



FALL SESSION

September – December 2023

425 Lafayette Street | Waterloo, Iowa 50703 | (319) 234-7589 | ywca@ywcabhc.org | facebook.com/ywcabhc

NEW WEBSITE *Coming soon!*



**eliminating racism
empowering women**

ywca

Black Hawk County

YWCA Mission Statement

YWCA Black Hawk County is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

YWCA Vision Statement

Cedar Valley women and girls are strong, impactful leaders and instruments of change in their community, creating opportunities and providing resources for all to reach their greatest potential.

Fall Building Schedule

Control Center Hours:

M, T, W, Th 6:30 a.m.–7:00 p.m.
F 6:30 a.m.–4:00 p.m.
S 7:00 a.m.–10:00 a.m.
7:00 a.m.–12:00 p.m. (w/ swim lessons)
Closed Sunday

Front Desk Hours:

M, W, Th 8:00 a.m.–7:45 p.m.
T 8:00 a.m.–7:00 p.m.
F 8:00 a.m.–6:30 p.m.
Closed Saturday and Sunday

Building Closings:

September 4 (Labor Day)
November 23-26 (Thanksgiving)
December 22-25 (Christmas)
December 30-January 1 (New Year's)

CONTENTS

- 2-5 Events & News
- 6 Childcare Services
- 7 Youth & Family Services
- 8-11 Health & Wellness
- 12 Building Schedule
- 13 Policies
- 14-15 Donors
- 16 Kitchen Remodel



Fall Fundraiser Bridge of Money

September 14 – October 31

See page 4 for more details.

Make a difference

Join the YWCA!

See page 5 for more information.

*year-round
part-time
positions
available now*



Thank you John Deere
for our new bus!

YWCA Welcomes New Executive Director

See page 5 for more information.



Cedar Valley Women of Persimmon

On Thursday, April 13, 2023, the YWCA Black Hawk County again recognized and celebrated extraordinary women from across the Cedar Valley at our 17th Annual

YWCA Women of Persimmon. Held at the Hilton Garden Inn, the YWCA was excited to have 225+ guests join us in person for the event. A special thank you to our Premiere Sponsor, Regions Bank.

Persimmon is the orange color YWCAs across the United States have chosen to symbolize the strength and confidence of women.

More than a celebration of women, this event raised funds to support critical YWCA programs and services including:

- Before and after school childcare at Waterloo, Cedar Falls and Hudson schools.
- Character and self-esteem building programs for middle school girls.
- Parenting education and support for at risk parents.
- English language instruction classes for immigrants and refugees.
- Case management providing translation, interpretation, referrals and job assistance services for immigrant and refugee families.
- Health and wellness programming, activities, and fitness classes.

See page 2-3 for more information.

We Need You!

Please consider making a donation to support the YWCA's important programs.

See page 5 for more information.

Special Events

Cedar Valley Women of Persimmon

YWCA's 17th Annual Women of Persimmon Luncheon was a huge success thanks to sponsors and attendees

The YWCA along with 250 attendees, celebrated phenomenal women and organizations that empower women during their 17th Annual Cedar Valley Women of Persimmon luncheon.

Held on Thursday, April 13, 2023 at the Hilton Garden Inn in Cedar Falls, the award luncheon recognizes women, businesses and organizations who exemplify the YWCA mission and vision through their commitment to the community and service-before-self approach.

The event's emcee, Tara Thomas-Gettman, Strategic Communication Director for the City of Waterloo, provided entertaining and informative commentary as she congratulated all of the nominees for their impressive accomplishments. Cindy Mohr, YWCA Executive Director provided a brief overview of the YWCA's history and programs and joined Tracey Schatz, YWCA Board of Directors President, and Diane Meggers, Vice President, in presenting the Women of Persimmon awards. YWCA program participants Qulishia Williams, Hattie Timmer, and Mindy Sternhagen, moved the audience with their personal stories of how YWCA programming had positively impacted their lives.



Speakers (L-R): Mindy Sternhagen, Qulishia Williams, & Hattie Timmer

Women of Strength Tributes

Again this year, people in the community paid tribute to women who have made a positive impact in their lives. Tribute recipients were mentioned in the Women of Persimmon program and received specially designed bookmarks.

TRIBUTES WERE MADE TO THE FOLLOWING WOMEN:

In Honor of **Mona Knoll** by *Robbie Fye Leach*
 In Honor of **Peg O'Rourke** by *Robbie Fye Leach*
 In Honor of **Tammy Carolan** by *Robbie Fye Leach*
 In Honor of **Melissa Lippmann** by *Robbie Fye Leach*



Award Recipients were:

Front (L-R): Hillery Oberle, Desirae Holmes & Tanya Warren

Back (L-R): Hawkeye Community College (Susan Haubner) & Lexi Gause



2023 Women of Persimmon nominees were:

Front (L-R): Jesse Cosby Center (represented by Debra Hodges-Harmon); Lexi Gause, Desirae Holmes; Tanya Warren; Jeanne Olson; Dusky Steele, & Lisa Sesterhenn

Back (L-R): Chiquita Loveless; Susie Hines; Maggie Watkins; Hawkeye Community College (represented by Susan Haubner); Barbara Anderson; & Shipt Youth (represented by Kristin Kruse & Lori Dale)

Not Pictured: Jean Hoy & VGM Group

Recipients of Women of Persimmon awards were:

Tanya Warren - Professional Woman - Tanya is the Head Coach of UNI's Women's Basketball team and a 3-time MVC Coach of the Year, with her team ranking yearly in the top 25 nationally for their GPA. She assists each young woman to navigate life circumstances and facilitates much needed discussions in regards to racial reconciliation, equality, and inclusion.

Jeanne Olson - Volunteer - Jeanne is a retired Nurse Manager from Cedar Valley Breast Cancer Center, who now volunteers at Bambinos Bakery to raise funds for the Beyond Pink TEAM. She holds the position of treasurer for the Beyond Pink TEAM and is also a member of their Leadership Council. She is on the planning committee for Pink Ribbon Run, volunteers weekly for Community Meals, funeral service dinners, and does Bereavement Ministry with her church, Queen of Peace.

Lexi Gause - Young Woman of Tomorrow - Lexi is a BSW student at UNI serving as the President of the UNI Black Student Union and the VP of Member Engagement and Retention of the UNI Ambassadors. She is a member of the UNI Textbook Equity Advisory Board, works through the Thrive Mentoring Program, is a Success Coach at the UNI Learning Center, and is employed as the Student Programming Coordinator with UNI's Center for Multicultural Learning. She was also selected to be the Newman Civic Fellow.

Desirae Holmes - Youth Advocate - Desirae is a sexual assault advocate with Riverview Center where she evaluates how trauma can impact identity in youth. She has supported many young survivors to gear their focus, resilience, and strength towards raising awareness about sexual assault and mental health on a systemic level through activities and advocacy.

Hawkeye Community College - Organization that Empowers Women - With a mission of "empowering students, strengthening businesses and enriching communities" they support both students pursuing more education to better themselves and businesses wanting more training for their employees. Their "Women's Leadership & Empowerment Conference" brings together women from different industries and backgrounds to discuss issues facing women in business and how to successfully support each other.



Special Events (continued from p.2)



Hillery Oberle receives the 2023 Jean Parker YWCA Woman of Persimmon Award

Hillery grew up outside of Brookings, South Dakota. She earned a BA in International Studies, a Bachelors of Journalism and a MA in Geography from the University of Missouri. She met her husband at the University of Missouri where they were both graduate Teaching Assistants, and have been married since 1999. They moved to Cedar Falls in 2005, and her first job was at Aerial Services, Inc. She then started at UNI where she was a Pre-Award Specialist at UNI's Office of Sponsored Programs. From there she worked her way up into her current position at the UNI Foundation, Assistant Vice President for Strategy, Communications, and Campaigns.

