SPRING SESSION
March – May 2021
425 Lafayette Street | Waterloo, Iowa 50703 | (319) 234-7589 | ywca@ywcaabh.org | facebook.com/ywcaabh

SUMMER DAZE 2021
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.

Registration begins March 15!
Space is limited.

Summer Wize Girlz
A fun, free summer program for girls entering grades 6, 7 or 8.
Monday–Friday, from
10:00 a.m. to 2:00 p.m. from
June 14th–August 6th, 2021.
See page 6 for more information.

We Need You!
Please consider making a donation to support these important programs.
See page 2 for more information.

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

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.

More than a celebration of women, this event raises 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

Looking for a way to reclaim your energy, improve your mood, and
beat the blues that come with months of cold weather—the YWCA
has you covered!

Check out our new classes: Body Blast, Power Hour, and Zumba;
designed to get you motivated and moving.
More information about these classes on page 9.

And don’t forget our “tried and true” class offerings.
More information about these on page 11.

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Spring Building Schedule

Control Center Hours:
M, W 6:30 a.m.–5:30 p.m.
T, Th 6:30 a.m.–7:00 p.m.
F 6:30 a.m.–4:30 p.m.
Sat 8:00 a.m.–12:30 p.m.
(Only when swimming lessons are in session.)
Closed Sunday

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

Building Closings:
May 29–31 (Memorial Day)
July 3–5 (Fourth of July)
September 4–6 (Labor Day)

PHOTO

PHOTO

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And don’t forget our “tried and true” class offerings.
More information about these on page 11.
2021 marks our 15th year of recognizing extraordinary women—
Past Award Recipients by category and in order of year (2007 – 2020)

Professional Woman—Belinda Creighton-Smith, Kim Young-Kent, Charletta Sudduth, A’Lisa Walker, Julie Pitzen, Mary Ann Burk, Lisa Muñoz, Jean Trainor, Inez Murtha, Beverly Smith, Emily Girsch, Alicia Smiley, LaTanya Graves, Jennifer Christiason

Volunteer—Susie Heaton, Crystal Buzza, Christine Carpenter, Barbara Brown, Uyntha Duncan, Patricia Harper, Marcia Griffin, Myra Boots, Kristina Mehmen, Barbara Prust, Endya Johnson, Melanie Knipp, Maureen White, Doris Kelley

Young Woman of Tomorrow—Laura Edwards, Alesha Jones, Nikki Ann Bornong, Sunni Swarbrick, Amy Costliow, Olivia Hottle, Zohha Tariq, Larissa Crain, Victoria Hurst, Hsae Meh, Vanessa McNeal, Maggie Miller, Nivinia Brownson, Hannah Bockhaus


Jean Parker YWCA Woman of Persimmon—Jean Parker, Betty Steege, Maxine Davenport, Jane Teaford, Jeannette Argotsinger, Cindy Wells, Shanlee McNally, Liz Conklin, Lynn Blair-Broeker, Brenda Bass, Sue Doody, Susan Janzen, Mary Adams, Robbie Fye Leach

2009 YWCA Woman of Persimmon (special recognition)—Pauline Barrett

YWCA programs receive funding

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

Community Foundation of Northeast Iowa
Multicultural Services $17,500

Max and Helen Guernsey Charitable Foundation
Parents Achieving Success with Support $15,000
Language, Advocacy, Resources & Support $15,000

R. J. McElroy Trust
Youth Programs $25,000

Lincoln Savings Bank Foundation
Wize Girlz $1,000

Quota of the Cedar Valley
Parents Achieving Success with Support $350

Black Hawk County COVID-19 Cooperative Disaster Response Fund
Sanitizing Equipment & Supplies and PPE Supplies $5,474

The YWCA greatly appreciates the financial support from these organizations.
**News from Your YWCA**

**Do you want to make an impact but you are only available part-time?**

**Join the YWCA team!**

**Health & Wellness Services**

YWCA seeks individuals for part-time position(s) providing adult and youth programs and fitness classes. Qualifications: Education and/or experience working with children and youth. Apply now for Y’s Kids Before & After School care, Summer Daze or both:

Send resume or application to Jessica Ruiz Hemmen, Youth and Family Services Director, or email jessica@ywcabhc.org

**Part-Time Driver**

YWCA seeks individuals to transport participants in agency vehicles, beginning in summer.

**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 Jessica Ruiz Hemmen, Youth and Family Services Director, or email jessica@ywcabhc.org

**Summer Daze Full Day Summer Childcare:**

Accepting applications now for Summer 2021! June 7 – August 13. Program hours are 6:30 am–6:00 pm, Mondays–Fridays.

