Celebration
The annual MLK Celebration event will be held in Gettysburg College’s Christ Chapel. This year’s program will feature performances by the Morgan State University Choir and the Gettysburg Children’s Choir. The annual Living the Dream Award, co-sponsored by the YWCA and the United Way of Adams County, will be presented to a local resident who personifies King’s dream of freedom and justice for all. All proceeds from a freewill offering taken at the event benefit the Adams County Career Aid Project, which provides need-based financial aid to students pursuing higher education and/or technical training. The event is free and all are invited.

Jan. 23, 7 p.m.

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

ENCORE
ENCORE, the YWCA’s breast cancer support group, meets the fourth Tuesday of each month at 6:30 p.m. in the Community Room. Breast cancer survivors and caretakers are welcome. For more information, email Deb Geesey at dgeesey@ywcagettysburg.org.

No meeting in December
Tuesday, Jan. 24, 6:30 p.m.: Dr. Del Corral, presentation on plastic surgery
Tuesday, Feb. 28, 6:30 p.m.: Julie Falk, exercise class, chair yoga
A Celebration of Exceptional Women

YWCA Callie Awards

2017 Nomination Form

The YWCA Gettysburg & Adams County is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom, and dignity for all. Through the Callie Awards, we seek to recognize the significant achievements of women in various fields of service, including but not limited to: Business/Agriculture, Education, Advocacy, Racial Justice, Health/Wellness/Human Services, and Community Service, with special consideration granted to other areas of public service. In 2017, up to five women will be recognized for demonstrating excellence in their fields [4 Adams County women and 1 Young Woman Award].

NOMINEE:

Address:

Phone (Home): ___________ Phone (Work): ___________ E-mail: ___________

AWARD CATEGORY: check the appropriate category [only one] for your nominee:

☐ Young Woman (high school junior—college senior) ☐ Education ☐ Racial Justice
☐ Business/Agriculture ☐ Advocacy ☐ Community Service
☐ Health/Wellness/Human Services ☐ Other: ___________________________

SUMMARY: Please provide a one-sentence statement describing the contributions for which the Nominee should be honored:

________________________________________________________________________

________________________________________________________________________

NOMINATOR: Name:

Organization [if applicable]:

Address:

Phone (Work): ___________ Phone (Home): ___________ E-mail: ___________

NARRATIVE STATEMENT: Please attach a narrative statement [typed] that describes the activities and contributions to the community that make the Nominee deserving of recognition. Please be specific. In your narrative, please explain how the candidate addresses the criteria below. Limit statement to two 8½” x 11” pages double-spaced.

In order to qualify for a Callie Award, a woman must:

- Reside in Adams County for a minimum of five years
- Demonstrate excellence, creativity, and initiative in her field.
- Demonstrate a significant level of commitment and leadership to professional or community service.
- Demonstrate a commitment to serving Adams County and improves the quality of life for others.
- For Young Woman, candidate must be a current resident of Adams County for more than five years OR a student at HACC, Gettysburg College or the Lutheran Theological Seminary.

If selected, your nominee will be asked to submit a photo to be used in the 2017 Callie Award Publication created in honor of the volunteer nominees and recipients. There is no need to submit a photo with the nomination form.

NOMINATION DEADLINE: Must be received by Noon on Friday, December 9, 2016

Please mail to: YWCA Gettysburg & Adams County 909 Fairfield Road Gettysburg PA 17325

Questions? Call (717) 334-9171 ext. 124 or E-mail Deb Geesey at dgeesey@ywcagettysburg.org
learn to swim

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

**Level 1:** Does not know how to swim  
**Level 2:** Can float on their front and back independently  
**Level 3:** Can tread water independently

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**Session 12: Registration closes Nov. 30**  
Dec. 2, 9, 16  
5:30 - 6 p.m. Ages 4 and 5 Level 1  
6 - 6:30 p.m. Ages 4 and 5 Level 2  
6:30 - 7 p.m. Ages 6 to 12 Level 1  
7 - 7:30 p.m. Ages 6 to 12 Level 2 and 3  

**Rec $29**  
**Basic $49**  
**Non $54**

**Session 1A: Registration closes Jan. 4**  
Jan. 7, 14, 21  
10:30 - 11 a.m. Ages 4 and 5 Level 1 and 2  

**Rec $29**  
**Basic $49**  
**Non $54**

**Session 1B: Registration closes Jan. 10**  
Jan. 13, 20, 27  
5:30 - 6 p.m. Ages 4 and 5 Level 1  
6 - 6:30 p.m. Ages 4 and 5 Level 2 and 3  
6:30 - 7 p.m. Ages 6 to 12 Level 1  
7 - 7:30 p.m. Ages 6 to 12 Level 2 and 3  