The UNI Foundation's goal is to fundraise to support all parts of the university and every aspect of campus life. Through her current role, she is recognized for her work on "big ticket" items, but it's the less splashy but highly impactful work she does that inspires and motivates her, especially when it directly supports UNI students or helps fledgling projects. Over the years she has recognized the financial barriers and challenges many students encounter

and mobilized support from the university to assist them on their journey to graduate. She has a passion for music and the arts, and goes the extra mile to support efforts in these areas. This support sometimes requires a considerable commitment to generate a small amount of money, but it is often where a small amount of money has the greatest impact. A philosophy that no doubt led her the YWCA.

Hillery joined the YWCA in 2016 when she was elected to serve on the Board of Directors. During her six years on the Board, she served one year as Vice President and three years as President. While on the Board, she served on the Finance Committee, and the Nominating committee and chaired the by-laws review committee. She also chaired the campaign feasibility committee, where she led the YWCA through the process of choosing a capital campaign consultant and completed a feasibility study for Phase 2 of our Preserving the Past – Ensuring the Future capital campaign, only to have the campaign slowed by the difficult times of Covid-19 shut downs and re-openings and the civil unrest felt across our country and community. Currently, she serves on the YWCA's Investment Committee and served on the search committee for the new executive director. Hillery and her husband are members of our 1884 Society, our giving club for donors of more than \$500 a year and they are financial supporters of the YWCA's capital campaign.

The YWCA is not the only community organization that has or does benefit from Hillery's involvement - she volunteered for several years with the Cedar Falls Planning and Zoning Commission and she currently serves on the Exceptional Persons Inc. Foundation board. She has helped fundraise for David O'Shields, a UNI affiliated filmmaker who produced a well-known documentary on tallgrass prairies and more recently premiered a film on the life of Iowa artist Gary Kelley. However, Hillery is not all work and no play; she balances her life with family, friends, vacations and hobbies, particularly enjoying gardening.

During her tenure as Board President, Hillery provided guidance, leadership and support at a time when the community as a whole was struggling. She led many candid discussions regarding funding, programming and personnel during which she always demonstrated that she truly understood her role – providing honest, upfront guidance and strong support. Her insight to always show the benefits to the community and participants strengthened our message in grants and in the capital campaign philosophy and materials. Cindy Mohr said of Hillery, "She is strategic and planful, intelligent and resourceful. She is humorous and genuine. She is humble. She is strong, supportive and caring. She is fiercely loyal and committed to the people, organizations and causes she loves, going above and beyond in her dedication, efforts and support. She is truly persimmon".



THANK YOU!

To all of our 2023 Women of Persimmon event sponsors:

Premier Sponsor – Regions Bank

Major Sponsors – University of Northern Iowa Foundation

Friend Sponsors – Community Bank and Trust; Isle Casino Hotel Waterloo; Lincoln Savings Bank; MidWestOne Bank; and VGM Group

Partner Sponsors – Benton's Ready Mix Concrete; Bill and Brenda Bass; Beecher, Field, Walker, Morris, Hoffman & Johnson PC; Hawkeye Community College; Swisher and Cohrt, PLC; The Accel Group; The Samuels Group; University of Northern Iowa Department of Social Work; and Van Meter, Inc.

Media Sponsors – Coloff Media – 93.5 The Mix and Cruisin' KCFI; and KWWL-TV

A special note of appreciation to Nichole Diehm of Nichole Diehm Photography for photography; and Robbie Eye Leach, Peg and David O'Rourke, and Connie Cizek for creating the festive ambiance.

A heartfelt thank you to all of the attendees who came to the luncheon to celebrate outstanding women. In supporting the YWCA, you help fund vital programming and services that improve the lives of thousands of women, girls, and families each year right here in Black Hawk County.

Women of Persimmon 2024

SAVE *the* DATE



Thursday, April 11, 2024

11:30 a.m. – 1:00 p.m.

Hilton Garden Inn, Cedar Falls, IA

93.5 THE
MIX



UNI / University of Northern Iowa.

Special Events (continued from p.3)

OPEN TO THE PUBLIC

2023 YWCA Black Hawk County Annual Meeting

Thursday, September 21, 2023 / 5:30 p.m.–7:00 p.m.

YWCA Black Hawk County will hold its Annual Meeting on Thursday, August 17th in the Grace Cornish Lounge at the YWCA. The evening will celebrate the organization's accomplishments over the year and recognize board members, staff, and volunteers for their commitment to the YWCA. The program will include the introduction of the new Board of Directors and the Nominating committee; the presentation of special recognitions including the Jessica Hey (volunteer) award and the Special Friend of the YWCA and YWCA program presentations.

Beginning at 5:30 pm, you are invited to enjoy refreshments, mingle with fellow members, board members and staff. Annual meeting business and presentations will begin at 6:00 p.m.

Annual Meeting 2023 Honorees:

- **Ester Hager Staff Award—plaque**
Lucinda Mohr
- **Jessica Hey Volunteer Award—plaque**
Shayla Boyland
- **Special Friends Award—plaque**
Marlys Messingham

Board of Director:

- **BoD – 3 years – pen**
Shannon Brocka
- **BoD – Chair – plaque/gavel**
Tracey Schatz

Investment Committee:

- **Investment Committee—3 years—pen**
Natalie Burriss
Judy Benson
Chad Moine

YWCA 2023 Staff Recognitions:

- **Hired 2020–3 years—keychain**
Rick Brinkema
Jessica Ruiz Krause – YFS
Angelica Rodriguez – HWS
Anna Singlestad – Childcare
Annie Traywick – HWS
- **Hired 2018–5 years—pen**
Judy Dubois – Childcare
Jaqueline Johnson – HWS
Jim Jones – Maintenance
Joyce Legg – HWS
- **Hired 1998–25 years—picture**
Carole Dunn – HWS
Mary Yantis – Admin. Assist
- **Special Retirement Recognition**
Mary Yantis – Admin. Assist

We Are Going Digital!

In our mission to continue serving the Cedar Valley and surrounding communities, the YWCA Black Hawk County is making the step to offer our seasonal brochures sent electronically.

If you are interested in receiving a brochure via email, please contact the front desk at (319) 234-7589 to make this request. You may also email the Office Manager, Samantha Meehan at smeehan@ywcabhc.org or the Office Generalist, Aimee Erne at aimee@ywcabhc.org.



YWCA's Bridge of Money Fundraiser

September 14 – October 31

This year, we will be incorporating the Waterloo 4th Street Lighted Bridge into our fundraiser. As we peel off the various pledged amounts (\$1 through \$200), the "Bridge of Money" board in the lobby will unveil a picture of the 4th Street Lighted Bridge in Waterloo.

We hope you are excited about this "no event" event. Please "visit" the "Bridge of Money" at the YWCA and help us raise the funds our programs so desperately need at this time. We are very excited to unveil a picture of the Waterloo 4th Street Lighted Bridge as pledges are collected.

Our goal is \$20,100. You can make the difference!

