FALL SESSION

September – December 2021
425 Lafayette Street | Waterloo, Iowa 50703 | (319) 234-7589 | ywca@ywcabh.org | facebook.com/ywcabh

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

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

Fall Building Schedule

Control Center Hours:
M, W 6:30 a.m.–6:00 p.m.
T, Th 6:30 a.m.–6:00 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.–7:45 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:
September 4–6 (Labor Day)
November 25–28 (Thanksgiving)
December 24–26 (Christmas)
December 31–January 2 (New Year’s)

Fall Fundraiser!

YWCA’s Wall of Money

Last fall in the midst of a pandemic, our Friends Committee put their heads together and came up with an “event” that you could do from the comfort of your home. It proved to be so successful, that we decided to do it again this year—hoping to raise even more than last year.

Join us again for a “no event” event fundraiser—the YWCA’s Wall of Money!

See page 4 for more details.

Looking for a part-time position that makes a difference?

Make a difference – Join the YWCA!

See page 5 for more information.

Coming soon!

NEW WEBSITE

We are excited to announce that the YWCA Black Hawk County will begin to develop and design a new, more user-friendly website later this fall.

We Need You!

Please consider making a donation to support these important programs.

See page 4-5 for more information.


YWCA’s 15th Annual Women of Persimmon Luncheon

Because the YWCA Black Hawk County is committed to ensuring the health and safety of our community, we chose to not hold our usual in-person recognition luncheon this year. However, this year marked our 15th Women of Persimmon and we wanted to recognize and celebrate women and organizations. Therefore, we welcomed our nominees, nominators and their guests to the YWCA to be recognized and celebrated as we announced our 15th Annual Women of Persimmon award recipients.

The following women and organizations were nominated: (left to right) Amanda Mahnke; Mary Myers Wilbur; Isle Casino Hotel Waterloo/Megan Miller; The Center of Attention/Felicia Carter; Stacey Bentley; Erica Hopper; Sara Laurens; Lorene Dehl; Lori Johnson; Sharrie Phillips-Wright; Heather Bishop; Sharmistha Self; Catherine Yim; Jean Seeland and Devin O’Loughlin (represented by Julie Husband). Not pictured: Kristi Dodge; Madison Sallee; Bishop; Sharmistha Self; Catherine Yim; Jean Seeland and Devin O’Loughlin.

Recipients of Women of Persimmon awards were:

Amanda Mahnke - Professional Woman - as the Program Director at Iowa Heartland Habitat for Humanity since May 2008, she advocates for and promotes equitable opportunities for women through homeownership. She has assisted 95 single mothers to achieve stability and self-reliance through homeownership, half of whom are households led by women of color. Amanda is also Iowa Heartland Habitat’s on-staff qualified mortgage loan originator, ensuring the mortgages for all Habitat homeowners are equitably priced to be affordable. Amanda oversees the counseling and classes offered by Iowa Heartland Habitat, assisting families to successfully transition into and sustain homeownership. She keeps up to date regarding housing and lending policies that are discriminatory at both a macro and micro level; and she is a strong advocate for racial equity in homeownership.

Lori Johnson - Volunteer - an educator for over 30 years, Lori has been at UNI since 2002 where she mentors and advises undergraduates in Communication Studies. Lori assisted with the monthly Food Pantry, led Sunday School and Vacation Bible school classes, and served as an Elder on the Board of Directors at her church. Lori currently serves on the Waterloo Schools Foundation Board of Directors and is vice president of the Waterloo Community Foundation. She previously served on the Community Foundation of Northeast Iowa Board of Directors and their scholarship committee; Family YMCA of Black Hawk Co. Board of Directors; Kingsley Elementary Parent Teacher Organization as well as the Junior League of Waterloo-Cedar Falls. Lori has provided communications training and assistance to a variety of organizations across the Cedar Valley and the state.

Devin O’Loughlin - Young Woman of Tomorrow - a student at Bowdoin College in Maine, majoring in Chemistry and Spanish, on a path to pre-med. Devin was recognized for her work with two organizations, the Beyond Pink Team and its subcommittee, Ignite the Cancer Conversation; and Barking Book Buddies, an outreach program with the Cedar Bend Humane Society. Devin worked with a parent committee to reduce pesticide use in the Cedar Falls School District. She joined Beyond Pink Team’s advocacy efforts and presented breast cancer statistics to Iowa legislators. She also co-led Cedar Bend Humane Society’s Barking Book Buddies outreach program where children 6-12 visited the shelter to read out loud to shelter pets; enhancing the children’s reading skills and socializing the adoptable cats and dogs while they waited for homes. Devin’s mother, Julie Husband, accepted on Devin’s behalf.

