SPRING SESSION
March – May 2020
425 Lafayette Street  |  Waterloo, Iowa 50703  |  (319) 234-7589  |  ywca@ywcahcc.org  |  facebook.com/ywcahcc

SUMMER DAZE 2020
Everything Under the Sun
Summer Daze is for children ages 4-12 looking for an exciting summer!
Sign up for one week or all weeks.
See page 4 for more information.

Summer Wize Girlz
A fun, affordable summer program for girls entering grades 6, 7 or 8.
Monday–Friday, from 10:00 a.m.
to 2:00 p.m. from June 15th–August 7th, 2020.
See page 6 for more information.

Stand Against Racism
The YWCA Black Hawk County calls on community members to join
in taking a Stand Against Racism, Thursday, April 23,
through Sunday, April 26, 2020.
See page 3 for more information.

Come on in! The water’s fine!
• The YWCA offers Water Aerobics twenty times each week!
• Our pool is kept at approximately 88 degrees – Buoyancy and resistance, along with warmer water temperatures, make aquatic exercise a great choice.
• Face Our Fears Together – Register for adult learn-to-swim classes.
See pages 12 & 13 for more information.

CONTENTS...
2-3 Events & News
4-5 Childcare Programs
6-7 Youth & Family Services
8 Latino & Multicultural Services
9-10 Health & Wellness Services
11 Children’s Fitness & Aquatics Classes
12-13 Adult Fitness & Aquatics Classes
14 Health & Wellness Schedule
Persimmon, the orange color YWCAs across the United States have chosen to symbolize the strength and confidence of women. We all know extraordinary women who make a positive difference in our lives and community. On Thursday, April 16, the YWCA Black Hawk County will celebrate women at our 14th Annual Cedar Valley Women of Persimmon luncheon.

The Women of Persimmon luncheon recognizes women, businesses and organizations who exemplify the mission and vision of the YWCA to eliminate racism and empower women. Women and businesses/organizations will be recognized in the following categories:

• Professional/Business Woman
• Volunteer
• Young Woman of Tomorrow (ages 18-25),
• Youth Advocate
• Business/Organization that Empowers Women.

Everyone is welcome to attend the YWCA’s Women of Persimmon luncheon. Tickets are $35 per person, or you can purchase a table of eight for $250. If you have received an invitation, please send your reply today. If you did not receive the mailing, invitations and RSVP response cards are available at the YWCA Front Desk; by contacting Mary Yantis at (319) 234-7589 or myantis@ywcabhc.org or on our website (www.ywcabhc.org).

There is still time to be a sponsor!

The businesses and individuals who sponsor the YWCA Black Hawk County’s annual fundraising events are important partners. Your sponsorship supports the mission of the YWCA and the programs and services provided to thousands of local individuals annually. Various sponsorship levels are available. Sponsorships include reservations for the luncheon as well as your company’s name and/or logo included on our website, in the event program and in the special thank you that will appear in our next brochure.

Ready to be a sponsor? Contact Cindy Mohr at lmohr@ywcabhc.org or (319) 234-7589.

Honor a woman who has made a difference in your life.

A Woman of Strength Tribute is made in honor or memory of an outstanding woman—friend, colleague, or family member—who played an important role in your life. Honor her with a Woman of Strength Tribute!

Each woman receives a letter telling her of your special tribute along with a Woman of Strength bookmark. Acknowledgment and bookmarks for memorial tributes may be sent to the woman’s family or friend, telling them you and the YWCA recognized her in this way. Tributes will be announced at the Women of Persimmon luncheon on Thursday, April 16, 2020, so don’t forget to invite your “Woman of Strength” to the luncheon to celebrate!

To submit your tribute, use the form included in the invitation or you can download forms online at www.ywcabhc.org.

To make a tribute, become a sponsor or purchase tickets, please contact us at (319) 234-7589 or download forms from our website: www.ywcabhc.org.
### Friends of the YWCA present...

#### Annual Spring Salad Luncheon
**Tuesday, May 5, 2020 | 11:30 a.m.–1:00 p.m.**

The YWCA’s Friends Committee will host its annual Spring Salad Luncheon to raise funds to support YWCA programs and services. Cost of the luncheon is $10 per person. Reservations are encouraged but not required.

Each year, volunteers fill our buffet table with a delightful variety of salads and accompaniments. Bring your friends and enjoy lunch in the beautiful Grace Cornish Lounge or pick up a lunch-to-go. Salads will also be for sale at the end of the event.

For those who wish to stay a little longer, card games will follow until 3:00 p.m. Reservations are required for card tables.

Contact the YWCA to learn more (319) 234-7589; ywca@ywcabhc.org.

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#### YWCA programs receive funding

We are happy to announce that the following have shown their support of the YWCA, its mission, programs and its participants by awarding grant funds to us:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Foundation of Northeast Iowa</td>
<td>$15,000</td>
</tr>
<tr>
<td>Multicultural Services</td>
<td></td>
</tr>
<tr>
<td>CUNA Mutual Foundation</td>
<td>$10,000</td>
</tr>
<tr>
<td>Wize Girlz</td>
<td></td>
</tr>
<tr>
<td>Regions Bank</td>
<td>$1,000</td>
</tr>
<tr>
<td>Wize Girlz</td>
<td></td>
</tr>
<tr>
<td>Quota International of Waterloo Charitable Foundation</td>
<td>$350</td>
</tr>
<tr>
<td>Wize Girlz and Parents Achieving</td>
<td></td>
</tr>
<tr>
<td>Success with Support</td>
<td></td>
</tr>
</tbody>
</table>

The YWCA greatly appreciates the financial support from these organizations.