▶ **If you have any questions, call Mary at (319) 234-7589.
Your support is greatly appreciated!**

Book Discussion Group 2023-24

September 18, 2023 / *The Wish* by Nicholas Sparks
October 16, 2023 / *The One-In-A-Million Boy* by Monica Wood
November 20, 2023 / *The Plot* by Jean Hanss Korelitz
January 22, 2024 / *The Maid* by Nita Prose
February 19, 2024 / *The Secrets We Kept* by Laura Prescott
March 18, 2024 / *The Last Thing He Told Me* by Laura Dawe
April 15, 2024 / *A Woman of No Importance* by Sonia Purnell
May 20, 2024 / Selection of books for the next year

Alternate Selection: *Hang the Moon* by Jeannette Walls

IRA Rollover

Another way to support the mission and programming of YWCA Black Hawk County

The Charitable IRA Rollover allows individuals age 70½ and older to make direct transfers of up to \$100,000 per year (and up to \$200,000 per year for married couples) from individual retirement accounts to qualified charities without having to count the transfers as income for federal tax purposes. Since no tax is incurred on the withdrawal, gifts do not qualify for an income tax charitable deduction, but are eligible to be counted toward an individual's minimum required distribution.

The YWCA Black Hawk County recommends contacting your professional advisor to learn all of the rules and find out how you can best take advantage of this exciting charitable opportunity.

News from Your YWCA

YWCA Black Hawk County Announces New Executive Director, Joyce Levingston



On May 11, 2023, Joyce Levingston joined the YWCA of Black Hawk County as its new Executive Director. Joyce is the first African-American Executive Director at the YWCA and we are proud to have her join us. Joyce returns to the Cedar Valley from West Des Moines where she spent the last couple of years working with youth and young moms. Her most recent position was as the Senior Program Director at the Young Women's Resource Center in Des Moines, which provided: In-school programming for young girls and young

moms ages 11-24, After-school groups, Culture-specific groups; as well as Parenting, Childbirth Education, Postpartum and Doula services.

Prior to relocating, Joyce was the 1st Director for the One City's Momentum program focusing on obtaining sustainable employment and community partnerships. Joyce also spent several years at the University of Northern Iowa as a Graduate Research Associate and was the Community Liaison for the John Deere Community Needs Assessment, completed in 2021.

Joyce has a BA in Family Services, a Master's in Leisure, Youth and Human Services and is a Doctoral Candidate for Allied Health, Recreation and Community Services, all from the University of Northern Iowa. She sits on the College of Education Board at UNI and is also a member of the NAACP Waterloo's Chapter Education Committee.

Joyce has won several awards in the community, including: Best Student Project Award for being the Founder of the Cedar Valley's Little Free Pantries, 2019 Ovation: A tribute to Iowa Women and Girls, Waterloo Courier's 20 under 40 award in 2020 and 2021 Martin Luther King Jr. Banquet Community Award for her contribution to anti-racism work in the community.

Joyce is the proud mother of 4 children and participated in our programming during her teenage years for young moms. Her children have also participated in our programming in their early youth years, so the YWCA feels like home for Joyce.

Year End Giving

Help Build a Brighter, Safer, and Healthier Future!

Now more than ever, we are grateful for the community that has supported, celebrated, and advocated for the YWCA Black Hawk County throughout the years. At a time when so many things are uncertain, we are encouraged and empowered knowing that you care about our mission, our programs, and the people we serve. Together we can continue our crucial work to support individuals and families in our community. Watch for our year-end giving letter in the mail this November.

Did you know? You can **double** the impact of your donation with a matching gift. Many employers sponsor matching programs for charitable donations. Talk to your employer today about matching a gift to the YWCA Black Hawk County!

Do you want to make an impact? Join the YWCA team!

year-round
full & part-
time positions
available now

Childcare

Provides safe, respectful, activity-oriented, child-centered, age-appropriate child care programming for preschool and elementary school aged children. **Qualifications:** Education and/or experience working with children and youth. Flexible - Work 6-30 hours per week depending on your availability. **Core program hours are:** 6:30 am-9:00 am and/or 3:25 pm-6:00 pm Monday-Friday.

To apply, send resume or application to Executive Director, Joyce Levingston at jlevingston@ywcabhc.org

For more information contact the front desk at (319) 234-7589

Child Care Assistant Director

The YWCA seeks a creative, energetic person to assist in the development, provision and supervision of child care programming at multiple before-and-after school sites and full day summer child care programs.

Requirements: BA degree in education, recreation, child development or a related field and one-year relevant experience or equivalent combination of education and experience. Must pass criminal and child abuse background checks.

Full-time, \$36,000 per year with benefits, including paid time off, health & dental insurance, retirement, etc.

Send cover letter and resume to: Joyce Levingston, Executive Director, YWCA, 425 Lafayette St, Waterloo, IA 50703 or jlevingston@ywcabhc.org.

Child Care Director

The YWCA seeks individual to oversee development, provision, and supervision of child care programming at multiple before and after school sites and full day summer child care programs.

Requirements: BA degree in education, recreation, child development or a related field preferred; 3-5 years relevant experience including supervision, scheduling, program evaluation, & licensing or equivalent combination of education and experience required. Requires excellent communication and management skills with DEI experience a must. Must pass criminal and child abuse background checks.

Full-time, \$42,000-\$45,000 per year with benefits, including paid time off, health & dental insurance, retirement, etc.

Send cover letter and resume to: Joyce Levingston, Executive Director, YWCA, 425 Lafayette St, Waterloo, IA 50703 or jlevingston@ywcabhc.org.

Health & Wellness Services

YWCA seeks individuals for part-time position(s) providing adult and youth programs and fitness classes.

Positions available include: lifeguard; adult and youth swimming and aquatic exercise instructors; adult and youth exercise class instructors.

Have a class you want to instruct? Give us a call. We are looking for new ideas to add to our offerings.

Send resume or application to Health & Wellness Director, Mindy Sternhagen at mindy@ywcabhc.org.

For a complete list of full-time and part-time positions currently available, call (319) 234-7589 or visit our website www.ywcabhc.org.

The YWCA is an Equal Opportunity Employer. Benefits include discounts on YWCA fitness programs. Must pass Criminal and Child Abuse background checks. Resumes and applications can be mailed or delivered to: YWCA, 425 Lafayette, Waterloo, Iowa 50703.

Childcare Programs

YWCA Playdays

The YWCA is pleased to offer childcare opportunities on most scheduled days off of school from 6:30 a.m.-6:00 p.m.

Breakfast, lunch, and snack provided. (Children may bring their own if preferred.)

Staff will let you know the swimming days to bring your own swimsuit and towel. (The YWCA does not provide swimsuits.)

REGISTRATION

Pre-registration is required.

To ensure adequate staffing and supplies, registrations will not be accepted after 12:00 p.m. the day before.

Walk-ins are not allowed.

(Your child will not be considered registered until payment is received. Space is limited.)

- Registration for September begins August 1
- Registration for October begins September 1
- Registration for November begins October 2
- Registration for December begins November 1

Cost for 2023-2024 Playdays:

\$40 members / \$72 nonmembers

Playdays Schedule (Sept. – Dec.)

WATERLOO

Sept 22,
Oct 12, 13
Nov 3
Dec 1, 26, 27, 28, 29
Jan 2

CEDAR FALLS

Oct 13
Dec 26, 27, 28, 29
Jan 2

HUDSON

Dec 26, 27, 28, 29
Jan 2

PLAYDAY CANCELLATION POLICY

To ensure maximum access to Playdays child care services, the YWCA maintains a strict policy regarding the cancellation of Playdays registrations. It is important for you to know these policies and your responsibilities as they determine whether or not you will be eligible to receive a partial refund of this fee, or be able to register for future Playdays. Copies of the Playdays Cancellation Policy is available at the YWCA's front desk.

There are **no refunds** for memberships, registration fees, absences, or weather delays or cancellations.