Jean Seeland - Youth Advocate - as the Youth Program Coordinator with the Volunteer Center of Cedar Valley, Jean spends the academic year working with youth of all ages teaching them to think critically, identify and understand community issues, and be active, engaged citizens through planning and implementing service learning projects. During the last school year, Jean worked with over 700 students who planned and completed more than 75 service projects. Jean also facilitates the Youth Action Council, a group of 5-8 youth from various high schools in Black Hawk County brought together monthly to discuss and address community needs. Last year, the Youth Action Council's project addressed mental health. They researched the topic; participated in an advocacy trip to the Iowa legislature; and provided information on candidates’ perspectives regarding mental health issues to voters.

The Center of Attention - Organization that Empowers Women - an organization providing a safe and welcoming environment to all women who are actively seeking recovery and/or change regardless of their history. The organization’s services are closely linked with the abilities and passion of the woman providing the programming, Felicia Carter. Her provision of a myriad of needed programs to individuals and families in the community has supported and strengthened them to reach their greatest potential, with many programs addressing the unique challenges faced by people of color in our community. Programs such as mentoring for youth, parenting education and support, family reunification, substance abuse treatment and racial diversity and inclusion. Felicia’s work with the Community Partnerships for Protecting Children for over 10 years, led to a Community Resource Center and now many of these resources that the women and children need can be found at the Center of Attention.

Please see our Facebook page for more information on this year’s nominees and a video of the award presentations.
Sasha Wohlpart receives the 2021 Jean Parker YWCA Woman of Persimmon Award

Sasha and her family lived all over the Midwest, moving with her father's career in radio, until they settled in Florida when she was in middle school. She received her BA in geology from East Carolina University and a MS in environmental science from Florida Gulf Coast University. Sasha was a high school science teacher in Palm Beach County Florida and an Instructor at Florida Gulf Coast University. Sasha and her husband, Jim, have been married for 15 years and lived in Fort Myers, Florida before moving to the Cedar Valley.

Sasha's involvement with the YWCA began in 2017, when she was elected to the Board of Directors. During her three years on the Board, she served as Treasurer and Chair of the Finance Committee, and she served on the Strategic Planning Committee, developing a three year Strategic Plan with measurable goals. She served on the Bylaws Committee, facilitating important changes in operating structure; assisting in our legal name change; and developing tools for the Board to use in its recruitment efforts and Board member orientation and training.

The YWCA is not the only organization that has benefitted from our recipient’s involvement; her past and current community service includes: Cedar Falls Community School Board member; member-at-Large, Legislative Resolution Committee of Iowa Association of School Boards; Volunteer Center of Cedar Valley Board member; Systems Director for Cedar Falls Lions Club; Dry Run Creek Watershed Improvement Project Advisory Board member; member of the Iowa Nineteenth Amendment Centennial Commemoration Organizing Committee; UNI Women in Politics Bipartisan Scholarship Benefit Advisory Council member and a member of the Cedar Trails Patrol.

Sasha can always be counted on to volunteer for whatever tasks need to be done, making the work enjoyable and fun. She not only attends our events, she arrives early to help set-up and stays after to help tear down. Sasha and Jim are members of our 1884 Society, our giving club for donors giving $500 or more annually.

Sasha’s passion for and dedication to elevating education, advancing environmental sustainability, empowering women, and advancing inclusion and equity has positively impacted individuals, organizations, and causes across the community.

Her husband shared that Sasha has mentored many young women, assisting them to find their purpose, their passion and their voice in the world. These women have gone on to create change that has made the world a better place to live, work, and learn with Sasha as their teacher, mentor, guide, and friend in their journey.

Sasha is described as having the remarkable ability to facilitate and maintain strong connections with and between individuals and organizations in the community, something the YWCA has certainly benefited from. She is a strong advocate for the YWCA, its mission and particularly the people in the community we serve. She has brought many issues facing our community to our “Board room” for not only awareness, but to challenge our thinking; encourage change; and give voice to the issues and the struggles, particularly with regard to gender and racial inequities. She is truly persimmon.