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#### Stand Against Racism 2020

As part of a national initiative, the YWCA Black Hawk County calls on community members to join with them in taking a Stand Against Racism, Thursday, April 23, through Sunday, April 26, 2020. The YWCA will be selling yard signs with the message – “No matter where you are from, we’re glad you’re our neighbor” in English, Spanish, Bosnian, Burmese, and French.

Display your yard sign beginning April 23 and show your support of the diversity that makes up our community. The signs are $10 each and available for purchase at the YWCA. Signs will also be available at our Women of Persimmon luncheon!

Please join with the YWCA and take this Stand Against Racism.

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#### Book Discussion Group

The YWCA Book Discussion Group meets the third Monday of the month, September through November and January through May at 9:30 a.m. at the YWCA. Participants are encouraged to read books beforehand, but discussion is very informal and everyone is welcome to attend.

Marlys Messingham is the volunteer coordinator for the group. Call the YWCA at (319) 234-7589 for more information.

- **March 16** / *A Gentleman in Moscow* by Amor Towles
- **April 20** / *The Alice Network* by Kate Quinn
- **May 18** / Selection of books for the next year

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#### YWCA Bridge Club

Card players enjoy playing bridge at the YWCA on Friday afternoons. The group is currently seeking new members and substitutes. If you enjoy playing bridge, please contact the YWCA at (319) 234-7589 for more information.

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Website: ywcaabh.org | Facebook: facebook.com/ywcaabh
Summer Daze is for children ages 4-12 looking for an exciting summer!
June 8 – August 14 (dates are tentative at this time) | Monday-Friday | 6:30 a.m. – 6:00 p.m.
Sign up for one week or all of them! Dates may change to accommodate snow days and school availability. Summer Daze programming offered at two locations—the YWCA in downtown Waterloo and an elementary school in Waterloo.

Everything Under the Sun

A little bit of this and a little bit of that. Each week will contain exciting opportunities for fun, learning, growth and relationship building. Stay tuned for further details!

Cost: $115/week members, $150/week nonmembers
Save money with a children’s membership! ($15/year for children ages 13 and under.)

Pay a $10 deposit for each week your child will attend. Weekly balances are due prior to the week(s) your child will attend.

A one time, non-refundable $15 ($30 family maximum) activity/supply fee will be collected at the time of registration.

• The YWCA is committed to including children with disabilities in our fun summer program.
• YWCA Summer Daze is a State of Iowa licensed child care program.

Summer Daze is partially funded by Cedar Valley United Way and the RJ McElroy Trust.

Parents, the decision of which program to enroll your child in for the summer is important. Please feel free to call with any questions or to arrange a meeting and tour of our building. We truly enjoy sharing our summers with area school-age children and would love the chance to share our program with you. Call Rachel Scott or Mindy Sternhagen for more information (319) 234-7589.
**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. Walk-ins are not allowed.
(Your child will not be considered registered until payment is received. Space is limited.)

- Registration for Playdays begins on the first business day of the month before scheduled Playdays
- Registration for March began February 1
- Registration for April began March 2

Cost for 2019-20 Playdays:
$32 members / $52 nonmembers

**Playdays Schedule (Mar. – Apr.)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATERLOO</td>
<td>March 16, 17, 18, 19, 20, 23 April 10, 24</td>
</tr>
<tr>
<td>CEDAR FALLS</td>
<td>March 13, 16, 17, 18, 19, 20</td>
</tr>
<tr>
<td>HUDSON</td>
<td>March 13, 16, 17, 18, 19, 20 April 10</td>
</tr>
</tbody>
</table>

**NEW PLAYDAY CANCELLATION POLICY**
*Effective December 10, 2018*

To ensure maximum access to Playday child care services, a new cancellation policy went into effect December 10, 2018. Copies of the new policy are available at the YWCA Front Desk or from Child Care Directors Rachel Scott and Mindy Sternhagen at (319) 234-7589.

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**Y’s Kids before and after school**

**REGISTRATION FOR FALL 2020-2021**
Registration for Cedar Falls & Hudson schools begins May 1, 2020, at 7:00 a.m.
Registration for Waterloo schools begins May 4, 2020, at 7:00 a.m. Space is limited. When a program becomes full, a waiting list will be established.

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 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, Lowell in Waterloo, at Hudson Elementary and at Hansen, Lincoln, and North Cedar Elementary Schools in Cedar Falls. After school programming is offered at Cunningham Elementary in Waterloo.

**Preschool**
The YWCA provides before and after school childcare at the following Waterloo elementary schools: Elk Run, Highland, and Kittrell. After school childcare is offered at Cunningham Elementary. Preschool childcare is available at the schools on Mondays, Tuesdays, Wednesdays, and Thursdays. All-day care is available on Fridays at the YWCA from 6:30 a.m. to 6:00 p.m. Before or after school childcare is provided at Hudson Elementary on Mondays, Tuesdays, Thursdays, and Fridays.

**HOW TO ENROLL**
Please come to the YWCA to register. Standard costs at the time of registration include a $15 registration fee and a $15 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.

If all elements of registration are completed and approved by noon, your child is eligible to begin in the Y’s Kids program as early as the following day.