Y's Kids Before and After School Child Care

The YWCA Y's Kids Before and After School program is designed to meet the needs of parents whose schedules do not coincide with their children's school day. Although there will be time for homework and academic assistance; Y's Kids is a time for the children to unwind, relax, be creative, and enjoy the company of friends in a safe and friendly environment with positive caring adult role models. Y's Kids programs are in compliance with the State of Iowa child care regulations and the State Fire Marshal. Y's Kids staff are certified in First Aid, CPR, Universal Precautions and are trained as mandatory reporters of child abuse. Y's Kids staff have all successfully completed a State of Iowa Criminal and Abuse Record check as well as a national fingerprinting process.

Our Y's Kids programs are held at the schools listed below, making Y's Kids convenient for participating parents. A nutritious breakfast and snack are provided each day. Programs run from 6:30 a.m. to when school begins and from the time school dismisses until 6:00 pm. The Y's Kids program begins earlier on Wednesdays that have a scheduled early dismissal. You can register for care before school, after school or both.

LOCATIONS

School Age (Kindergarten and older)

The YWCA provides before and after school care for school-age children at Highland, Irving, Kingsley, Kittrell, Lincoln, Lou Henry, and Lowell in Waterloo, at Hudson Elementary and at Hansen, Lincoln, and North Cedar Elementary Schools in Cedar Falls. Only after school child care is offered at Cunningham Elementary in Waterloo.

Preschool

The YWCA provides before-and-after preschool childcare at the following Waterloo elementary schools: Highland, Lowell, and Kittrell. Only after preschool childcare is offered at Cunningham Elementary. Preschool child care is available at the schools Monday - Thursday. All-day care is available on Fridays at the YWCA from 6:30 a.m. to 6:00 p.m.

Child care for preschool students attending Hudson Elementary is available either before the morning program or after the afternoon program only.

HOW TO ENROLL

Please come to the YWCA to register. Standard costs at the time of registration include a \$20 registration fee and a \$20 YWCA annual membership fee (per child) due at time of registration. These fees are non-refundable. You must complete and return the Childcare Information Form before we can accept your registration. Preschool students are also required to submit a copy of the most current immunization record and physical.

Once all components of the registration process have been completed, your child may begin as early as the 2nd business day following the completed registration. An exact date will be provided to you at the time of registration.



YWCA CHILDCARE FEES

Y's Kids Member Prices (2023-24)

	Before School ONLY	After School ONLY	Combo
CEDAR FALLS	\$45	\$45	\$90
HUDSON	\$35	\$55	\$90
WATERLOO	\$45	\$45	\$90
WATERLOO CUNNINGHAM	X	\$55	X
WATERLOO PRESCHOOL (Mon-Thurs ONLY)	\$45	\$45	\$90
WATERLOO PRESCHOOL (+ All-day Friday) <i>*must be a registered participant in preschool before school, after school or before & after school child care Mon-Thurs</i>	\$78 (Mon-Thurs Before School ONLY + All-day Friday)	\$78 (Mon-Thurs After School ONLY + All-day Friday)	\$122 (Mon-Thurs Before & After School + All-day Friday)

Y's Kids Non-Member Prices (2023-24)

	Before School ONLY	After School ONLY	Combo
CEDAR FALLS	\$82	\$82	\$164
HUDSON	\$64	\$100	\$164
WATERLOO	\$82	\$82	\$164
WATERLOO CUNNINGHAM	X	\$100	X
WATERLOO PRESCHOOL (Mon-Thurs ONLY)	\$82	\$82	\$164
WATERLOO PRESCHOOL (+ All-day Friday) <i>*must be a registered participant in preschool before school, after school or before & after school child care Mon-Thurs</i>	\$140 (Mon-Thurs Before School ONLY + All-day Friday)	\$140 (Mon-Thurs After School ONLY + All-day Friday)	\$200 (Mon-Thurs Before & After School + All-day Friday)

Families enrolling more than one child receive a 5% discount for each child. Parents are responsible for paying for time reserved, not actual time used. Fees are not pro-rated for absences, but your cost for the week will be pro-rated for days the Y's Kids program is not scheduled to meet (i.e. school is not in session for holidays or conferences).

Reduced pricing is available for members of YWCA childcare based on household income and size. To see if you might qualify, please ask for a scholarship application form at our front desk. For our licensed childcare programs, the YWCA participates in DHS childcare contracts, JPTA, and other alternative funding sources. The YWCA must have authorization from the funding source before registering.

Space is limited. Call the YWCA (319) 234-7589 to check availability at your child's school.

Y's Kids is partially funded by Cedar Valley United Way and RJ McElroy Trust.

Youth & Family Services

PARENTING CLASSES



PASS – Parents Achieving Success with Support (FREE!):

An education and support group for parents in their 20's-30's. Participants will meet parents in similar situations, learn about child development, and school readiness. They will receive information on community resources, education, and employment opportunities. They will develop strategies for positive parenting, stress management, family stability and self-sufficiency. Childcare and transportation are provided at no cost. Participants also earn attendance points to purchase family need items.

Groups currently meet both in person and virtually, on the second and fourth Wednesdays of each month from 4:30-5:30 p.m.

For more information, contact Youth & Family Services Director, Jessica Ruiz Krause at (319) 234-7589, ext. 228 or jruizkrause@ywcabhc.org.

Partially funded by RJ McElroy Trust and Cedar Valley United Way.

MULTICULTURAL SERVICES



▶ **Servicios Multiculturales**

Nuestro personal bilingüe ofrece servicios a las familias que no hablan inglés o aquellos que trabajan con la comunidad Latina. Estos servicios incluyen traducción, interpretación, y asistencia con el trabajo. La mayoría de los servicios son gratuitos. Se pueden aplicar algunos costos.

Para servicios y ayuda, llame a Servicios Multiculturales Directora Bilingue, Melissa Villa al (319) 234-7589, extensión 240.

Parcialmente financiado por el Community Foundation of Northeast Iowa.

▶ **Clases de Inglés**

Las clases que ofrecemos son gratis para todos los que necesiten aprender Inglés. Ven y aprende inglés junto a otras personas de la comunidad. Estas clases también proveen información sobre recursos en la comunidad, actividades comunitarias, información sobre salud y bienestar, y también grupo de apoyo. Se proporciona transporte gratuito y cuidado de niños.

Lunes 6:15–7:30 p.m.
Miércoles 6:15–7:30 p.m.

Las clases se ofrecen todo el año. Puede empezar en cualquier momento. Para más información, por favor llame a Servicios Multiculturales Directora Bilingue, Melissa Villa al (319) 234-7589 ext. 240.

Parcialmente financiado por Cedar Valley United Way, el Guernsey Foundation, y el Community Foundation of Northeast Iowa.

▶ **Multicultural Services**

Our bilingual staff provides services to non-English speaking individuals and families or those working with the non-English speaking community. Services include translation, interpretation, community resource information, referrals and job assistance. Most services are free: some fees may apply.

For services and assistance, call Multicultural Bilingual Services Director, Melissa Villa at (319) 234-7589, ext 240.

Partially funded by the Community Foundation of Northeast Iowa.

▶ **Language, Advocacy, Resources & Support**

English Class: For any individual who is not proficient in English. Come and learn English together with others from the community. This group also provides community resource information, community activities, wellness information and group support. **Free transportation and child care are provided.**

Mondays 6:15–7:30 p.m.
Wednesdays 6:15–7:30 p.m.

Classes are ongoing. You can begin at any time. For more information, please call Multicultural Bilingual Services Director, Melissa Villa at (319) 234-7589 ext. 240.

Partially funded by the Guernsey Foundation, the Community Foundation of Northeast Iowa and Cedar Valley United Way.