To apply to either or both programs, send resume or application to Childcare Directors Mindy Sternhagen or Rachel Scott 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 activities for 6th-8th grade girls. Youth group experience preferred. Activities will include crafts, fitness, guest speakers and field trips. Program hours 10:00 am–2:00 pm., Mondays–Fridays.

Send resume or application to Jessica Ruiz Hemmen, Youth and Family Services Director, or email jessica@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 Syd Wille, Health and Wellness Services Director, or email swille@ywcabhc.org

**Stand Against Racism 2021**

**Excerpt in part from YWCA USA website—**

YWCA USA’s 15th annual Stand Against Racism campaign will take place April 22–25, 2021. YWCA USA theme this year is From Declarations to Change: Addressing Racism as a Public Health Crisis. Structural racism plays a large role in determining the conditions in which people are born, grow, work, live, and age. These factors affect people’s access to quality housing, education, food, transportation, political power, and other social determinants of health. Understanding and addressing systemic racism from this public health perspective is crucial to eliminating racial and ethnic inequities, and to improving opportunity and well-being across communities. For more information, https://standagainstracism.org

The YWCA Black Hawk County encourages you to visit https://standagainstracism.org and take the Stand Against Racism Pledge in the Act Now! Section.

**Book Discussion Group & Bridge Club**

Due to COVID-19 and to ensure the health and safety of all participants, the Book Discussion Group and Bridge Club are not currently meeting. Please watch for updates on their return to the YWCA in the fall of 2021.

**Sara Guy Kavich 1934 – 2020**

We were saddened to hear that Sara Kavich, former Executive Director of the YWCA Black Hawk County, had passed away in August 2020 after a long battle with Parkinson’s disease. Sara was born in Austin, Minnesota, growing up on the farm with her parents, four brothers and a sister. In the summer of 1965, Sara met Larry Kavich during a YWCA World University Service Asian Seminar in Bombay, India and they married in 1966.

Sara graduated from Iowa State University with a degree in Home Economics in 1956, and later earned a Master’s Degree in Theology from Boston University and a Master’s Degree in Guidance and Counseling from Montana State. She began her career as the Program Director for the YWCA at the University of Kansas in 1956 and ended her YWCA career as Executive Director of the YWCA Black Hawk County from 1980-1988. During her tenure as Executive Director, Sara oversaw a major renovation of the YWCA building. In 2000, the YWCA Black Hawk County awarded her the initial Outstanding Former Employee Award (Esther Hagar Award) for her outstanding work at the YWCA and her community involvement.

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.

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.
Summer Daze is for children ages 4-12 looking for an exciting summer!

June 7 – August 13 (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, a hodgepodge, a collection, a grab bag of fun if you will. Each week will contain exciting opportunities for fun, learning, growth and relationship building. Weekly themes include H20h My!, Terrific Textiles, Around the World, Ooey Gooey and many more!

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.

Covid protocols will be maintained at all times.

Masks are required; smaller groups with social distancing and temperature checks will be in place.

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.

Cost for 2020-21 Playdays: $38 members / $52 nonmembers

Playdays are finished for the 2020-2021 school year. They will return in the Fall of 2021.

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.

Y’s Kids before and after school

REGISTRATION FOR FALL 2021-2022
Registration dates have not been determined. Please watch for updates on our website or Facebook page. You can also call the YWCA for more information.

The YWCA’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 p.m. 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 (2021-22)

<table>
<thead>
<tr>
<th>Location</th>
<th>Mornings</th>
<th>Afternoon</th>
<th>Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEDAR FALLS</td>
<td>$40</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>CUNNINGHAM</td>
<td>x</td>
<td>$48</td>
<td>x</td>
</tr>
<tr>
<td>HUDSON</td>
<td>$30</td>
<td>$50</td>
<td>$80</td>
</tr>
<tr>
<td>WATERLOO</td>
<td>$40</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>WATERLOO PRESCHOOL (w/o Friday)</td>
<td>$40</td>
<td>$40</td>
<td>$80</td>
</tr>
<tr>
<td>WATERLOO PRESCHOOL (w/ Friday)</td>
<td>$80</td>
<td>$80</td>
<td>$120</td>
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Y’s Kids Non-Member Prices (2021-22)

<table>
<thead>
<tr>
<th>Location</th>
<th>Mornings</th>
<th>Afternoon</th>
<th>Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEDAR FALLS</td>
<td>$95</td>
<td>$100</td>
<td>$140</td>
</tr>
<tr>
<td>CUNNINGHAM</td>
<td>x</td>
<td>$105</td>
<td>x</td>
</tr>
<tr>
<td>HUDSON</td>
<td>$85</td>
<td>$95</td>
<td>$140</td>
</tr>
<tr>
<td>WATERLOO</td>
<td>$90</td>
<td>$90</td>
<td>$180</td>
</tr>
<tr>
<td>WATERLOO PRESCHOOL (w/o Friday)</td>
<td>$90</td>
<td>$90</td>
<td>$180</td>
</tr>
<tr>
<td>WATERLOO PRESCHOOL (w/ Friday)</td>
<td>$128</td>
<td>$128</td>
<td>$225</td>
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</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.