**YWCA CHILDCARE FEES**

**Y’s Kids Member Prices (2020-21)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Mornings</th>
<th>Afternoons</th>
<th>Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEDAR FALLS</td>
<td>$39</td>
<td>$39</td>
<td>$78</td>
</tr>
<tr>
<td>CUNNINGHAM</td>
<td>x</td>
<td>$46</td>
<td>x</td>
</tr>
<tr>
<td>HUDSON</td>
<td>$29</td>
<td>$49</td>
<td>$78</td>
</tr>
<tr>
<td>WATERLOO</td>
<td>$39</td>
<td>$39</td>
<td>$78</td>
</tr>
<tr>
<td>PRE-K (w/o Friday)</td>
<td>$36</td>
<td>$36</td>
<td>$72</td>
</tr>
<tr>
<td>PRE-K (w/ Friday)</td>
<td>$72</td>
<td>$72</td>
<td>$102</td>
</tr>
<tr>
<td>PLAYDAYS</td>
<td>x</td>
<td>x</td>
<td>$34/day</td>
</tr>
</tbody>
</table>

**Y’s Kids Non-Member Prices (2020-21)**

<table>
<thead>
<tr>
<th>Location</th>
<th>Mornings</th>
<th>Afternoons</th>
<th>Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEDAR FALLS</td>
<td>$102</td>
<td>$102</td>
<td>$130</td>
</tr>
<tr>
<td>CUNNINGHAM</td>
<td>x</td>
<td>$99</td>
<td>x</td>
</tr>
<tr>
<td>HUDSON</td>
<td>$80</td>
<td>$102</td>
<td>$130</td>
</tr>
<tr>
<td>WATERLOO</td>
<td>$50</td>
<td>$90</td>
<td>$130</td>
</tr>
<tr>
<td>PRE-K (w/o Friday)</td>
<td>$88</td>
<td>$88</td>
<td>$122</td>
</tr>
<tr>
<td>PRE-K (w/ Friday)</td>
<td>$124</td>
<td>$124</td>
<td>$136</td>
</tr>
<tr>
<td>PLAYDAYS</td>
<td>x</td>
<td>x</td>
<td>$56/day</td>
</tr>
</tbody>
</table>

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.
PASS – Parents Achieving Success with Support (FREE!):
An education and support group for parents ages 20 to 35. Parents will meet others in similar parenting situations, learn more about educational and employment opportunities, develop strategies for self-sufficiency and positive parenting, and learn about child development and how to prepare their children to be ready for school. Transportation, childcare and a meal are provided at no cost. Participants also earn attendance points to purchase family need items.

Groups meet second and fourth Wednesday each month from 4:30-5:45 p.m. No pre-registration for the program is required.

For more information, contact Cyndi Ritter at (319) 234-7589.

Partially funded by RJ McElroy Trust, the Guernsey Foundation, Lincoln Savings Bank Foundation, and Quota International of Waterloo.

SUMMER WIZE GIRLZ

A fun, affordable summer program for girls entering grades 6, 7 or 8th grade.

The YWCA will be offering an activity camp for middle-school age girls, Monday – Friday, 10:00 a.m. to 2:00 p.m. from June 15th-August 7th. Building on our school year Wize Girlz program, our summer program will focus on personal health and well-being, fitness and nutrition, relationships, leadership skills, service learning projects, and STEM activities.

Summer Wize Girlz will also offer field trips to visit college campuses and businesses/agencies to expose participants to different careers and training opportunities. Lunch and transportation will be provided. There is a $25 fee which covers the entire summer program, and pre-registration is required. Participants may sign up for one week or all eight.

Call the YWCA for more information; (319) 234-7589.

Partially funded by RJ McElroy Trust, CUNA Mutual Foundation, US Bank Foundation, Regions Bank, and Quota International of Waterloo.
**YWCA POLICIES**

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 14 years or over. For safety reasons, young children may not accompany parents during workouts.
- 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 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. Short and shorts may be allowed, but no cut-offs.
- In the pool, appropriate swimming attire is required. Shirts 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.
- No swimming attire is required. Short 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.
- Food and drinks (other than water) are not allowed in 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 in the pool area.
- 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 in a public space, you are in the presence of the general public.
- The YWCA reserves the right to refuse 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.

**CultureFest 2020**

Mark your calendars for Thursday, April 2, 2020 to experience the incredible cultural diversity of the Cedar Valley through CultureFest!

The event will be held at the Waterloo Center for the Arts from 5:00-7:30 p.m. with performances beginning at 5:30.

YWCA staff serve on the CultureFest committee and assist with the planning of this event which features cultural performances, international food sampling, Waterloo Schools art exhibits, and teacher recognitions.

Remember to stop by the YWCA table to meet our staff and see what programming we have to offer.

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**Young Women on the Move Conference**

This annual interactive and engaging event will be held May 2020, providing a day full of fun and useful information for sixth grade girls in the Cedar Valley. Activities are designed to explore areas such as STEM, fitness, goal-setting and cyberbullying.

Watch for announcements at your school or check with your school counselor. Young Women on the Move is free for participants and pre-registration is required.

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**YWCA Facilities**

- Swimming is allowed only when the pool deck is required.
- Use of the locker rooms is available at the Control Center and must be returned when you sign out.
- Guests. Locker keys are checked out by the Body Shop located by the Body Shop.

**Lost, Stolen or Damaged Items**

- In accordance with the American Red Cross guidelines, only children 6 months or older are allowed in the YWCA pool.
- 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.
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**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.

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**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.
The YWCA is pleased to share that the Iowa Department of Management and Public Health has announced that the Parents Achieving Success With Support (PASS) program has earned the Iowa Family Support Credential. Iowa Family Support Credential is awarded to family support and parent education programs that are determined, through an extensive, external evaluation, to be in substantial adherence to the Iowa Family Support Standards.