WIZE GIRLZ



Wize Girlz is a FREE interactive program for 6th, 7th, and 8th grade girls attending a Waterloo Middle School that provides positive activities and opportunities designed to support and educate. During the school year, staff provide varied group activities which engage young women in learning, recreational, and skill building experiences. Examples of activities include; service learning projects, STEAM activities, fun with fitness, goal setting, risk prevention strategies, information from college campuses on higher education, speakers from local businesses and agencies to increase awareness on careers, and important age related issues. We are continuing a partnership with Grout Museum for monthly STEAM (Science, Technology, Engineering, Art, and Math) activities.

Girls can join Wize Girlz at any time during the school year.

Wize Girlz is free! Snacks and activities are offered at no additional cost. **Pre-registration is required for this program, space is limited.**

The YWCA will provide transportation to the YWCA after school and home at the end of the program.

Contact Youth & Family Assistant Director, Kaylee Thoma at (319) 234-7589, ext. 229 or kthoma@ywcabhc.org to register.

Partially funded by the RJ McElroy Trust, Guernsey Foundation, Cedar Valley United Way and Lincoln Savings Bank Foundation.

Health & Wellness Services



Seniors in Motion: *Focus on Your Wellness*

The YWCA, in partnership with Northeast Iowa Area Agency on Aging, offers seniors a twice weekly fitness class. Senior center sites are continuing to reopen, please watch for updates for a location near you and join us in person for a 30-minute class that includes exercises that will help you improve your strength, flexibility and balance.

If you are interested, please email Health & Wellness Director, Mindy Sternhagen at wellness@ywcabhc.org to find out how to participate!

YWCA Health & Wellness staff are here to support you.
Our team will help you reach your goals!

Know Your Numbers **FREE!** (with membership)

- Measure and track your:
 - body fat percentage
 - body mass index (BMI)
 - blood pressure
 - height and weight
- Ask questions and receive personalized advice to help you reach your fitness goals.

Body Shop 101 **FREE!** (with membership)

- Learn how to use the cardiovascular and weight equipment to get the most out of each exercise experience.

Personal Training

- Every session is designed just for you based on your personal fitness needs and goals.
- Personal training is for everyone! If you're new to working out, getting back in shape, or tired of hurting when you get out of bed, personal training sessions can help.
- When you work with a Personal Trainer, you are supported to achieve results faster and prevent injuries.
- 1 session for \$30 member / \$55 non-member or 5 sessions for \$125 member / \$250 non-member.

Contact Health & Wellness Services Assistant Director, Andy Wise to schedule your appointment today: awise@ywcabhc.org

You Can Benefit from Your Insurance Plans!

The YWCA is a program site for the following plans:

- Silver Sneakers
- Renew Active
- Silver&Fit and Active&Fit

These programs are a fully-funded fitness benefit for many individuals, including Medicare members who have supplemental insurance policies that include these programs, particularly AETNA, Humana or AARP MedicareComplete® by UnitedHealthcare.

Not sure whether or not you are covered by one of these programs? Individuals can bring their insurance card to our Front Desk for a check of coverage.

Members of all the aforementioned insurance programs are entitled to our Premium Plan, which is unlimited attendance in our fitness and aquatic classes, lap swims, open plunges, plus use of our Body Shop—all at no charge to you! (See p. 11 for class descriptions and times.)

These preventative programs support positive lifestyle choices to maintain or improve your health. Help reduce your risk or symptoms of disability and disease by becoming active with us today!

CPR/AED/First Aid Classes

CPR increases the chance of survival when action is taken. Gain the skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, children and infants and the skills to provide basic first aid care for injuries and sudden illnesses until EMS arrives. Enroll in a Red Cross certified class at the YWCA that blends online coursework with an in-person skills session. These Red Cross certificates are valid for two years.

- Friday, September 22, 2023 3:00 PM – 6:00 PM
- Friday, October 13, 2023 3:00 PM – 6:00 PM
- Saturday, November 4 10:00 AM – 12:00 PM

Cost - \$60 per person

Do you have a group of individuals that need the training? Group rates are available! Contact Health & Wellness Director, Mindy at mindy@ywcabhc.org or (319) 234-7589 ext. 233 to schedule a class for your group.

Veterans and Active Duty Military Personnel—The YWCA thanks you for your service

15%
Discount

Thank you to all veterans and individuals currently serving in the military and their families. To show our appreciation for your service, the YWCA Black Hawk County offers a 15% discount on all fitness plans and classes. This benefit extends to all immediate family members.

Show proof of service when registering. We are pleased to offer this discount to those who are or have served our country.

Health & Wellness Services (continued from p.8)

Zumba M, W 6:00–6:45 p.m., S 9:00–9:45 a.m.



Have fun while getting fit by including a different type of workout in your routine! This high-energy class features exotic Latin and international rhythms. Routines are easy, energizing, and incorporate interval training that alternate fast and slow rhythms to improve your cardiovascular fitness. All ability levels are welcome. A fun way to get yourself moving!

Silver Sneakers M, W, F 10:15–11:00 a.m.



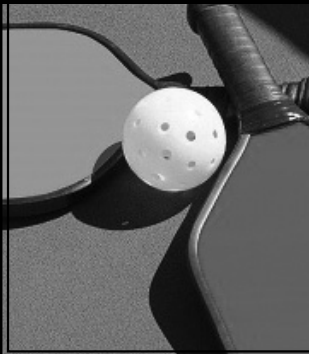
Join our class for seniors who are committed to improving their health and wellness. Utilize dumbbell weights, resistance bands, and exercise balls with a variety of seated and standing movements to strengthen your balance, increase cardiovascular endurance, improve flexibility, and so much more. This class focuses on physical and mental wellness by providing a fun and inviting atmosphere to improve your health with other friendly faces.

Yoga T 6:00–6:45 p.m., S 8:15–9:00 a.m.



Join us in the Vinyasa yoga class that focuses on the mind and body practice leading to improvement in strength, flexibility, balance, and injury prevention. This all-ability class incorporates yoga poses and breathwork in a relaxing environment.

Pickleball M, W, F 11:00 a.m.–12:30 p.m., T, Th from 10:30 a.m.–1:00 p.m.



Join us for Pickleball! Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels.

No prior registration or membership is needed to participate in this program. See our schedule for scheduled times

For more information, or to sign up for a class, call the YWCA at (319) 234-7589.



FITNESS FACILITIES

Classes are available for children, youth, adults and seniors (see p. 8-11).

Committing to a fitness class will help you commit to your health and wellness routine. Exercise in a group setting while our instructors add interest and variety to your workout. Learn proper technique in a friendly and engaging environment.

For those who want to work out independently, try our Body Shop.

Equipped with a variety of strength and endurance machines to help you achieve an excellent total-body workout, the Body Shop includes:

- Nine-station Paramount weight machine
- Leg-thigh machine
- Arm lat-pull machine
- Incline/curl bench
- Upright and recumbent bicycles
- Treadmills
- Elliptical machine
- Water rowing machines
- Dumbbells
- Stair climber
- Resistance bands
- Exercise balls

The YWCA swimming pool provides a great low-impact environment for your workout.

Try out the pool for lap swim, open plunge and aquatic fitness classes. You can utilize kick boards, water weights, fun noodles, and other equipment to enhance your workout. Our pool lift ensures all individuals have access to the pool and enjoy the freedom of movement that water makes possible.

Medical Recommendations

The YWCA HWS Department advises you to see your physician before you begin a new exercise program.

Child/Youth Leisure Classes

Tae Kwon Do ☆ *Ongoing – begin any time!*

FINANCIAL ASSISTANCE based on household income & size available on classes marked ☆.