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).

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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.
SUMMER WIZE GIRLZ

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

Summer Wize Girlz is a program for middle-school age girls, Monday – Friday, 10:00 a.m. to 2:00 p.m. from June 14–August 6. Building on our school year Wize Girlz program, our summer program will encourage creativity, imagination, learning, and fun. Examples of activities include service learning projects, STEAM activities through a partnership with Grout Museum, fun with fitness, goal setting, information from college campuses on higher learning, and speakers from local businesses and agencies on careers.

Summer Wize Girlz is free! Lunch, snacks, and transportation are included. Participants may sign up for one week or all eight.

Pre-registration is required and begins now! Registrations are due by June 1, 2021.

Call Jacy Chiaramonte at 319-234-7589 ext. 229 or Jessica Ruiz at 319-234-7589 ext. 228.

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

Wize Girlz

Wize Girlz is a program for 6th, 7th and 8th grade girls which provides positive activities designed to support and educate. Through year-round programming, 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, information from college campuses on higher education, and speakers from local businesses and agencies to increase awareness on careers. New this year is 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.

Transportation to the YWCA after school will be provided by the Waterloo Schools. Parents will be responsible for picking up their daughter at the YWCA promptly at 4:30 pm at the end of programming.

Call Jacy Chiaramonte at 319-234-7589 ext. 229 or Jessica Ruiz at 319-234-7589 ext. 228.

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

Wize Girlz + Grout Museum District Collaboration

“The Grout Museum District is thrilled to be partnering with the YWCA Wize Girlz Program! The GMD will provide weekly activities this summer, each one focusing on a different aspect of S.T.E.A.M. (Science, Technology, Engineering, Art, and Math). We believe in making learning fun and engaging – each of these will be just that. There will be engaging activities, zany experiments and exciting science demonstrations! This will certainly be a program you DON’T want to miss!” Carrsan T. Morrissey, Director of Programming & Outreach at Grout Museum District.

Covid protocols will be maintained at all times in Wize Girlz and Summer Wize Girlz. Masks are required; smaller groups with social distancing and temperature checks will be in place.
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 is provided at no cost. Participants also earn attendance points to purchase family need items.

Groups currently meet in person on Tuesdays from 12:45-1:45 p.m. with a virtual option on the second and fourth Wednesdays of each month from 4:30-5:45 p.m. No pre-registration for the program is required.

For more information, contact Jessica Ruiz at 319-234-7589 ext. 228. Partially funded by RJ McElroy Trust, the Guernsey Foundation, Cedar Valley United Way, Lincoln Savings Bank Foundation, and Quota of the Cedar Valley.

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

Para servicios y ayuda, llame a Glenda Christensen al (319) 234-7589, extensión 240. Parcialmente financiado por El Community Foundation of Northeast Iowa.

Clase 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. Ofrecemos transportación gratuita para toda las clases tanto en la mañana como en la tarde.

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<td>Lunes</td>
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<td>Martes</td>
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<td>Miércoles</td>
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<tr>
<td>Jueves</td>
<td>10:00–11:30 a.m.</td>
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Para más información y fecha de comienzo, por favor llame Glenda Christensen al (319) 234-7589 extensión 240. (Se habla español.)

Parcialmente financiado por Cedar Valley United Way, el Guernsey Foundation, y el Community Foundation of Northeast Iowa. Las clases se ofrecen con la colaboración del departamento de lengua de UNI, quien proporciona estudiantes que cooperan con las clases y también como compañeros de conversación.

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, referrals and job assistance. Most services are free: some fees may apply.

For services and assistance, call Glenda Christensen at (319) 234-7589, ext 240.
Partially funded by the Community Foundation of Northeast Iowa.

Language, Advocacy, Resources & Support
English Class: For all individuals who are 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. We provide free transportation (for all classes), child care (for evening classes), and a convenient schedule.