Parents Achieving Success with Support (PASS) diligently worked toward meeting all of the 138 standards over the course of more than two years with the assistance of a program specialist. A peer review was conducted by trained peers from central Iowa to validate the program’s adherence to the standards. The Iowa Family Support Credential for PASS is valid for five years.

For additional information concerning the Parents Achieving Success With Support (PASS) please contact Cyndi Ritter by calling (319) 234-7589 or email at cyndi@ywcabhc.org.
Proud participant in the McElroy Trust’s World’s Greatest Spring Break for Kids

The YWCA has a Spring Break offer for you! For just $1 per person, come and swim during these special family times:

- **Monday, March 16:** 1:30–3:00 p.m.  
  3:00–4:30 p.m.
- **Tuesday, March 17:** 11:30 a.m.–1:00 p.m.  
  1:00–2:30 p.m.  
  2:30–4:00 p.m.
- **Wednesday, March 18:** 1:30–3:00 p.m.  
  3:00–4:30 p.m.

Children under 14 must be accompanied by a parent, guardian, or adult who is at least age 18. Space is limited to no more than thirty in the pool during each time.

For more information about activities during Spring Break, visit: [https://worldsgreatestspringbreak.com/attractions/](https://worldsgreatestspringbreak.com/attractions/)

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

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 is offering a 15% discount on all fitness plans and classes. This benefit extends to all immediate family members.

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

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**Blood Testing & Blood Pressure Screening**

**Tuesday, April 7, 2020 and Tuesday, May 19, 2020**

7:00-8:30 a.m. (doors open at 6:30 a.m.)

Facilitated by UnityPoint/Allen Hospital / Cost: $20

The YWCA and UnityPoint will offer a blood test at the YWCA that covers 23 individual assessments of your blood including blood sugar, triglycerides, heart/liver enzymes and cholesterol. Blood pressure screening will also be available during this time through UnityPoint Golden Care Program.

Sodium, Potassium, Glucose, BUN, Creatinine, BC Ratio, Uric Acid, Total Bilirubin, Direct Bilirubin, LD, SGOT, SGPT, Alkaline Phosphatase, GGT, Total Protein, Albumin, Globulin, A/G Ratio, Calcium, Iron, Triglyceride, Cholesterol, HDL Cholesterol, LDL Cholesterol, and VLDL Cholesterol.

Results and an interpretation will be mailed one week after the test and you are encouraged to share those results with your doctor. Your doctor may recommend this program as a low cost alternative, particularly if the tests you need are not covered by insurance.

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**Know Your Numbers**  **FREE!**

- Measure, record 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.

*Partially funded by Cedar Valley United Way*

**Body Shop 101**  **FREE!**

- Don’t be intimidated. Learn how to use the cardiovascular and weight equipment to get the most from your exercise experience.

**Personal Training**

- Let our experienced trainers motivate you!
- Every session is designed just for you. Personal trainers at the YWCA will get to know you as an individual and listen to your needs and goals.
- If you’re new to working out, getting back in shape, or tired of hurting when you get out of bed, we can help. Personal training is for everyone, not just professional athletes and movie stars. You do not need to already be in shape to start with us.
- When you work with a Personal Trainer, you are supported to achieve results faster and prevent injuries.
- One session for $25 member / $45 nonmember or five sessions for $100 member / $175 nonmember.

**Contact Syd to schedule your appointment today:**  
(319) 234-7589 or swille@ywcabhc.org.
Seniors Benefit from these Insurance Plans!

The YWCA is a Silver Sneakers Program site and a Renew Active Program site. These programs are a fully-funded fitness benefit for Medicare Members who have supplemental insurance policies that include these programs, particularly the Humana Plan or AARP MedicareComplete® by UnitedHealthcare.

Not sure whether or not you are covered by one of these programs? Seniors can bring their insurance card to our Front Desk for a check of coverage. If you have received an enrollment number from Renew Active, please bring that in with you. If you have already received a Silver Sneakers card, just complete the “Getting to Know You” form. You can begin your new fitness program immediately.

Silver Sneakers and Renew Active members are entitled to our Premium Plan which is unlimited attendance in many of our fitness and aquatic classes, lap swims, open plunges, plus use of our Body Shop—all at no charge to you! (See p. 8 for class descriptions and times.)

These preventative programs can support you to make the positive lifestyle choices to maintain or improve your health and reduce the risk or symptoms of disability and disease.

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Seniors in Motion: Focus on Your Wellness

The YWCA, in partnership with Northeast Iowa Area on Aging, offers fitness classes at 16 locations in 10 different counties. All are based in NEI3A Senior Centers. Classes are offered at no charge to participants.

This free program includes health assessments, including body mass index and blood pressure readings. Fitness classes and wellness workshops will help improve your strength, flexibility and balance. Seniors in Motion participants receive a 10% discount for any YWCA-based aquatic plan.

Seniors in Motion locations include:

Ackley (Ackley Civic Center), Cedar Falls (Cedar Falls Senior Center), Dubuque (Applewood Apartments), Eldora (Dorothy’s Senior Center Eldora), Independence (Buchanan County Senior Center), Iowa Falls (Iowa Falls Senior Center), LaPorte City (LaPorte City Senior Center), Marshalltown (Marshall County Senior Center), Maquoketa (Jackson County Senior Center), New Hampton (Chickasaw Senior Center), Tama (Tama Meskwaki Celebration Church), Waterloo (Jesse Cosby Senior Center, Liberty Manor, Senior Center at Kimball Ridge, and Walnut Court), and Waverly (Waverly Senior Center).