The martial arts teach so much more than just self-defense. All good martial arts programs emphasize respect, self-discipline and etiquette. The YWCA's Tae Kwon Do program offers youth and adults an excellent form of exercise while building self-confidence. This program is ongoing, so you can start at any time and are invited to visit your first class for FREE!

CLASS/ACTIVITY	AGE	DESCRIPTION	DAY/TIME	FEES
Tae Kwon Do	5 years–adult	Learn martial arts in the traditional Korean style with Grand Master Francis Moore, 9th Degree Black Belt. Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.	Group 1: M, W, Th 5:30–6:30 p.m. (white, orange & yellow belts) Group 2: M, W, Th 6:30–7:30 p.m. (green belt & up)	\$44/mo. member; \$80/mo. non-member

Classes will resume in October!

CLASS/ACTIVITY	AGE	DESCRIPTION	DAY/TIME	FEE
Parent & Child Aquatics	6 mo.–4 years	Class provides a special time for parents and children to experience being in the water together. Parents will support their children to practice putting their faces and ears in the water and begin to float and kick with their assistance.	TBD	\$34 member \$62 non-member
Level I-A ☆ Introduction to Water Skills	4–14 years	Start with the basics. Learn to blow bubbles, practice emerging your face, holding your breath, back float and rear flutter kick.	TBD	\$34 member \$62 non-member
Level I-B ☆ Strengthening Water Skills	4–14 years	Sharpen your skills before moving on to Level 2. If your child is repeating the Level 1 class, Level 1 B would be the best choice.	TBD	\$34 member \$62 non-member
Level II ☆ Fundamental Aquatic Skills	4–14 years	Prerequisite: Level 1 or can show the ability to perform all Level 1 skills. Practice front glide with flutter kick and jumping in.	TBD	\$34 member \$62 non-member
Level III ☆ Stroke Development	6–14 years	Prerequisite Level 1 and II. Learn fundamentals of front and back crawl, freestyle, treading water, deep water adjustment, and alternating arms and legs.	TBD	\$34 member \$62 non-member
Level IV ☆ Stroke Improvement	6–14 years	Prerequisite: Level III. Develop confidence in the strokes learned thus far such as freestyle and treading water. This level will increase endurance by swimming familiar strokes for greater distances. Swim 60 feet freestyle to pass.	TBD	\$34 member \$62 non-member
Private Swimming Lessons ☆ Adult or Child	All ages	A 30-minute one-on-one session to learn and develop swimming skills at participant's comfort level. <i>By appointment only.</i>		Call (319) 234-7589 to make your appointment 30-min (1 student): \$22 member / \$40 non-member 30-min (parent/child): \$28 member / \$50 non-member 30-min (2 siblings): \$28 member / \$50 non-member 45-min (2 siblings): \$42 member / \$76 non-member



We make every effort to get everyone in a class; however, class sizes are limited to provide optimal instruction. The class schedule is tight. Please bring your child on time.

Swimming and water safety skills are useful and important for children and adults of all ages to learn. You never know when you will need them. At the YWCA, we emphasize the importance of learning and modeling water safety for all of our participants.



Adult Fitness

The YWCA Black Hawk County is now accepting new Health & Wellness participants.

YWCA Fitness provides participants with a safe, invigorating workout, striving to produce all the health benefits linked to appropriate exercise. Our instructors have been trained to provide each class with multi-level instruction. This means beginning to advanced level students can participate in classes together with everyone meeting their exercise goals.

FINANCIAL ASSISTANCE based on household income & size available on classes marked ★.

The YWCA offers a variety of fitness plans to fit your schedule.
Review registration options on p. 13, or call the YWCA to find the plan that works best for you.

Tae Kwon Do ★ *Ongoing – begin anytime!* See page 10 for more information.

	CLASS/ACTIVITY	DESCRIPTION	DAY/TIME	FEES
FITNESS CLASSES	Silver Sneakers ★	An ideal class for individuals of any age who feel like starting down the road to fitness. Each session concentrates on slow movements through the range of motion, increased circulation, moderate strengthening and improved flexibility.	M, W 10:15–11:00 a.m. <i>Only accepting Premium or Insurance Plans</i>	
	Pickleball ★	Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels.	M, W, F 11:00 a.m.–12:30 p.m. T, Th 10:30 a.m.–1:00 p.m. <i>Membership not needed</i>	
	Yoga ★	This Vinyasa yoga focuses on mind and body practice, leading to improvement in strength, flexibility and balance. This ability level class that incorporates yoga poses and breathwork to improve strength, balance, flexibility and injury prevention. Modifications are provided to accommodate various needs.	T 6:00–6:45 p.m. S 8:15–9:00 a.m. <i>Only accepting Premium or Insurance Plans</i>	
	Zumba ★	This high-energy class features exotic Latin and international rhythms. Easy and energizing. This is a fun way to get yourself moving!	T, Th 6:00–6:45 p.m. (Apr.–May) M, W 6:00–6:45 p.m. (June–Aug.) S 9:00–9:45 a.m. <i>Only accepting Premium or Insurance Plans</i>	
AQUATICS	Adult Swim Class ★ <i>Classes resume in October</i>	Never learned to swim as a child? Had a bad experience in the water once? Afraid to get your face wet? Let's "Face Your Fears Together" with this new adult swim class. Each class will be 4 weeks and focus on basic water safety and swimming skills with others who may have similar fears. Together we will help you conquer your fears? Limited to 4 adults each session. All ages welcome! 18 to 118!	TBD	\$42 / member \$62 / non-member MUST PRE-REGISTER
	Water Aerobics ★	Our most popular class! A fun, invigorating aerobic workout, in the pool. Will help improve your muscle strength, balance, and stability. No swimming ability necessary.	See building schedule <i>Only accepting Premium or Insurance Plans</i>	
POOL	Lap Swim ★	Designed for those wishing to use swimming as a form of exercise. Swimmers may swim in lanes, however, when necessary the lifeguard will initiate circles in such a manner that interruptions will be kept to minimum.	See building schedule <i>Only accepting Premium, Basic, or Insurance Plans</i>	
	Open Plunge	Designed as a period of recreation or to extend/enhance an aquatic workout.	See building schedule <i>Only accepting Premium, Basic, or Insurance Plans</i>	
	CLASS/ACTIVITY	DESCRIPTION	DAY/TIME	FEES
BY APPOINTMENT	Personal Training	Personal trainers will assist with setting fitness goals and will help you develop an effective plan to achieve those goals. The personal trainer will show you correct and safe body techniques to help you gain the maximum benefit from your workout. <i>By appointment only.</i>	Call (319) 234-7589 to make your appointment	\$30 / appt member \$55 / appt non-member \$125 / 5 appts member \$250 / 5 appts non-member

Health & Wellness Services Schedule (Sept – Dec)



Body Shop
open at
6:30 a.m.
Mon.-Fri.!