**Rec $29**  
**Basic $49**  
**Non $54**

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parent-child swim lessons

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

**Session 1: Registration closes Jan. 4**  
Jan. 7, 14, 21  
10 - 10:30 a.m.  

**Rec $29**  
**Basic $49**  
**Non $54**

**Session 2: Registration closes Feb. 7**  
Feb. 10, 17, 24  
5:30 - 6 p.m. Ages 4 and 5 Level 1  
6 - 6:30 p.m. Ages 4 and 5 Level 2  
6:30 - 7 p.m. Ages 6 to 12 Level 1  
7 - 7:30 p.m. Ages 6 to 12 Level 2 and 3  

**Rec $29**  
**Basic $49**  
**Non $54**

**Session 2A: Registration closes Feb. 15**  
Feb. 18, 25 and March 4  
10:30 - 11 a.m. Ages 4 and 5 Level 1 and 2  

**Rec $29**  
**Basic $49**  
**Non $54**

**Session 3: Registration ends/Tryout Feb. 6 at 3 p.m.**  
Feb. 13, 14, 16, 17, 20, 21, 22, 23, 24  
3 to 6 p.m.  

**Fee $215 plus $35 to American Red Cross**

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american red cross lifeguard class

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 seven hours of course work online and 24 hours of practical skills on land and in the water. This course provides certification in Lifeguarding, First Aid, Blood Borne Pathogen Training, Administration of Emergency Oxygen and CPR/AED for the Professional Rescuer for 2 years. Try out pre-requisites are posted at ywcagettysburg.org under the aquatics tab. Call Cora at ext. 129 to schedule a tryout.

**Session 2: Registration ends/Tryout Feb. 6 at 3 p.m.**  
Feb. 13, 14, 16, 17, 20, 21, 22, 23, 24  
3 to 6 p.m.

**Fee $215 plus $35 to American Red Cross**

**Session 3: Registration ends/Tryout Feb. 6 at 3 p.m.**  
March 6, 7, 9, 10, 13, 14, 16, 17  
3 to 6 p.m.

**Fee $215 plus $35 to American Red Cross**

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ywcagettysburg.org

05
private swim lessons

Great for beginners or experienced swimmers trying to hone their skills. This is also available for children or adults with special needs. Our pool is handicap accessible. Each lesson is 30 minutes and dependent upon instructor's availability. Call Cora at ext. 129 to schedule a lesson. A $15 fee will be charged to those who schedule a lesson and do not show or cancel within an hour of the lesson.

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$24/lesson</td>
<td>$36/lesson</td>
<td>N/A</td>
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</tbody>
</table>

personal water fitness training

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 ext. 129 to schedule an appointment. A medical release form is required of all participants.

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

<table>
<thead>
<tr>
<th>Rec</th>
<th>Basic</th>
<th>Non</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40/hour</td>
<td>$60/hour</td>
<td>N/A</td>
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</table>

basic first aid/CPR for adult, child, infants

We offer this course in two different formats. One way to be certified is to take a blended learning class. The student does coursework online and takes an exam online. Then the student must attend an in-person skills session to complete the course. Another way to get certified is through the traditional classroom format of a one-day five-hour course. This certification is good for two years.

- **Blended Learning**
  - **Session 12:** Registration ends Dec. 11
  - Dec. 14: 6-9 p.m.
  - Fee $60

- **Session 2:** Registration ends Feb. 4
  - Feb. 8: 6-9 p.m.
  - Fee $60

- **Traditional Class**
  - **Session 12:** Registration ends Dec. 24
  - Dec. 30: 10:30 a.m. - 5 p.m.
  - Fee $75

- **Session 1:** Registration ends Jan. 24
  - Jan. 28: 10:30 a.m. - 5 p.m.
  - Fee $75

- **Session 2:** Registration ends Feb. 22
  - Feb. 26: 10:30 a.m. - 5 p.m.
  - Fee $75

water fitness instructor course

United States Water Fitness Association is a national certification. This is a home study course that takes about a month. It only takes 2-4 days to receive the study materials. The certification is good for 2 years. For more information or to register call 561-732-9908 or visit www.uswfa.com. After the student completes the home study course, he or she takes an eight-hour test at the YW.