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GET CERTIFIED!
National Exercise Trainers Association (NETA) Workshops

Group Exercise Certification
Saturday, March 28, 2020 | 8:00 am–5:00 pm
Potential and current fitness instructors will learn basic academic and practical application of teaching group exercise. No college, science or teaching background required. Workshop registration includes a full-day review, written exam and 2-year certification.

Workshop fee: $349

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Senior Power Sunday
Sunday, March 29, 2020 | 8:00 am-1:00 pm
Should and can older adults perform power training? YES! Power training is essential for maintaining activities of daily living and enhance functional capacity in older adults. In this workshop, you’ll learn all the critical aspects of a safe and effective functional power program for older adults, including equipment, technique, moves, and contraindications. POWER up your seniors!

Workshop fee: $129

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Personal Trainer Certification
Saturday, April 18, 2020 | 8:00 am – 5:00 pm
Sunday, April 19, 2020 | 8:00 am-4:00 pm
This 2-day workshop includes: Demonstrations and practical application of one-on-one training. NETA’s expert trainer will cover exercise science review, communication skills, exercise programming, health assessments and more. Workshop registration includes, written exam and 2-year certificate. NETA’s Personal Trainer Certification is accredited by NCCA, the “gold standard” in our industry.

Workshop fee: $499 (Earlybird fee if registered before March 19, 2020: $449.)

Contact NETA: Monday–Friday 8:00 a.m.–5:00 p.m. / Phone 1-800-237-6242 / Fax: 1-763-545-2524 / www.netafit.org

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Adult, Child & Infant First Aid/CPR/AED

April 11, May 9, June 13 | 9:00am-12:00pm
Take this opportunity to become certified and knowledgeable in First Aid, CPR, and AED. You never know when you might need it. This class is recommended for parents, grandparents and young adults.

Must sign up and pay one week before class date. Space is limited. Please call (319) 234-7589 to learn more.

This class is taught in a blended learning format with 2.5 hours needing to be completed online prior to attending class in person. You must bring proof of completion of the online portion to participate in the in-person skills portion.

SIGN UP NOW!

Cost: $50 member / $60 nonmember

Need to get your employees certified? We can help. To schedule a group training, call us or email swille@ywcabhc.org.
### Child/Youth Fitness & Aquatics Classes

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>AGE</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gymnastics</td>
<td>3–4 years</td>
<td>This class will cover basic level tumbling and balance beam activities that are designed to develop body awareness and motor skills.</td>
<td>T 5:30–6:15 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td></td>
<td>5 years &amp; up</td>
<td>This class is an advanced tumbling level that also helps to develop apparatus skills. The students will be introduced to the balance beam and review skills from Gymnastics Ages 3-4.</td>
<td>T 6:15–7:00 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Intermediate Gymnastics</td>
<td>7 years &amp; up</td>
<td>This class is designed for intermediate gymnasts. Basics on apparatus will be reviewed and participants must be able to perform backbends, handstands, and cartwheels in order to pass.</td>
<td>T 7:00–7:45 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Ballet Basics</td>
<td>4–6 years</td>
<td>A class that introduces young dancers to basic positions of arms and legs required for ballet. Class will focus on developing locomotor skills through body movements such as balancing, hopping, skipping, jumping, and galloping.</td>
<td>W 5:30–6:15 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>All That Jazz</td>
<td>7–12 years</td>
<td>This class begins with a warm-up, isolations and stretching important for coordination, strength and flexibility. Young dancers will learn fundamental jazz steps and basic movement combinations accompanied by entertaining and upbeat music.</td>
<td>W 6:15–7:00 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Every Body Can Dance</td>
<td>4–6 years</td>
<td>Learn to dance! Includes ballet, jazz, hip hop and free movement. The class will teach balance, discipline and coordination while you explore the many varieties of dance.</td>
<td>W 7:00–7:45 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Level I–A Introduction to Water Skills</td>
<td>4–14 years</td>
<td>Face your water fears! Learn to blow bubbles, practice emerging your face, holding your breath, back float and rear flutter kick.</td>
<td>Th 5:30–6:00 p.m., S 9:00–9:30 a.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Level I–B Strengthening Water Skills</td>
<td>4–14 years</td>
<td>Sharpen your skills before moving on to Level 2. If your child is repeating the Level 1 class, Level 1B would be the best choice.</td>
<td>Th 6:00–6:30 p.m., S 9:30–10:00 a.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Level II Fundamental Aquatic Skills</td>
<td>4–14 years</td>
<td>Prerequisite: Level 1 or can show the ability to perform all Level 1 skills. Practice front glide with flutter kick and jumping in.</td>
<td>Th 6:30–7:15 p.m., S 10:00–10:45 a.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Level III Stroke Development</td>
<td>6–14 years</td>
<td>Prerequisite Level 1 and II. Learn fundamentals of front and back crawl, freestyle, treading water, deep water adjustment, and alternating arms and legs.</td>
<td>T 5:30–6:15 p.m., S 10:45–11:30 a.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Level IV Stroke Improvement</td>
<td>6–14 years</td>
<td>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.</td>
<td>T 6:15–7:00 p.m., S 11:30 a.m.–12:15 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Parent and Child Aquatics Class</td>
<td>9 mos–6 years</td>
<td>Parents and children have a fun time together while practicing putting their faces in water and beginning floating and kicking. Children as young as nine months welcome however, if your older child has a fear of water, this is a great class for them, too.</td>
<td>S 9:00–9:30 a.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Adult Swim Class</td>
<td>14 yrs through adults &amp; seniors</td>
<td>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 adult swim class. Class will be 4 weeks and will focus on basic water safety and swimming skills with others who may have similar fears. Together we will help you conquer your fears! All ages welcome. This adult swim class will also be offered on Monday mornings in April. See page 13 for complete listings.</td>
<td>S 9:30–10:15 a.m.</td>
<td>$40 member</td>
</tr>
</tbody>
</table>