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<td>Mondays</td>
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<td>Tuesdays</td>
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<td>Wednesdays</td>
<td>6:15–7:30 p.m.</td>
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<td>Thursdays</td>
<td>10:00–11:30 a.m.</td>
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Classes are ongoing. You can begin at any time. For more information, please call Glenda at (319) 234-7589 ext. 240. (Spanish spoken.)

Partially funded by the Guernsey Foundation, the Community Foundation of Northeast Iowa and Cedar Valley United Way. In collaboration with the UNI Department of Languages and Literatures, who provides UNI students to assist with lesson planning and as conversation partners during our English classes.

Young Women on the Move Conference
Due to Covid-19 and to ensure the health and safety of participants, Young Women on the Move will not be held this year (Spring 2021). Please watch for information as we plan for this fun and informative event to be held in the spring of 2022!
Seniors in Motion: Focus on Your Wellness

The YWCA, in partnership with Northeast Iowa Area Agency on Aging, offers seniors an at-home fitness class. If you have participated in one of our Seniors In Motion exercise classes at any of the Northeast Iowa Area Agency on Aging congregate meal sites, we are excited to bring you a virtual option. Join Syd and Anna twice a week as the YWCA continues to offer their fitness class using a Zoom meeting platform.

You must contact the YWCA to register for these services and to receive your Zoom invitation to join the class, limited spots available, Classes are offered at no charge to participants. Classes are offered twice a week for 30 minutes and will include exercises that will help you improve your strength, flexibility and balance.

If you are interested, please email Syd Wille at swille@ywcabhc.org or call Syd at (319) 234-7589, ext 233 to find out how to receive your invitation to participate!
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!

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<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>AGE</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tae Kwon Do</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>Group 1: M, W, Th 5:30–6:30 p.m. (white, orange &amp; yellow belts) Group 2: M, W, Th 6:30–7:30 p.m. (green belt &amp; up)</td>
<td>$40/mo. member; $60/mo. nonmember</td>
</tr>
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For the health and safety of participants and staff; only one parent is allowed to accompany children to Tae Kwon Do and must wait in the lobby; practice social distancing and wear a face mask.

Grand Master Francis Moore

Tae Kwon-Do is an ancient Korean Martial Art that increases coordination, sharpens alertness, strengthens the body and develops respect with regard to all others, as well as being a practical means of self-defense. Tae Kwon-Do offers a blend of the physical and mental challenges that the body needs. The Academy of Korean Martial Arts Tae Kwon-Do Program in partnership with the YWCA Black Hawk County offers classes for individuals from age 4–adult. The focus of this Tae Kwon-Do Program is not only the physical aspects of Tae Kwon-Do, but it also teaches the philosophy behind the development of the art.

The master instructor of this program is Grand Master Francis Moore, a 9th Degree Black Belt. Grand Master Moore has been practicing Tae Kwon-Do for more than 49 years and is a certified tournament ring judge and referee.

Classes are offered three days a week, Monday, Wednesday, and Thursday evenings from 5:30-7:30 pm. Participants are divided into two different groups according to belt color/level. 5:30-6:30 pm is the beginning group with white, orange or yellow belts. 6:30-7:30 pm is the advanced group with green belts and up.

Have fun while getting fit by including a different type of workout in your typical 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!

Let us plan your workout for you! Whether you have a ½ hour or an hour lunch, your time will be spent effectively and efficiently with a new workout each class. A great way to work up a sweat and improve your muscular strength, endurance, cardiovascular fitness, and overall sense of wellbeing; all while having fun in a supportive environment! This is a higher intensity class that combines resistance training with everything from free weights, bands, stability balls, and steps to intense cardio intervals. This class is great for all fitness levels because each exercise can be modified to fit your individual needs!

Want to get a class in before you head to work? Make the most of your morning with this combination class. You will tone and sculpt your body with high/low impact, step, muscular strength, and endurance, in this fun and challenging workout. Get your heart rate up with a step routine, tone your muscles with bands and light weights, and strengthen your core...all in one session! Great for all fitness levels.

Must register ahead of time for classes with Syd or Anna by calling 319-234-7589 Ext. 233 or 234
Child/Youth Fitness & Aquatics Classes

For the safety of our participants and staff, only one parent/guardian will be allowed to accompany a child to our youth classes. Parents must follow social distancing protocols at all times and wear a face mask while waiting for child to participate in classes. A copy of safety protocols will be provided to you upon registration.