Fall Building Schedule

Control Center Hours:

M, T, W, Th 6:30 a.m.–7:00 p.m.
F 6:30 a.m.–4:00 p.m.
S 7:00 a.m.–10:00 a.m.
7:00 a.m.–12:00 p.m. (w/ swim lessons)
Closed Sunday

Front Desk Hours:

M, W, Th 8:00 a.m.–7:45 p.m.
T 8:00 a.m.–7:00 p.m.
F 8:00 a.m.–6:30 p.m.
Closed Saturday and Sunday

Building Closings:

September 4 (Labor Day)
November 23-26 (Thanksgiving)
December 22-25 (Christmas)
December 30-January 1 (New Year's)

BOARD OF DIRECTORS

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Shanterra Martin—*Treasurer*
Ashley Sanchez—*Secretary*
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Lauren Duhaime

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Jennifer Onuigbo
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Stacy Braun-Wagner
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Pat Harper

Tera O'Hare
Betty Lou Smith
Cindy Sprole
Gwen Timmerman
Cindy Wells
Mary Yantis

	POOL	GYM or BUILDING	BODY SHOP
MONDAY	6:30–7:45 a.m. Lap Swim 8:00–8:45 a.m. Water Aerobics 9:00–9:45 a.m. Water Aerobics 10:00–10:45 a.m. Water Aerobics 11:00–11:45 a.m. Lap Swim 12:00–12:45 p.m. Open Plunge 3:30–4:30 p.m. Open Plunge 4:30–5:15 p.m. Water Aerobics	8:00–9:30 a.m. Pickleball 9:30–10:00 a.m. Gym Walking 10:15–11:00 a.m. Silver Sneakers 11:00 a.m.–12:30 p.m. Pickleball 1:00 p.m.–2:30 p.m. Pickleball 2:30–5:00 p.m. Open Gym 5:30–7:30 p.m. Tae Kwon Do 6:00–6:45 p.m. Zumba	6:30 a.m.–7:00 p.m. OPEN
TUESDAY	6:30–7:15 a.m. Water Aerobics 7:15–8:00 a.m. Lap Swim 8:00–8:45 a.m. Water Aerobics 9:00–9:45 a.m. Water Aerobics 10:00–10:45 a.m. Water Aerobics 11:00–11:45 a.m. Lap Swim 12:00–12:45 p.m. Open Plunge 3:30–4:30 p.m. Open Plunge 4:30–5:15 p.m. Water Aerobics	8:00–9:30 a.m. Pickleball 10:00–10:30 a.m. Gym Walking 10:30 a.m.–1:00 p.m. Pickleball 1:00 p.m.–2:30 p.m. Pickleball 2:30–5:00 p.m. Open Gym 6:00–6:45 p.m. Yoga *	6:30 a.m.–7:00 p.m. OPEN
WEDNESDAY	6:30–7:45 a.m. Lap Swim 8:00–8:45 a.m. Water Aerobics 9:00–9:45 a.m. Water Aerobics 10:00–10:45 a.m. Water Aerobics 11:00–11:45 a.m. Lap Swim 12:00–12:45 p.m. Open Plunge 3:30–4:30 p.m. Open Plunge 4:30–5:15 p.m. Water Aerobics	8:00–9:30 a.m. Pickleball 9:30–10:00 a.m. Gym Walking 10:15–11:00 a.m. Silver Sneakers 11:00 a.m.–12:30 p.m. Pickleball 1:00 p.m.–2:30 p.m. Pickleball 2:30–5:00 p.m. Open Gym 5:30–7:30 p.m. Tae Kwon Do 6:00–6:45 p.m. Zumba	6:30 a.m.–7:00 p.m. OPEN
THURSDAY	6:30–7:15 a.m. Water Aerobics 7:15–8:00 a.m. Lap Swim 8:00–8:45 a.m. Water Aerobics 9:00–9:45 a.m. Water Aerobics 10:00–10:45 a.m. Water Aerobics 11:00–11:45 a.m. Lap Swim 12:00–12:45 p.m. Open Plunge 3:30–4:30 p.m. Open Plunge 4:30–5:15 p.m. Water Aerobics	8:00–9:30 a.m. Pickleball 10:00–10:30 a.m. Gym Walking 10:30 a.m.–1:00 p.m. Pickleball 1:00 p.m.–2:30 p.m. Pickleball 2:30–5:00 p.m. Open Gym 5:30–7:30 p.m. Tae Kwon Do	6:30 a.m.–7:00 p.m. OPEN
FRIDAY	9:00–9:45 a.m. Water Aerobics	8:00–9:30 a.m. Pickleball 9:30–10:00 a.m. Gym Walking 10:15–11:00 a.m. Silver Sneakers 11:00 a.m.–12:30 p.m. Pickleball 1:00–5:00 p.m. Open Gym	6:30 a.m.–4:00 p.m. OPEN
SATURDAY	7:00–7:45 a.m. Water Aerobics	8:15–9:00 a.m. Yoga* 9:00–9:45 a.m. Zumba*	7:00–10:00 a.m. OPEN

* See front desk for class location.

While we are no longer taking appointments for Lap Swim or Open Plunge times, we do still have a limit on how many can be in the pool at a given time. Our staff will work diligently to get everyone their time. Thank you for your cooperation.

Membership Information

At this time, we are only accepting monthly plans or insurance plans.

When you start your fitness program at the YWCA, you have several options.

Choose a class or work out independently.

To receive the lower member price, join us! See the membership information.

HEALTH & WELLNESS PRICES

Most classes are ongoing throughout the year. Start today!

MONTHLY & YEARLY PLANS

Basic Plan ☆ (Unlimited Attendance in Adult Open Plunge, Lap Swim, Body Shop, & Gym)

Adult / One month: \$40 member, \$72 non-member OR **One year:** \$420 member, \$804 non-member

Senior / One month: \$30 member, \$54 non-member OR **One year:** \$300 member, \$588 non-member

Youth (age 14-17) / **One month:** \$26 member, \$40 non-member **Must be accompanied by an adult.**

Premium Plan ☆ (Unlimited Attendance in Adult Fitness & Aquatics Classes, Lap Swim, Adult Open Plunge, & Open Plunge, plus use of Body Shop & Gym. *Adult Swim Lessons, Specialty Classes, & Tae Kwon ARE NOT INCLUDED.*)

Adult / One month: \$52 member, \$94 non-member OR **One year:** \$564 member, \$1068 non-member

Senior / One month: \$34 member, \$62 non-member OR **One year:** \$348 member, \$684 non-member

Youth (age 14-17) / **One month:** \$30 member, \$58 non-member **Must be accompanied by an adult.**

FINANCIAL ASSISTANCE ☆

Available on many YWCA programs based on household size and income. To see if you might qualify, please ask for a financial assistance / scholarship application form at our front desk.

MEMBERSHIP INFORMATION

JOIN TODAY!

- Your membership supports the YWCA Black Hawk County mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all.
- Every cent of your membership fee supports YWCA programming and services provided right here in Black Hawk County.
- Your membership ensures you access to our special discounted member rates on Childcare and Health & Wellness Services.

You may already be a member. If so, thank you! Your membership supports the work we do. If you are not currently a member of the YWCA **—now is the time to join.**

One-Year Single Memberships

Child (through age 13): \$20 / Youth (age 14-17): \$25 / Adult: \$40 / Senior (age 65 & over): \$30

One-Year Family Memberships

One parent/guardian and two children (child or youth): \$65

Two parents/guardians and two children (child or youth): \$105

Each additional child on a family membership: \$12.50

Please Note: Membership fees are not refundable.

YWCA POLICIES

The YWCA is an equal opportunity provider. The YWCA does not discriminate based on race, color, national origin, sex, religious creed, disability, age or political beliefs. Specific program or collaboration information is posted on lobby bulletin board.

Positive Environment for All

- To help ensure a positive experience for everyone while at the YWCA, offensive, aggressive, and/or negative behavior or language will not be tolerated. Unacceptable behavior is cause for dismissal from the YWCA. In such cases, membership and program fees are non-refundable.

Children and Youth

- For the safety of all, children and youth in the YWCA building or on the grounds must be under the direct supervision of their parents or an adult accompanying them, or they must be participating in a YWCA class or program.
- The Body Shop is open to men and women 18 years and over.
- Youth aged 14-17 years may use the Body Shop when accompanied by their parent(s) or guardian(s). Children under 14 are not allowed in the Body Shop.
- For safety reasons, children/youth under 18 must not accompany parents during workouts unless they are enrolled in the class or activity.
- Anyone under the age of 18 must be accompanied by a parent or adult guardian when receiving and using a free pass.
- Proof of age will be requested when a membership or day pass is purchased.