**FINANCIAL ASSISTANCE** based on household income & size available on classes marked ★.
**Adult Fitness & Aquatics Classes**

March & April (2 months); Registration begins February 15 (classes & times subject to change)
May & June (2 months); Registration begins April 15 (classes & times subject to change)

YWCA Fitness provides participants with a safe, invigorating workout, striving to produce all the health benefits linked to appropriate exercise. Therefore, 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 while both meeting their exercise goals. This versatility in our instruction allows for greater flexibility in scheduling your workouts.

The YWCA offers a variety of fitness plans to fit your schedule. Review registration options on p. 15, or call the YWCA to find the plan that works best for you. All levels welcomed. Modifications for anyone with limitations.

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

**All aquatics classes taught by Red Cross-certified instructors.**

**YOU CAN START TODAY. All of these classes are ongoing.**

Every class on this page is included if you have the YWCA’s Premium Plan, Silver Sneakers or Renew Active plans.

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FITNESS PLANS/FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to Basics</td>
<td>Weight training program that is great for beginners and seniors. Our experienced instructors will guide you through correct techniques and forms on our Body Shop equipment to help tone muscles, increase flexibility, develop strength and maintain a healthy body.</td>
<td>T, Th 10:30–11:15 a.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Circuit Training ⊗</td>
<td>Enjoy the relaxing benefits of yoga from the comfort of a chair. Not just for beginners and seniors- a great choice for everyone who wants to improve balance, flexibility, range of motion and mindfulness.</td>
<td>T, Th 7:30–8:00 a.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Core and More! ⊗</td>
<td>Just like the title says - this class is for your core and more! With a focus on developing and stretching your core muscles, you will also work on balance, flexibility and stability. This class is the “core” of a strong sense of wellbeing.</td>
<td>T 5:30–6:00 p.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Silver Sneakers ⊗</td>
<td>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.</td>
<td>M, W, F 10:30–11:15 a.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Sunrise Sets</td>
<td>Start your morning off the right way with this moderate intensity class. You will tone and sculpt your body the way you want it to look and feel by mixing cardio with resistance training using body weight, free weights, bands and medicine balls. In our safe and judgement-free environment, all ability levels are welcome!</td>
<td>M, W, F 6:30–7:15 a.m.</td>
<td>X X</td>
</tr>
<tr>
<td>3000 X ⊗</td>
<td>In short: a great way to sweat and improve your overall sense of wellbeing- combining resistance training with everything from free weights to intense cardio. Great for all levels of fitness because we are safe, supportive and judgement-free. Each exercise can be modified to fit your individual needs.</td>
<td>M, W, F 12:05–12:50 p.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Yoga ⊗</td>
<td>Iyengar Yoga and Meditation is a slow moving, deep exploratory class that will give you the basics of vinyasa practice, a yoga method in which asana (physical poses) are presented in a sequence, flowing one to the next. This class is suitable for beginners, but open to all levels of practitioners.</td>
<td>M, W 5:00–6:00 p.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Zumba ⊗</td>
<td>This high-energy class features exotic Latin and international rhythms. Easy and energizing. This is a fun way to get yourself moving!</td>
<td>Sat. 9:00 – 9:45 am</td>
<td>X X</td>
</tr>
<tr>
<td>Arthritis Exercise ⊗</td>
<td>An exercise session designed for arthritis sufferers. A trained instructor will lead participants through exercises designed to decrease pain and stiffness, improve joint flexibility, increase muscle strength and improve balance and coordination.</td>
<td>M, W, F 10:30–11:15 a.m.</td>
<td>X X</td>
</tr>
<tr>
<td>Water Aerobics ⊗</td>
<td>Our most popular class. A fun, invigorating aerobic workout in the pool. No swimming ability necessary. Class meets 15 different days and times for you to choose.</td>
<td>See building schedule</td>
<td>X X</td>
</tr>
<tr>
<td>Adult Open Plunge</td>
<td>Designed just for adults for recreation or to extend/enhance their aquatic workout.</td>
<td>See building schedule</td>
<td>X X</td>
</tr>
<tr>
<td>Open Plunge ⊗</td>
<td>Open plunge is designed as a period of fun and recreation for members.</td>
<td>See building schedule</td>
<td>X X</td>
</tr>
<tr>
<td>Lap Swim ⊗</td>
<td>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.</td>
<td>See building schedule</td>
<td>X X</td>
</tr>
<tr>
<td>Family Plunge</td>
<td>A special time for families to spend together in fun and recreation. One family member swimming must have a current YWCA membership.</td>
<td>M, W, F 5:30–7:00 p.m.</td>
<td>X $5/family/time</td>
</tr>
</tbody>
</table>
Specialty Classes

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. It is an excellent form of exercise that also builds self-confidence. The YWCA’s Tae Kwon Do program is ongoing. You can start at any time and you are invited to visit your first class for free!