- **Test date:** Saturday, Dec. 3
  - 8:30 a.m. - 4:30 p.m.
  - Fee $211

red cross lifeguard instructor class

This course will certify anyone age 17 and older who is currently certified in American Red Cross Lifeguarding, First Aid, CPR/AED. Details on the pre-requisite test are posted at ywcagettysburg.org under the aquatics tab. Call Cora at ext. 129 to schedule a tryout.

- **Session 12:** Registration ends Dec. 16
  - Dec. 19, 20, 22, 23: 10 a.m. - 4 p.m.
  - Fee $199 plus $35 to the American Red Cross for the online portion
**Movin’ & Groovin’ with Linda**  
A low-level workout in shallow water for all ages and ability levels. This is a class for people who want to strengthen their joints and increase their mobility 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 a.m. - 12:30 p.m.  
**Tuesdays and Thursdays**  
8:30 - 9:30 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.

**Deep Water with Linda**  
A medium to high level workout in deep water for all ages and ability levels. Emphasis is on walking in the water, easy range-of-motion movement for joints, simple stretching, and balance. Excellent for those with muscle or joint aches. 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**  
9:40 - 10:40 a.m.

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

**Gentle Water Yoga for Beginners with Mary**  
This is a low intensity workout focused on improving balance and muscle toning.  
**Mondays and Wednesdays**  
11 - 11:30 a.m.

**Liquid Assets with Terry**  
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.  
**Saturdays**  
9 - 10 a.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.

**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.

**Masters Swimming with Carol**  
This is for adults who would like to swim laps as a workout. This can also help prepare tri-athletes, or anyone cross training. This is also open to adults who would like to train to compete in swim meets.  
**Tuesdays and Thursdays**  
5 - 6 p.m.
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.
Feb. 21  3 p.m. - 7 p.m.

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

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

Free YW Days
The YWCA on Fairfield Road will be open to the community for free on the following days from 2 to 5 p.m.
Dec. 17, Jan. 21, Feb. 18

It Takes Two (18 months to 3 years)
This 45-minute class is designed to teach the fundamentals of gymnastics and body awareness through basic body positions and movements, as well as introduce the child to developmental skills such as listening, following instructions, and waiting their turn. Parents/guardians will be asked to accompany their child during the class to assist them in following directions, but most importantly to encourage the child to try new skills.
Tuesday 10 - 10:45 a.m. OR Friday 1 - 1:45 p.m.
Rec $24/month  Basic $29/month  Non $39/month

Preschool Gymnastics (ages 3 and 4)
This 45-minute class for boys and girls teaches the basic body shapes, positions and techniques of gymnastics on all four apparatus.
This includes beginner level skills such as a handstand, cartwheel, rolls on the floor, swinging on the bars with proper body control, walking comfortably on the balance beam and learning the proper technique for the spring board.
Tuesday 11 - 11:45 a.m. OR Friday 2 - 2:45pm
Rec $24/month  Basic $29/month  Non $39/month

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

Session A (ages 5 - 7)  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 to this class who have achieved mastery of the beginner skill set. Some skills taught include glides, squat and regrasping on bars, kicks, dips, tick/straddle jump off, start of handstand/cartwheel on beam, round-off, bridge down, back walkover, and handstand forward roll on the floor. Children will also be introduced to vaulting.
Mondays and Wednesdays  6 - 7:30 p.m.
Rec $70/month  Basic $75/month  Non $85/month
tae kwon do

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

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

recreational sports

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

The YWCA has two courts that can be reserved up to one week in advance.

**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.**

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

The YWCA has two courts that can be reserved up to one week in advance.

**Ballroom basics**
Richard and Elizabeth Stiles lead the classes in the YWCA gym.

**December:** Foxtrot; **January:** Tango; **February:** Line Dance

Fridays, 7 - 8 p.m.

**Rec/Basic/Non** $37.50 per couple

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

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

**Adult indoor floor hockey**
Open to men and women age 16 and older. Each player is required to bring his or her own stick, wrapped in white tape to protect gym floor. There must be 15 people registered or the session will be cancelled. Registration deadline is Jan. 2.