THANK YOU! To all of our 2021 Women of Persimmon sponsors whose sponsorships supported the programs and services provided by the YWCA right here in Black Hawk County:

- Video Sponsor: University of Northern Iowa
- Awards Sponsor: Lincoln Savings Bank

Thank you to all of you that donated to this year’s Women of Persimmon. Your donations provided much needed support to YWCA programs and services at a time when it was most needed.

YWCA Black Hawk County and University of Northern Iowa’s Languages and Literatures Department Recognized for Collaboration

YWCA Black Hawk County and University of Northern Iowa’s Languages and Literatures Department received a 2021 Community Collaboration Engaged Campus Award from Iowa & Minnesota Campus Compact based on a nomination from Caroline Ledebor, Instructor at the University of Northern Iowa, for the ongoing partnership between the YWCA’s English Class and UNI’s Languages and Literatures Department. The Engaged Campus Award for Community Collaboration recognizes collaborations co-created with community organizations, leaders, and/or partners that are deep, reciprocal, and transformational.

Ms. Ledebor’s nomination stated, “The English class at the YWCA Black Hawk County serves immigrants and refugees in the Cedar Valley area (Waterloo, IA, and vicinity), at a time that people of color in our area have been grossly neglected. Many of the people who come to the English class come from countries such as Honduras, Bosnia, Haiti, Democratic Republic of Congo, and Myanmar and work in meat processing facilities in the area. But the class is a protected space, one of the few low-stakes English-speaking environments the students may encounter. The collaboration with the Department of Languages and Literatures has brought language partners to the class for five years now. Spanish classes and TESOL classes each took part, and student and faculty volunteering beyond any class. The collaboration earned an initial grant for textbooks, resulted in a joint presentation of the YWCA staff and UNI faculty at the Cultures and Languages Across the Curriculum conference, involved faculty and the organization in a service-learning institute, prompted an article, and recently a grant for technology for the English learning class so that individual learners can now access a Zoom environment to connect with students at UNI and extend their online access. Above all, this collaboration has inspired faculty and the organization in a service-learning institute, prompted an article, and recently a grant for technology for the English learning class so that individual learners can now access a Zoom environment to connect with students at UNI and extend their online access. But the collaboration has inspired respect from UNI students for the dedication of the English learners, and improved communication and access to speaking partners for English learners here. Undaunted by the pandemic, the partnership continues.”

In her response to Iowa & Minnesota Campus Compact YWCA Executive Director, Cindy Mohr wrote, “On behalf of the YWCA Black Hawk County, its staff and participants, we are honored to receive this recognition with our partner of many years, the University of Northern Iowa’s Languages and Literatures Department. We have all seen and felt the extraordinary impact this collaboration has had equally on us all, program participants, staff and students. The YWCA has been providing an English Class for more than 25 years; a class whose purpose was not just to improve language skills, but to support their integration into the community by also providing information and access to community resources and reducing their isolation. The UNI students and faculty have been wonderful to work with and have played an important role in the services and support provided to participants including their showing of respect for the individuals and their cultures. We have all grown and benefitted from the opportunities to engage and interact with our participants, and we have all felt privileged to have had them share their stories and lives with us. Thank you for recognizing this wonderful partnership we have with UNI.”
OPEN TO THE PUBLIC
YWCA Black Hawk County
Annual Meeting
Thursday, October 21, 2021 / 5:30 p.m.–6:30 p.m.

YWCA Black Hawk County will hold its Annual Meeting on Thursday, October 21 in the Grace Cornish Lounge at the YWCA. The evening will recognize board members, staff and volunteers for their commitment to the YWCA. The program will include the introduction of the new members of the Board of Directors and the Nominating committee; the presentation of special recognitions; and YWCA program presentations.

YWCA Programs Receive Funding

The following have shown their support of the YWCA, its mission, programs and its participants by awarding grant funds to us. Their support is appreciated.

Cedar Valley United Way Awards for Fiscal Year 2021

<table>
<thead>
<tr>
<th>Program</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Y’s Kids</td>
<td>$30,000</td>
</tr>
<tr>
<td>Summer Daze</td>
<td>$25,000</td>
</tr>
<tr>
<td>Language, Advocacy, Resources &amp; Support</td>
<td>$10,000</td>
</tr>
<tr>
<td>Parents Achieving Success with Support</td>
<td>$13,300</td>
</tr>
<tr>
<td>Wize Girlz</td>
<td>$5,000</td>
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The YWCA greatly appreciates the financial support from these organizations.