SESSION 1: April 6–April 27 (4 weeks); Registration begins March 29 (classes & times subject to change)
SESSION 2: May 11–June 1 (4 weeks); Registration begins May 3 (classes & times subject to change)

CLASS/ACTIVITY                  AGE                   DESCRIPTION                                                      DAY/TIME                                 FEE
---                               ---                   ---                                                               ---                                      ---
Gymnastics  ☆                    3–4 years             This class will cover beginning level tumbling and balance beam activities that are designed to develop body awareness and motor skills. T 5:30–6:15 p.m. $30 member $50 nonmember
5 years & up                      This class is a beginning 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. T 6:15–7:00 p.m. $30 member $50 nonmember

SESSION 1: April 8–April 29 (4 weeks); Registration begins March 29 (classes & times subject to change)
SESSION 2: May 13–June 3 (4 weeks); Registration begins May 3 (classes & times subject to change)

CLASS/ACTIVITY                  AGE                   DESCRIPTION                                                      DAY/TIME                                 FEE
---                               ---                   ---                                                               ---                                      ---
Ballet Basics  ☆                  4–6 years             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. Th 5:30–6:15 p.m. $30 member $50 nonmember
All That Jazz  ☆                  7–12 years            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. Th 6:15–7:00 p.m. $30 member $50 nonmember
Every Body Can Dance  ☆           4–6 years             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. Th 7:00–7:45 p.m. $30 member $50 nonmember

SESSION 1: April 8–May 1 (4 weeks); Registration begins March 29 (classes & times subject to change)
SESSION 2: May 15–June 12* (Saturday Only) (4 weeks); Registration begins May 3 (classes & times subject to change)* No class May 29

CLASS/ACTIVITY                  AGE                   DESCRIPTION                                                      DAY/TIME                                 FEE
---                               ---                   ---                                                               ---                                      ---
Level I-A  ☆                      4–14 years            Face your water fears! Learn to blow bubbles, practice emerging your face, holding your breath, back float and rear flutter kick. S 8:00–8:30 a.m. $30 member $50 nonmember
Introduction to Water Skills      Th (1A / 1B) 5:30–6:00 p.m. $30 member $50 nonmember
Level I-B  ☆                      4–14 years            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. S 8:45–9:15 a.m. $30 member $50 nonmember
Strengthening Water Skills
Level II  ☆                      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. S 9:30–10:15 a.m. $30 member $50 nonmember
Fundamental Aquatic Skills       Th 6:00–6:45 p.m. $30 member $50 nonmember
Level III  ☆                     6–14 years            Prerequisite Level 1 and II. Learn fundamentals of front and back crawl, freestyle, treading wates, deep water adjustment, and alternating arms and legs. S 10:30–11:15 a.m. $30 member $50 nonmember
Stroke Development               Th 6:45–7:30 p.m. $30 member $50 nonmember
Level IV  ☆                      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. S 11:30 a.m.–12:15 p.m. $30 member $50 nonmember
Stroke Improvement
Private Swimming Lessons  ☆       All ages               A 30-minute one-on-one session to learn and develop swimming skills at participant's comfort level.
Adult or Child

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**

For the safety of our participants and employees, class sizes are limited but we are currently working to expand the class and building schedule. To discuss scheduling and availability, please call (319) 234-7589 and speak with Syd, ext 233 or Anna, ext 234.

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.

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 any time!

See page 9 for more information.

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Body Blast ★</td>
<td>Start your morning off the right way with this combination class. You will tone and sculpt your body with high/low impact, step, muscular strength, and endurance, to have a fun and challenging workout. Great for all fitness levels. Must register with Syd or Anna to attend.</td>
<td>M, W, F 6:30–7:15 a.m. Only accepting premium or insurance plans</td>
</tr>
<tr>
<td>Power Hour ★</td>
<td>A great way to sweat and improve your overall sense of wellbeing. all while in a fun and supportive environment! This is a higher intensity class that combines resistance training with everything from free weights to intense cardio. Great for all fitness levels; each exercise can be modified to fit your individual needs. Must register with Syd or Anna to attend.</td>
<td>M, W, F 12:05–12:50 p.m. Only accepting premium or insurance plans</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. Must register with Syd or Anna to attend.</td>
<td>M, W, F 10:30–11:15 a.m. Only accepting premium or insurance plans</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! Must register with Syd or Anna to attend.</td>
<td>T, F 5:30–6:30 p.m. Only accepting premium or insurance plans</td>
</tr>
<tr>
<td>Water Aerobics ★</td>
<td>Our most popular class. A fun, invigorating aerobic workout in the pool. No swimming ability necessary. Must register with Syd or Anna for class time.</td>
<td>See building schedule Only accepting premium or insurance plans</td>
</tr>
<tr>
<td>Adult Open Plunge</td>
<td>Designed just for adults for recreation or to extend/enhance their aquatic workout. By appointment only. Must make an appointment with Control Center.</td>
<td>See building schedule Only accepting premium, basic, or insurance plans</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. By appointment only. Must make an appointment with Control Center.</td>
<td>See building schedule Only accepting premium, basic, or insurance plans</td>
</tr>
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</table>