**Tuesdays, January 3- Feb. 21** 7:30-9:30 p.m.

**Rec** $30  **Basic** $40  **Non** $50
chair yoga

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

**Mondays** 10:30 - 11:30 a.m.
**Rec Free**  
**Basic** $20/month  
**Non** $36/month

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**group exercise classes**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

---

**spin-a-thon!**

Join us and spin your heart out! All proceeds will benefit the YWCA spin program. Registration forms will be available online and at the service desk in January. Instructor schedule TBA.

**Saturday, Feb. 11** 7:15am-Noon
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>Free</th>
<th>Basic Purchase guest pass</th>
<th>Non Purchase guest pass</th>
</tr>
</thead>
</table>

beginner cycle classes

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

<table>
<thead>
<tr>
<th>Rec</th>
<th>Free</th>
<th>Basic Purchase guest pass</th>
<th>Non Purchase guest 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.

therapeutic massage

<table>
<thead>
<tr>
<th></th>
<th>30 min</th>
<th>45 min</th>
<th>60 min</th>
<th>75 min</th>
<th>90 min</th>
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</thead>
<tbody>
<tr>
<td>Rec</td>
<td>$35</td>
<td>$45</td>
<td>$50</td>
<td>$60</td>
<td>$70</td>
</tr>
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<td>Basic</td>
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<td>$55</td>
<td>$60</td>
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<td>$80</td>
</tr>
<tr>
<td>Non</td>
<td>$45</td>
<td>$60</td>
<td>$65</td>
<td>$75</td>
<td>$85</td>
</tr>
</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.

<table>
<thead>
<tr>
<th></th>
<th>30-minute workout</th>
<th>60-minute workout</th>
</tr>
</thead>
<tbody>
<tr>
<td>30-minute workout</td>
<td>$17</td>
<td>$30</td>
</tr>
<tr>
<td>60-minute workout</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

individual workout plan

A certified personal trainer will develop an individual plan specific to your needs. Your personalized plan will be recorded on a workout sheet and you decide how long to follow the plan before meeting with the trainer for a new plan.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>One-hour session</td>
<td>$25</td>
</tr>
</tbody>
</table>

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.
YW child care - year-round enrollment!

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

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

Fairfield Elementary School
4842 Fairfield Road, Fairfield
Ages 5 - 12 years
Monday to Friday, 7 a.m. to school start; end of school to 6 p.m.

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

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

**Fee** $187/week

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

**Fee** $174/week

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

**Fee** $166/week

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

School year only, ends last week of May.

**Five days** $83/day

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

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

**Before school** $47/week

**After school** $84/week

**Before and after school** $101/week

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.

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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)
Table knives
Serrated knives (2)
Slotted spoons (4)
Gravy ladles (2)
Storage containers
Swiffer wet mop
Washcloths
9×13 pans (4)
30-40-foot extension cord
Microwaveable table dishes

Sports and Fitness
Broom or Swiffer broom w/cloths
Wall clock(s)
First aid supplies: band aids, gauze, creams, ice packs, etc.
Racquetball racquets and balls
Basketballs, soccer balls and volleyballs
Batteries (AA, AAA, C, D)
Blow dryers

TLC
Coloring books

thank you to our generous donors

Donors (Individual)
The following donors, listed alphabetically by donor category, made gifts or pledges to the YWCA between July 1 and Sept. 30, 2016. We appreciate your generosity!

Hallmark Friends ($1,000+)
Anonymous

Charter Friends ($500-$999)
Kathy and Fred Martin

Pacesetter Friends ($250-$499)
Bev and Skip Hockley
Scott and Patricia Jaeger
Ruth L. Mink
Carolyn and Norman Nunamaker
Gail Pavlovich
Fred and Linda Schwenker
Megan L. Weikel

Sustaining Friends ($100-$249)
Sally Crist
Tim and Linda Daniel
Elizabeth Ibex
Judith Kartoz
Sharon Kuntzman
Mike and Nancy Lilley

Supporting Friends (<$100)
Jennifer Bucher
Anne Campbell
Jeff and Susan Cann
Nancy Crawford
Mary Dooley
Virginia Farkas
Deb Geesey
Wanda Geesey
Kathy Gelner
Jeanie Hanks
Alex J. Hayes and Ashley Andryshak Hayes
Brandon and Katie Heller
Paula Howard
Gail Hull
Ronnie Jones
Shelley Kemp
Diane Kierniesky
Jennifer King
Peggy Lady
Richard and Barbara Lantz
Judie Leslie
Betty Myers
Lucille Myers
Donna Nicholson
Alexis Packard
Ellen H. Piacentini
Dennis and Sharon Ranney, in memory of Joseph Hamilton
Maggie Rhoads
Bonnie Richardson
Pat Richardson
Susan Roach
Aileen Singer
Barbara Stokes
Dora Townsend
Cyndie Winkelmann
Michael and Megan Yingling
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 July 1 and Sept. 30, 2016:

Charter Corporate Friends ($5,000+)
- Adams County Community Foundation

Pacesetter Corporate Friends ($2,500-$4,999)
- Battlefield Harley-Davidson

Sustaining Corporate Friends ($1,000-$2,499)
- ACNB Bank
- Knouse Foods Cooperative, Inc.

Supporting Corporate Friends ($500-$999)
- Becky Smith State Farm Insurance
- Emmitsburg Veterinary Hospital
- Golden Living Center-Gettysburg
- Hull's Electric Service, Inc.
- Shipley Energy/Energy Objective

Contributing Corporate Friends (<$500)
- Gettysburg Pediatrics
- Hartman and Yannetti, Attorneys at Law
- Hoss's Steak and Sea House
- Kennie's Markets
- Rarrick Orthodontics

In-Kind Donors
- Jennifer Bowman
- Dave Coshun
- Robert Cutter
- Jonathan Howe
- Jim Rodgers
- Spirited Ladies Shoppe
- Sue and Bob Weaner
- Heather Yoder

Thank you to our generous donors

Check in & win!

February is member appreciation month at the YWCA!

All of our members who check in to the YW on Facebook between Feb. 1 and 28 will be automatically entered to win a Fitbit Charge 2™ Heart Rate + Fitness Wristband.

The more often you check-in, the more chances you have to win! Winner will be notified March 1 and he or she will choose the size and color.

YWCA staff members and their immediate family are ineligible.
## fees

### rec pass fees

<table>
<thead>
<tr>
<th></th>
<th>Youth (under 13)</th>
<th>Junior 13-17</th>
<th>Adult (18-59)</th>
<th>Family</th>
<th>Senior</th>
<th>Senior Family</th>
<th>Single Parent Family</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Joining Fee</strong></td>
<td>$25</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
<td>$50</td>
<td>Waived</td>
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<tr>
<td><strong>Annual</strong></td>
<td>$290</td>
<td>$313</td>
<td>$443</td>
<td>$660</td>
<td>$357</td>
<td>$552</td>
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<tr>
<td>6-month</td>
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<td>$167</td>
<td>$236</td>
<td>$356</td>
<td>$191</td>
<td>$296</td>
<td>$296</td>
<td>$178</td>
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<tr>
<td>3-month</td>
<td>$83</td>
<td>$88</td>
<td>$125</td>
<td>$189</td>
<td>$101</td>
<td>$158</td>
<td>$158</td>
<td>$96</td>
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<tr>
<td>One month</td>
<td>$31</td>
<td>$33</td>
<td>$46</td>
<td>$70</td>
<td>$38</td>
<td>$59</td>
<td>$59</td>
<td>$36</td>
</tr>
<tr>
<td>Monthly rate w/bank draft</td>
<td>$28</td>
<td>$30</td>
<td>$42</td>
<td>$63</td>
<td>$35</td>
<td>$54</td>
<td>$54</td>
<td>N/A</td>
</tr>
</tbody>
</table>

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

1. **Junior memberships** - available to those 13 - 17 years old or high school students
2. **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 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 (not senior family). (C) Elderly parents living with and dependent upon an adult child may be included in a regular family membership purchased by the adult child (d) Physically or mentally handicapped adult children living with or being cared for by their parents or persons (as defined above) acting as parents may also be included by that person(s) on a regular family membership
3. **Single Parent Family** is defined as a single-income family with children, headed by a parent who is widowed or divorced and not remarried, or by a parent who has never married. Children are eligible as defined in a family definition.
4. **College** is for students who are enrolled in at least 12 credit hours at an institution of higher learning. Proof of current enrollment required.
5. **Joining fee** is a one time fee unless a rec pass lapses 30 days or more.
6. **Active members of the military** receive 20 percent off of memberships