YWCA Awarded STEM Scale Up Programs

The Northeast Iowa Regional STEM Advisory Board has awarded the YWCA two STEM Scale Up programs to be used primarily with Preschool-aged children attending our child care programs. The STEM programs are Storytime STEM-packs for children Pre-K to 2nd grade and Light and Shadow for children Pre-K to 3rd grade. As part of the award, the YWCA will receive all of the equipment, materials and worksheets needed to lead the children in these fun, engaging and educational STEM activities. As part of the award, Mindy Sternhagen, Child Care Director, has received specialized training in facilitating these two programs to ensure the most beneficial outcomes for the children’s participation. These two programs will join our other STEM Scale Up programs, Ramps & Pathways and Pint Size Science, awarded from the STEM Advisory Board in 2018.

Last fall in the midst of a pandemic, our Friends Committee put their heads together and came up with an “event” that you could do from the comfort of your home. It proved to be so successful, that we decided to do it again this year – hoping to raise even more than last year.

Join us again for a “no event” event fundraiser—the YWCA’s Wall of Money!

Our fall fundraiser is an important event as it raises funds needed to support the programs and services we provide.

Your donation can make a difference in so many ways:

- Teaching children to swim and be safe in the water.
- Supporting adults and seniors to be more active and live a healthier lifestyle.
- Providing financial assistance needed for families to access child care for their school-aged children.
- Helping mothers be knowledgeable about the development of their children and prepare them for school.
- Assisting immigrant or refugee families to learn English and integrate more fully into the community.
- Supporting middle school aged girls to build character, learn about careers and reach her potential.
- Providing age-appropriate materials for fun, engaging, hands-on STEM activities and discoveries for children and youth.

How does this Wall of Money work?
Between September 7, 2021 and October 15, 2021, our bulletin board in our lobby will have cards displayed on it, each with a monetary amount on it, from $1 to $200. Two hundred cards. Two hundred different amounts to donate.

Here’s the amazing part – if all two hundred cards are taken, you all will have raised $20,100 for YWCA programs!!!

If you plan to be in the YWCA – please visit the Wall and choose a card with the amount you wish to donate; and take it with your donation to the front desk. Cash, checks and credit card are all accepted.

Not coming into the YWCA – no problem! Just call Mary or Amber at (319) 234-7589 and give them the amount you wish to donate and they will assist you with your donation. It’s as easy as that.

Follow us on Facebook as we will be posting a photo of the Wall on our page every few days, so everyone will be able to see our progress and see what donation amounts are still available. Or you can call Mary or Amber and ask. If you have a donation amount in mind, but it is already taken, no worries, just call and they will help you put it together.

We hope you are excited about this “no event” event. Please visit the Wall and help us raise the funds our programs so desperately need at this time. You can make the difference!
New Employees Join the YWCA Team

Amber Haack joins our staff as the new Marketing & Development Director. Amber is from the Cedar Valley and graduated with her Bachelors of Fine Arts in Graphic Design from Iowa State University. Over the years she has worked for printers around the Cedar Valley and has a love for design and marketing, but a passion for helping people. In her free time, Amber enjoys crafting, spending time with family and friends, and spoiling her dog Jack.

“I am honored to be part of the YWCA team. I look forward to helping our organization grow and have a positive impact on the lives of the individuals and families we serve and our community!”

Kaylee Vette joins our staff as our new Health and Wellness Services Director. Kaylee is a Waverly native, and attended Wartburg College, where she majored in Fitness Management, with a focus in Nutrition, along with a minor in Psychology and Leadership. She is currently completing her Master’s of Public Health at the George Washington University in DC. Kaylee was a multi-sport athlete in high school and went on to play soccer for the Wartburg College Knights. She has worked as a group fitness instructor, personal trainer, youth coach, and youth parks and rec programming for several years. She enjoys working with people of all ages and sharing her passion of whole health wellness through healthy lifestyle habits.

Kaylee is a mother of 2 young boys, and she loves being active with her entire family, including her adorable dog! In her free time, she enjoys running, cycling, camping and hiking, cooking, gardening, and watching sports.

“I am so excited to work with you all, creating new opportunities for health and wellness in the Cedar Valley! I am grateful for the opportunity to be a part of this team and further spread the mission of the YWCA in our community.”

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

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

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

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

Join the YWCA team!