**BY APPOINTMENT**

<table>
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<tr>
<td>Private Swim Lessons Adult + Children</td>
<td>A 30-minute one-on-one session to learn and develop swimming skills at participant’s comfort level. By appointment only.</td>
<td>Call (319) 234-7589 to make your appointment</td>
<td>$15 / 30-min session member $25 / 30-min session nonmember</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. By appointment only.</td>
<td>Call (319) 234-7589 to make your appointment</td>
<td>$25 / appt member $45 / appt nonmember $100 / 5 appts member $175 / 5 appts nonmember</td>
</tr>
<tr>
<td>Body Shop</td>
<td>Work out independently with a variety of strength and endurance to help you get an excellent total-body workout. By appointment only. Must make an appointment with Control Center.</td>
<td>Call (319) 234-7589 ext. 231 to make your appointment</td>
<td>Only accepting premium, basic, or insurance plans.</td>
</tr>
<tr>
<td>Gym Walking</td>
<td>Walk laps independently around the gym. By appointment only. Must make an appointment with Control Center.</td>
<td>Call (319) 234-7589 ext. 231 to make your appointment</td>
<td>Only accepting premium, basic, or insurance plans.</td>
</tr>
</tbody>
</table>
For the safety of our participants and employees, we are currently limiting our class and building schedule. Below, find our COVID-19 schedule. To discuss scheduling and availability, please call Syd at (319) 234-7589 ext. 233 or Anna at ext. 234.

### Front Desk Hours:
**Monday:** 8:00 a.m. – 7:30 p.m.
**Tuesday:** 8:00 a.m. – 7:00 p.m.
**Wednesday:** 8:00 a.m. – 6:30 p.m.
Closed Saturday and Sunday

### Building Closings:
- May 29–31 (Memorial Day)
- July 3–5 (Fourth of July)
- September 4–6 (Labor Day)

### Pool Schedule

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
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<tr>
<td>6:30–7:30 a.m.</td>
<td>Lap Swim</td>
<td>6:30–7:15 a.m.</td>
<td>Body Blast</td>
<td>6:30 a.m.–5:30 p.m.</td>
<td>OPEN</td>
</tr>
<tr>
<td>7:15–8:00 a.m.</td>
<td>Water Aerobics</td>
<td>7:15–9:30 a.m.</td>
<td>Gym Walking</td>
<td>6:30 a.m.–7:00 p.m.</td>
<td>OPEN</td>
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<tr>
<td>8:00–8:45 a.m.</td>
<td>Water Aerobics</td>
<td>8:30–11:15 a.m.</td>
<td>Silver Sneakers</td>
<td>5:30–7:30 p.m.</td>
<td>OPEN</td>
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<tr>
<td>9:15–10:00 a.m.</td>
<td>Water Aerobics</td>
<td>10:30–11:15 a.m.</td>
<td>Power Hour</td>
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<td>10:30–11:15 a.m.</td>
<td>Water Aerobics</td>
<td>12:05–12:50 p.m.</td>
<td>Tae Kwon Do</td>
<td>5:30–7:30 p.m.</td>
<td>OPEN</td>
</tr>
<tr>
<td>11:15 a.m.–1:30 p.m.</td>
<td>Pool Cleaning</td>
<td>12:30–3:30 p.m.</td>
<td>Adult Open Plunge</td>
<td>6:30 a.m.–7:30 p.m.</td>
<td>OPEN</td>
</tr>
<tr>
<td>1:30–4:30 p.m.</td>
<td>Adult Open Plunge</td>
<td>4:45–5:30 p.m.</td>
<td>Water Aerobics</td>
<td>6:30 a.m.–7:00 p.m.</td>
<td>OPEN</td>
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### Gym or Building Schedule

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<td>OPEN</td>
</tr>
</tbody>
</table>

### Body Shop

*By Appointment Only*

- **Monday:** 8:00 a.m.–7:30 p.m.
- **Tuesday:** 8:00 a.m.–7:00 p.m.
- **Wednesday:** 8:00 a.m.–7:30 p.m.
- **Thursday:** 8:00 a.m.–7:00 p.m.
- **Friday:** 8:00 a.m.–7:00 p.m.
- **Saturday:** 8:00 a.m.–12:30 p.m.
- **Sunday:** Closed

### Special Events

- Only when swimming lessons are in session.