Sign In, Registration and Payments

- All participants must sign in and out, either at the Control Center or with the class instructor.
- YWCA members must present their current membership card when signing in at the Control Center, registering for classes or purchasing activity cards. Lost cards can be replaced for \$1.
- The YWCA reserves the right to limit class size.
- Full payment must be made at registration.
- The YWCA charges a \$25 processing fee for all returned checks. Any unpaid returned checks and related fees will be deducted first from any future payments received.
- All outstanding balances owed to the YWCA must be paid in full before any family member can register for any YWCA program, class or activity.

Attire

- In the Body Shop, athletic shoes and attire are required. No swimsuits.
- In the pool, appropriate swimming attire is required. Shirt and shorts may be allowed, but no cut-offs. Preschoolers must wear plastic pants or training pants with tight fitting legs, unless toilet trained. No cloth diapers, disposable diapers, or other substitutes allowed in the pool.

Locker Rooms

- Use of the locker rooms is available at no charge to members and paying guests. Locker keys are checked out at the Control Center and must be returned when you sign out.
- Children age 5 and older should use the locker room for their own gender. For families, there are individual men's and women's

bathrooms located by the Body Shop that are available for your use.

Swimming Pool

- Swimming is allowed only when there is a lifeguard on duty.
- For open plunge and lap swims, children under 14 years old must be accompanied by someone 18 years or older. This person must be in the water with the child or children.
- Children 5 years and under need to have Touch Supervision; parent/guardian is within arm's reach of child.
- For groups of children 14 and under, at least one adult (18 or older) must be present in the pool for every six children.
- In accordance with the American Red Cross guidelines, only children 6 months or older are allowed in the YWCA pool.
- Horseplay such as running, splashing, shoving or dunking is not permitted.
- No diving is allowed in the shallow end of the pool.
- During Open Plunge: air mattresses or similar floatable devices are not permitted. Balls, Frisbees, or other throwable equipment are not permitted.
- Only properly-fitted Coast Guard-approved life jackets are allowed. No other floatation devices are allowed in the pool.
- Food and drinks (other than water) are not allowed inside the pool area.
- Be considerate of others and their individual workouts.
- All swimmers must rinse off before entering the pool area.
- Sitting, hanging, or playing on safety ropes, ramps or ladders is prohibited.
- Preschoolers must wear plastic pants or training pants with tight fitting legs, unless toilet trained. No cloth

diapers, disposable diapers, or other substitutes allowed in the pool. Changing a diaper is not allowed on the pool deck.

- Admission to the pool may be denied for any of the following reasons:
 - When an individual is observed to be unable to care for themselves.
 - Intoxication.
 - Evidence of contagious disease.
 - Open sores, wounds, blisters, rashes or stitches.
 - Excessively revealing swim suits.
 - Any condition or evidence, which, in the opinion of the staff, will jeopardize the health and safety of the general public.
- All accidents, however minor, must be reported to the lifeguard on duty.

Cell Phones, Tablets, Laptop Computers

- Cell Phone use is strictly prohibited in YWCA locker rooms and restrooms.
- Tablet and laptop use is strictly prohibited in YWCA locker rooms and restrooms.
- Cell Phone Use in Common Areas such as the Body Shop, Gym, Lobby and Meeting Rooms for the purpose of streaming music, playing games, etc., is prohibited except with the use of headphones or earbuds.
- Please do not talk on your Cell Phone while in or working out in the Body Shop. Please be courteous and take your call out into the hall or to the lobby.
- Please remember when you are making calls on your Cell Phone in YWCA common, public spaces, that you are in a public space and therefore have no expectation of privacy.

Guests

- A one day pass is available for adults (\$10), Youth, ages 14-17 for (\$5), and children for (\$3.75). This allows you to participate in adult classes and use the pool, Body Shop, and gym areas at their scheduled times. Under 18 must be accompanied by an adult.

Building Access

- Tours of our facilities are available on request. All visitors should check in at the front desk. Only program participants are allowed beyond the lobby.
- Seating is available in the lobby while waiting for program participants. No laying or sleeping on the couches, please. Loitering is not allowed in the building and entering solely for the purpose of soliciting is prohibited.
- The YWCA reserves the right to decline to rent space to any group or individual.
- Rental of the YWCA facilities by a group, organization or individual does not imply endorsement of the group's purpose or philosophy. The association assumes no responsibility for the ideas expressed in meetings conducted on its premises by individuals renting space. Any group granted space must abide by the rules of the YWCA.

Lost, Stolen or Damaged Items

- The YWCA is not responsible for any personal or corporate/organization items that are lost, stolen or damaged.

Cancellations and Refunds

- Membership and registration fees are not refundable.

- The YWCA reserves the right to cancel a program. If a class is cancelled, the YWCA will refund or credit your payment.
- Your absences from a class or activity are your responsibility, therefore, a reduction in fees is not provided when classes are missed.
- In cases of serious illness/injury or other special circumstances, the Director of the program must be notified in order to receive refund/credit. The credit will be figured from the day the Director is contacted. Credit or partial credit can be made for youth fitness and aquatic classes until the third meeting of the class.
- The purchase price of yearly plans is not refundable except in the case of injury or illness and requires a physician's documentation.
- A processing fee of \$5 and a prorated amount for classes already held will be deducted.
- Please allow up to four weeks for processing of refund checks.

Concerns

- Any individual receiving services from the YWCA has the right to express a concern and/or grievance either formally or informally, verbally or in writing, without reprisal or discrimination. Process procedures are available at the front desk.

Thank you!



In 1884, three young women came home from college with a dream—a dream to create an organization to meet the needs of women. Through the gifts of hard work and generous donations, their dream became a reality. The 1884 Society is our annual giving club that celebrates the generosity of others and enables the YWCA to increase its efforts to strengthen women and their families and works towards the goal of eliminating racism.

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The YWCA Black Hawk County appreciates the many individuals, organizations, businesses, religious institutions and foundations who have supported our mission and services. The listing below includes all who have contributed to the YWCA from July 1, 2022 through June 30, 2023. Every effort has been made to be accurate and complete in the listing of contributors and we sincerely apologize if an omission or error has been made. In the event of an error, please let us know. We sincerely appreciate the pledges and donations we have received for our Capital Campaign, Preserving the Past - Ensuring the Future. The names listed below for the 1884 Society and for contributions during the fiscal year 2023 (July 1, 2022-June 30, 2023) are for our ongoing needs, operating expenses and programming. These do not include gifts to the Capital Campaign.

CONTRIBUTORS

Marla & Curtis Edler
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Thank you!

(continued from p.14)

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by Marlys Messingham
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Kitchen Remodel

Under Construction: Coming Soon!

Because of a generous bequest from a long-time friend and supporter of the YWCA, we are excited to announce that the YWCA is moving forward with our plan to renovate the kitchen. The plan is to renovate our kitchen into a commercial kitchen space and a coffee/smoothie bar. When completed, this project could provide the following opportunities and benefits to the community and the YWCA:

- Nutrition and food preparation learning opportunities and hands on experiences for persons of all ages
- Partnerships with other community organizations who need kitchen facilities for programming that serves and supports our shared populations
- Food-based business incubator facility/opportunities for local educational institutions and entrepreneurs
- On-the-job training opportunities to support persons entering or re-entering the workforce
- Full and Part-time employment opportunities
- Relaxed and inviting space for people to meet and enjoy each other's company over coffee or a smoothie

Watch for more information to come on this project.



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INVISION