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>AGE</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Dragons</td>
<td>5 years–adult</td>
<td>Learn martial arts in the traditional Korean style with Master Brunko, 3rd degree Black Belt. Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.</td>
<td>M, W 6:45–7:45 p.m.</td>
<td>$40/mo. member; $60/mo. nonmember</td>
</tr>
</tbody>
</table>

Belly Dancing★

SESSION 1: March & April (2 months); (No class March 16) Registration begins February 15 (classes & times subject to change)
SESSION 2: May, June & July (3 months); (No class May 11, May 25, or July 6) Registration begins April 15 (classes & times subject to change)

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>Learn the basics of this beautiful, sensual, ancient dance form focusing on hip, ab, and arm movements and body isolations. A fun and stress-relieving way for women of all sizes, shapes, and ages to get or stay fit. Taught by Helen Harton.</td>
<td>M 6:00–6:50 p.m.</td>
<td>$48/member; $68/nonmember</td>
</tr>
<tr>
<td>Intermediate</td>
<td></td>
<td>M 7:00–7:50 p.m.</td>
<td>$60/member; $85/nonmember</td>
</tr>
</tbody>
</table>

Adult Swim Class★ Face Your Fears Together

SESSION I: April 6 – 27 (4 weeks), Registration begins March 16 (classes & times subject to change)
SESSION II: May 2 – 30 (4 weeks), Registration begins April 1 (No class May 23, Memorial Weekend) (classes & times subject to change)

<table>
<thead>
<tr>
<th>AGE</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 yrs – adults and seniors</td>
<td>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 adult swim class. Class will be 4 weeks and will focus on basic water safety and swimming skills with others who may have similar fears. Together we will help you conquer your fears! All ages welcome.</td>
<td>Session I: M 7:30–8:15 a.m.</td>
<td>$40 / member</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Session II: S 9:30–10:15 a.m.</td>
<td>$60 / nonmember</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Swim Lessons</td>
<td>A 30-minute one-on-one session to learn and develop swimming skills at participant’s comfort level.</td>
<td>Call (319) 234-7589 to make your appointment</td>
<td>$15 / 30-min session member</td>
</tr>
<tr>
<td>Personal Training</td>
<td>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.</td>
<td>Call (319) 234-7589 to make your appointment</td>
<td>$25 / appt member</td>
</tr>
</tbody>
</table>

Purchase any “Adult Specialty Class” listed above and receive $5 off a monthly Adult Basic or Premium Plan (p.15) during the session.
**Sprin Building Schedule**

**Control Center Hours:**
- M,W,F: 6:00 a.m.–7:00 p.m.
- T,Th: 6:00 a.m.–7:45 p.m.
- Sat: 7:00 a.m.–2:00 p.m.
- Closed Sundays

**Front Desk Hours:**
- M,T,W, Th: 9:00 a.m.–7:45 p.m.
- F: 6:30 a.m.–7:00 p.m.
- Sat: 9:00 a.m.–2:00 p.m.
- Closed Sundays

**Building Closings:**
- May 23 & 25 (Memorial Day)
- July 3 & 4 (Fourth of July)
- September 7 (Labor Day)

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**Health & Wellness Services Schedule (March – May)**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POOL</strong></td>
<td><strong>GYM or BUILDING</strong></td>
<td><strong>GYM or BUILDING</strong></td>
<td><strong>GYM or BUILDING</strong></td>
<td><strong>POOL</strong></td>
<td><strong>SUNRISE SETS AND REPS</strong></td>
</tr>
<tr>
<td>6:30–7:15 a.m.</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>6:30–7:15 a.m.</td>
<td>6:00 a.m.–7:00 p.m.</td>
</tr>
<tr>
<td>7:30–8:45 a.m.</td>
<td>Adult Open Plunge</td>
<td>Adult Open Plunge</td>
<td>Adult Open Plunge</td>
<td>7:30–10:15 a.m.</td>
<td>6:00–10:30 a.m.</td>
</tr>
<tr>
<td>8:45–9:30 a.m.</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>10:30–11:15 a.m.</td>
<td>10:30–11:15 a.m.</td>
</tr>
<tr>
<td>9:30–10:15 a.m.</td>
<td>Adult Open Plunge</td>
<td>Adult Open Plunge</td>
<td>Adult Open Plunge</td>
<td>12:05–12:50 p.m.</td>
<td>12:05–12:50 p.m.</td>
</tr>
<tr>
<td>10:30–11:15 a.m.</td>
<td>Water Aerobics</td>
<td>Arthritis Exercise</td>
<td>Preschool Swim</td>
<td>1:00–3:45 p.m.</td>
<td>1:00–3:45 p.m.</td>
</tr>
<tr>
<td>11:15 a.m.–12:15 p.m.</td>
<td>Open Plunge</td>
<td>Open Plunge</td>
<td>Open Plunge</td>
<td>4:15–6:30 p.m.</td>
<td>4:15–6:30 p.m.</td>
</tr>
<tr>
<td>Noon–1:00 p.m.</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>Lap Swim</td>
<td>5:00–6:00 p.m.</td>
<td>5:00–6:00 p.m.</td>
</tr>
<tr>
<td>1:00–4:45 p.m.</td>
<td>Open Plunge</td>
<td>Open Plunge</td>
<td>Open Plunge</td>
<td>6:45–7:45 p.m.</td>
<td>6:45–7:45 p.m.</td>
</tr>
<tr>
<td>4:45–5:30 p.m.</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>10:00–10:30 a.m.</td>
<td>10:00–10:30 a.m.</td>
</tr>
<tr>
<td>5:30–7:00 p.m.</td>
<td>Family Plunge</td>
<td>Lessons</td>
<td>Lessons</td>
<td>10:30–11:15 a.m.</td>
<td>10:30–11:15 a.m.</td>
</tr>
</tbody>
</table>

**SUNRISE SETS AND REPS**
- 6:00–10:30 a.m.
- 10:30–11:15 a.m.
- 11:15 a.m.–5:30 p.m.
- 5:30–6:00 p.m.
- 6:00–7:45 p.m.

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**Special events sometimes cancel scheduled open gym and plunge times. Please watch the building for posted signs about schedule changes. Pool rentals are available.**
Membership Information

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

- Choose a class or work out independently.
- Choose unlimited visits or pay for only the class you want.
- To receive the lower member price, join us! See the membership information below.