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**For the safety of our participants and employees, we are currently limiting our class and building schedule. Below, find our COVID-19 schedule. To discuss scheduling and availability, please call Syd at (319) 234-7589 ext. 233 or Anna at ext. 234.**

**Spring Building Schedule**

**Control Center Hours:**
- **M,W:** 6:30 a.m.–5:30 p.m.
- **T, Th:** 6:30 a.m.–7:00 p.m.
- **F:** 6:30 a.m.–4:30 p.m.
- **Sat:** 8:00 a.m.–12:30 p.m.
- **Closed Sunday**

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

**Building Closings:**
- **May 29–31 (Memorial Day)**
- **July 3–5 (Fourth of July)**
- **September 4–6 (Labor Day)**

**BOARD OF DIRECTORS**

- **Bekah Bass**
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- **Gowri Betrabet Gulwadi**
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- **Paula Knudson**

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- **Genna Koester**
- **Pat Harper**
- **Cindy Mohr**

**Abby Ryan**
**Betty Lou Smith**
**Cindy Sprole**
**Cindy Wells**
**Mary Williams**
**Dick Yantis**

**Syd:** (319) 234-7589 ext. 233

**Anna:** (319) 234-7589 ext. 234

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Special events sometimes cancel scheduled open gym and plunge times. Please watch the building for posted signs about schedule changes.
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 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
- **One year:** $336 member, $576 nonmember
- **Senior / One month:** $26 member, $55 nonmember
- **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, & Tae Kwon ARE NOT INCLUDED)

- **Adult / One month:** $45 member, $75 nonmember
- **One year:** $432 member, $720 nonmember
- **Senior / One month:** $30 member, $65 nonmember
- **One year:** $288 member, $528 nonmember
- **Youth (age 14-17) / One month:** $25 member, $50 nonmember

**Open Gym Plan:** (Unlimited Attendance in Open Gym) **Not offered at this time.**

- **One month:** $20 member, $45 nonmember
- **One year:** $192 member, $432 nonmember

**Child (through age 13) / One month:** $15 member, $45 nonmember

#### 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 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

**One-Year 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

...is 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.

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

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**FITNESS FACILITIES**

**Classes are available for children, youth, adults and seniors** (see p. 9-11).

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
- Stair climbers
- 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.

**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.
Protocols & Procedures

Covid-19 Protocols

The safety and well-being of our participants, staff, volunteers and the broader Cedar Valley community remains our priority. Thank you for all you are doing to support the YWCA, and the community as a whole, as we all face this health challenge together.

Things at the YWCA are changing on an ongoing basis as we adjust protocols and programming to ensure the health and safety of all. We will do our best to keep you updated via our website and Facebook page as well as posters, flyers, letters and postcards.

When you come to the YWCA or participate in a YWCA program, these are the minimal protocols and expectations:

- **Face Masks are required** (exception – children under two years; individuals with certain medical conditions who can provide us with a physician’s release).

Please note that each program, class and activity has their own additional protocols and expectations for participants and staff and they will be provided to you.

**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 parent 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 16 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 years are not allowed in the Body Shop.
- For safety reasons, children/youth under 18 years may not accompany parents during workouts unless they are also 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 ages 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 flotation 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 area 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 no 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**

- YWCA members may bring a guest if they wish. The guest must pay $3 to participate in an activity and the member must be present during the chosen activity. There is a limit of 3 visits per one guest and each member may bring only one guest at a time.
- A one day pass is available for adults and teens at $5 ($3.75 children). 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. Littering 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.

Thanks to a grant from the Black Hawk County COVID-19 Cooperative Disaster Response Fund—electrostatic sprayers are an important addition to our regular cleaning and sanitizing routine.
New Employees Join the YWCA Team

Jessica Ruiz Hemmen joins our staff as our new Youth and Family Services Director. She is from the Cedar Valley, having grown up in Cedar Falls, then living in Waterloo most of her adult life. She is a graduate of UNI with a degree in Social Work, with minors in Sociology and Criminology. She has worked for many years in a variety of human service roles within the Cedar Valley, and is passionate about advancing the YWCA mission statement in our community. Jessica loves animals and enjoys nature, art, music, singing, dancing, time with family and hanging out with her 2 cats.

“I am delighted to be starting this new journey as a part of the YWCA team and look forward to growing in my role and working with our participants and members of the community in service of our mission statement!”