### rec pass benefits

#### fitness center
- 65 cardio and weight training machines, sauna, free weights, and separate circuit training room—voted **Best Fitness Center in Gettysburg**
- **unlimited group exercise classes**
  - shape up by choosing from more than 30 classes offered each week including Zumba, yoga, pilates, and more
- **indoor heated pool and whirlpool**
  - 25-meter heated indoor pool with lap lanes; 12-person whirlpool
- **unlimited water fitness classes**
  - low-impact exercise for all fitness levels: arthritis, deep water, cardio, strength, stretching and water yoga

#### 2 indoor racquetball courts
- racquet and ball use included

#### unlimited cycle classes
- a fast-paced indoor ride

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

#### gymnasium
- play basketball, volleyball, and more

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

#### free guest passes with purchase of annual membership
- five with individual membership and 10 with family membership

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

### guest fee

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

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

<table>
<thead>
<tr>
<th></th>
<th>Youth (under 13)</th>
<th>Junior (13 - 17)</th>
<th>Adult (15 - 59)</th>
<th>Family</th>
<th>Senior (60+)</th>
<th>Senior Family</th>
<th>Single Parent Family</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>$30</td>
<td>$40</td>
<td>$40</td>
<td>$110</td>
<td>$30</td>
<td>$50</td>
<td>$60</td>
<td>$40</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 10 years while their parents are using the facility. Reservations are highly recommended. Payment is required before care is given.

- **Monday - Friday, 9 a.m. to noon**: Two infants, max of 10 children
- **Monday - Thursday, 4:30 - 8 p.m.**: One infant, max of 8 children
- **Saturday, 8 a.m. - noon**: One infant, max of 8 children

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

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!
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.

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

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

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

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

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

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

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

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

My family – my husband Bret, my son Hugh and daughter Anna – are an active bunch. Hugh and Anna love soccer. Bret plays tennis, swims, and cycles. I am blissed out on my yoga mat or in my running shoes. Best of all, we live in town, a stone’s throw away from the YWCA Gettysburg & Adams County. So when we joined the YWCA this spring it made sense -- a health-conscious family who wanted access to the YW’s beautiful outdoor pools in the summer and convenient indoor facilities as the weather gets cooler.

But my husband and I have lived in Gettysburg for fifteen years and not been members of the YWCA. Why did we join now?

We joined because women dedicated to improving our community reached out and asked. There is power in asking a direct question.

In their question I learned about the mission of the YWCA, to eliminate racism and empower women, and I thought about how that mission goes beyond fitness facilities and beautiful swimming pools. In thinking about that mission I remembered the many times my daughter has not been believed when she tells her friends and teachers what I do for a living. “Do you mean psychologist? Pharmacist?” “No,” she tells them, “Physicist.” And I thought about the faces I see at the outdoor pool each summer and how they do not reflect the diversity of our town and county. In that mission there is much work to be done.

The work of eliminating racism and empowering women takes time. It takes resources. It means asking direct questions. And so now I play it forward and ask a direct question of you. Will you support the YWCA and its mission with a year-end gift?

Sincerely,

Sharon Stephenson
YWCA Board Member

Consider giving your Friends gift directly to the Adams County Community Foundation, dated November 15th, as part of the annual Giving Spree. The foundation will match a percentage of your donation, increasing your gift to our YWCA!

Yes, I want to be a Friend to the YWCA Gettysburg & Adams County with my gift.

☐ $1,000 — Hallmark Friend
☐ $500 — Charter Friend
☐ $250 — Pacesetting Friend
☐ $100 — Sustaining Friend
☐ $50 — Supporting Friend
☐ $35 — Contributing Friend
☐ _______ Other Amount

☐ A check for my total gift is enclosed.

☐ Please charge my credit card
☐ Charge my full gift amount.
☐ Charge my credit card monthly beginning on (date) ______ and ending on (date) ______

Card Number ____________________________ Expiration Date __________

Signature ____________________________ Date __________________

Please make checks payable to YWCA Gettysburg & Adams County. Your gift is tax deductible as allowable by law.

909 Fairfield Road
Gettysburg, PA 17325
717-334-9171
ywcagettysburg.org
Free personal locker!

You are more likely to come to the gym after work if you do not have to worry about packing a complete bag in the morning! It’s less hassle.

We want you to meet, and beat, your personal goals!

Renew, upgrade or purchase an annual membership and receive a 1/2 size locker rental for the duration of your membership

See Service Desk for details. Locks not provided. Must renew, upgrade, or purchase new annual membership between Dec. 1, 2016 and Feb. 28, 2017. One half-size locker per membership while supplies last.