HEALTH & WELLNESS PRICES
Most classes are ongoing throughout the year. Start today!

MONTHLY & YEARLY PLANS

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

- Adult / One month: $35 member, $60 nonmember OR One year: $336 member, $576 nonmember
- Senior / One month: $26 member, $55 nonmember OR One year: $250 member, $528 nonmember
- Youth (age 14-17) / One month: $20 member, $45 nonmember

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

- Adult / One month: $45 member, $75 nonmember OR One year: $432 member, $720 nonmember
- Senior / One month: $30 member, $65 nonmember OR One year: $288 member, $624 nonmember
- Youth (age 14-17) / One month: $25 member, $50 nonmember

Open Gym Plan: (Unlimited Attendance in Open Gym)

- One month: $20 member, $45 nonmember OR One year: $192 member, $432 nonmember
- Child (through age 13): (Unlimited Attendance in Open Plunge & Open Gym)
  - One month: $15 member, $45 nonmember

OR PAY PER 2-MONTH CLASS SESSION!

You decide how many times per week you attend a fitness or aquatics class based on when it is offered (see listings on p.8-9). Adult Fitness & Aquatics Classes priced as follows unless otherwise noted on p.8-9.

- 1x per week (2-month session): $30 member, $55 nonmember
- 2x per week (2-month session): $55 member, $85 nonmember
- 3x per week (2-month session): $80 member, $115 nonmember

TRY A ONE-DAY PASS.

This pass allows participation in adult or youth fitness activities, adult or youth aquatics, plus use of the Body Shop and gym at their scheduled times. Child: $3.75, Adult & Youth: $5.00

JOIN US TODAY!

- Your membership supports the YWCA Black Hawk County in its 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): $15
- Youth (age 14-17): $20
- Adult: $35
- Senior (age 65 & over): $25

Family Memberships

- One parent/guardian and two children (child or youth): $55
- Two parents/guardians and two children (child or youth): $90
- Each additional child on a family membership: $10

FINANCIAL ASSISTANCE

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

FITNESS FACILITIES

Classes are available for children, youth, adults and seniors (see p.9-13).

If you are starting a new fitness program, your commitment to a class will help you make exercise a regular part of your schedule. Our instructors will add interest and variety to your workout and can help you with proper technique.

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

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

- Nine-station Paramount weight machine
- Leg-thigh machine
- Arm lat-pull machine
- Incline/curl bench
- Exercise bicycles
- Treadmills
- Elliptical machine
- Water rowing machines
- Dumbbells
- Pec deck
- Pec deck

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

Scheduling allows for lap swim, open plunge and water fitness classes, plus many more activities. Kick boards, water weights, fun-noodles, and other equipment are available for use. Our pool lift allows the physically challenged to use the pool and enjoy the freedom of movement that water makes possible.

Your first visit?

Any adult interested in becoming active in the YWCA Health & Wellness Program may participate in one activity free of charge on their initial visit. These arrangements must be pre-approved by the HWS Director. Ask us for a tour and find out how Body Shop 101 or Know Your Numbers can help get your new wellness program off to a good start.

Medical Recommendations

The YWCA HWS department advises you to see your physician before you begin an exercise program if one of the following applies to you: you are beginning an exercise program for the first time, have been inactive for a long time, are pregnant, are 25 pounds or more overweight, or are 35 years of age or older. Seeing your physician first is very important for persons with any chronic pain or illness, heart condition, or recent injury.
Do you want to make an impact but you are only available part-time?

Join the YWCA team!

**Childcare**
Provides professional, safe, respectful, caring, 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. Apply now for Before & After School care, Summer or both:

**Before & After School:** 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

Full Day Summer Childcare:
Accepting applications now for Summer 2020! June 8 – August 14. Program hours are 6:30 am – 6:00 pm, Mondays – Fridays.

To apply to either or both programs, send resume or application to Mindy Sternhagen or Rachel Scott, Childcare Director, or email mindy@ywcabhc.org or ywcakids@ywcabhc.org.

For more information contact Mindy or Rachel at (319) 234-7589

**Summer Wize Girlz Program Assistant**
Part-time summer positions facilitating youth programs and fitness classes. Positions available include: lifeguard, adult and youth swimming and aquatic exercise instructors; adult and youth exercise class instructors, etc.

To apply send resume or application to Cyndi Ritter, Youth and Family Services Director, or email cyndi@ywcabhc.org

**Health & Wellness Services**
YWCA seeks individuals for part-time position(s) hosting swim and fitness classes. Positions available include: lifeguard, adult and youth swimming and aquatic exercise instructors; adult and youth exercise class instructors, etc.

**requirements:** HS diploma/GED; have or obtain chauffeur’s license; current vehicle insurance; 26+ years of age; meet agency insurer’s standards; familiarity with Waterloo/Cedar Falls area. Approx. 5-10 hrs per week during school year and 10-12 hrs in summer. Daytime and evening hours available. $9.00/hr. Flexible schedules available.

Send resume or application to Cyndi Ritter, Youth and Family Services Director, or email cyndi@ywcabhc.org

For a complete list of full-time and part-time positions currently available, 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.