Ryan Janssen joins our staff as the new Office Manager. Ryan has lived in the Cedar Falls – Waterloo area his entire life. Previously, Ryan worked in several clinic offices, provided private elder care, and worked in an organization that provided care for those with mental and physical disabilities. He attended Kaplan University where he attained an AAS in Information Technology.

“I enjoy meeting new people and learning about their backgrounds and lives. I like being able to help people and I am thrilled to be involved with an organization that helps so many people from all walks of life.”

Glenda Perez Christensen joins our staff as the new Multicultural Services Assistant Director. Originally from Chile, Glenda moved to the United States in 2000 and became a citizen in 2006. Since then she has been living in Cedar Falls, Iowa. She was an elementary teacher and science teacher in Chile and she also lived and worked in Argentina where she taught in a private school. When she came to the United States, she attended Hawkeye Metro ESL classes and then UNI where she received her BA and MA in Spanish. She taught Spanish at Wartburg College, Hawkeye Community College, and at UNI where she was an adjunct instructor for ten years. She returned to the ESL classroom, but this time as the instructor, teaching English as a second language to others.

“It is my privilege to be part of the YWCA team. Working here gives me the opportunity to work with and for the community. I am ready to embrace this new adventure in my life.”

Congratulations—Annual Board and Staff Recognitions

Due to the pandemic, the YWCA Black Hawk County was not able to hold its Annual Meeting this past October. However, volunteers and staff were recognized for years of service and employment.

Staff members recognized for years of employment: Twenty years: Rachel Scott. Fifteen years: Katie Boyce and Lucinda Mohr. Five years: Carol Anderson and Melissa Warren. Three years: Denice Brown, Guadalupe Lopez, Emily Overly, Annabelle Schriever, and Judy Welch.

Recognized for serving their first three-year term on the Board of Directors: Genna Koester and Sasha Wohlpart. Sasha has agreed to serve a second term. Jesse Lahmann was recognized for completing a second three year term (six years total) on the Board of Directors.

From the Investment Committee, Jesse Gleason, Grant Gubbrud, Emily Nolting, and Michelle Weidner were recognized for completing their second 3-year terms.

Hillery Oberle was recognized for her service and leadership as Board of Directors President and Michelle Weidner was recognized for her service and leadership as Investment Committee Chair.

Serving on the 2020 Nominating Committee were Mary Adams, Judy Finkelstein, Megan Hannam, Jesse Lahmann, Hillery Oberle, Cindy Mohr, and Mary Yantis, Secretary. Their hard work was reflected in the great group of individuals presented to the Board for Board membership.

Individuals appointed by the Board of Directors to serve on the 2021 Nominating Committee are: Mary Adams, Judy Finkelstein, Jesse Lahmann, Diane Meggers, Tracey Schatz, Cindy Sprole, Cindy Mohr, and Mary Yantis – Secretary.

Individuals elected by the Board of Directors to serve a three year term on the Board of Directors are: Bekah Bass, Student, UNI; Gowri Betabet Gulwadi, Professor of Interior Design, UNI; Shannon Brocka, Community Wealth Management Assistant Banker, US Bank; and Anne Halbmaier, CPA & Tax Manager, Hogan-Hansen.

Individuals appointed by the Board of Directors to serve a three year term on the Investment Committee are: Judy Benson, Attorney, Correll, Sheerer, Benson, Engels, Galles, & Demro PLC; Natalie Williams Burris, Attorney, Swisher & Cohrt, PLC; Chad Moine, Senior Vice President and General Manager, Isle Casino Hotel Waterloo and David Morrow, Operations Manager, DENSO International America, Inc.

The YWCA Black Hawk County extends their “Thank you” to all who serve or have served on the Board of Directors, Investment Committee, Friends Committee, Nominating Committee, Finance Committee and Mission Committee for their time, expertise, leadership and support.
YOU ARE IMPORTANT
at the YWCA

Every person who participates in a YWCA program or activity, or comes to the YWCA building, is important to us. And because YOU are important, we are working hard to make you feel welcome, safe and respected.

To ensure the health and safety of our participants, staff and volunteers, as well as the community at large, the YWCA is committed to continuing with the protocols we have established and been using in our building and in our programs during the past year. Your overall positive response to our participation requirements and expectations regarding group size, social distancing, face coverings, handwashing, temperature taking, wiping down equipment, etc. has shown us that you are in this with us and your efforts are greatly appreciated. It truly takes all of us, staff, participants and volunteers, working together and doing our part to keep us all healthy and safe.

Thank you for your continued participation and support of the YWCA Black Hawk County.