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

To apply, send resume or application to Childcare Directors Mindy Sternhagen or Rachel Scott or email mindy@ywcabh.org or ywcakids@ywcabh.org.

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

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 Kaylee Vette, Health and Wellness Services Director, or email to kvette@ywcabh.org.

Part-Time Driver
YWCA seeks individuals to transport participants in agency vehicles to and from programming.

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 to jruizhemmen@ywcabh.org

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

Year End Giving
Build a Brighter, Safer, and Healthier Future!

Now more than ever, we are grateful for the community that has supported, celebrated, and advocated for the YWCA Black Hawk County throughout the years. At a time when so many things are uncertain, we are encouraged and empowered knowing that you care about our mission, our programs, and the people we serve. While much in the world has paused, the mission and work of the YWCA Black Hawk County cannot be. Together we can continue our crucial work to support individuals and families in our community. Watch for our year-end giving letter in the mail in November.

Did you know? You can double the impact of your donation with a matching gift. Many employers sponsor matching programs for charitable donations. Talk to your employer today about matching a gift to the YWCA Black Hawk County!
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 October begins September 1
- Registration for November begins October 1
- Registration for December begins November 1

Cost for 2021-2022 Playdays: $38 members / $52 nonmembers

Playdays Schedule (Sep. – Dec.)

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<tr>
<th>WATERLOO</th>
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<tbody>
<tr>
<td>September 24</td>
<td>October 8, 14, 15</td>
<td>November 12</td>
<td>December 22, 25, 27, 28, 29, 30</td>
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<tr>
<td>CEDAR FALLS</td>
<td>October 15</td>
<td>November 12</td>
<td>December 23, 27, 28, 29, 30</td>
</tr>
<tr>
<td>HUDSON</td>
<td>October 29</td>
<td>December 23, 27, 28, 29, 30</td>
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<td></td>
<td>January 3</td>
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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 HAS BEGUN.
You can call the YWCA for more information, (319) 234-7589.

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. For preschool children already registered for Y’s Kids, 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.

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

YWCA CHILDCARE FEES

Y’s Kids Member Prices (2021-22)

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<th></th>
<th>Mornings</th>
<th>Afternoons</th>
<th>Combo</th>
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<tbody>
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<td>CEDAR FALLS</td>
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<tr>
<td>CUNNINGHAM</td>
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<td>HUDSON</td>
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<tr>
<td>WATERLOO</td>
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<td>$40</td>
<td>$80</td>
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<tr>
<td>WATERLOO PRESCHOOL</td>
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<tr>
<td>WATERLOO PRESCHOOL (w/Friday)</td>
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Y’s Kids Non-Member Prices (2021-22)

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<tr>
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<td>x</td>
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<tr>
<td>HUDSON</td>
<td>$85</td>
<td>$95</td>
<td>$140</td>
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<tr>
<td>WATERLOO</td>
<td>$95</td>
<td>$95</td>
<td>$140</td>
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<tr>
<td>WATERLOO PRESCHOOL</td>
<td>$90</td>
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<tr>
<td>WATERLOO PRESCHOOL (w/Friday)</td>
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<td>$225</td>
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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 for reduced pricing.

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 20-35. Parents will meet others in similar parenting situations, learn more about educational and employment opportunities, develop strategies for self-sufficiency, stress management and positive parenting; and learn about child development and preparing children for school. Transportation provided at no cost. Participants also earn attendance points to purchase family need items.

Groups currently meet virtually, on the second and fourth Wednesdays of each month from 4:30-5:45 p.m., to be transitioning to in-person.

For more information, contact Jessica Ruiz at (319) 234-7589, ext 228 or jruizhemmen@ywcahbc.org.

Partially funded by RJ McElroy Trust, the Guernsey Foundation, Cedar Valley United Way 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 servicios 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.

Multicultural Services

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

For services and assistance, call Glenda Christensen at (319) 234-7589, ext 240.

Partially funded by the Community Foundation of Northeast Iowa.

Clases de Inglés

Las clases que ofrecemos son gratis para todos los que necesiten aprender Inglés. Ven y aprende inglés junto a otras personas de la comunidad. Estas clases también proveen información sobre recursos en la comunidad, actividades comunitarias, información sobre salud y bienestar, y también grupo de apoyo. Ofrecemos transporte gratuita para toda las clases tanto en la mañana como en la tarde.

Lunes  5:00–6:30 p.m.
Martes  10:00–11:30 a.m.
Miércoles  6:15–7:30 p.m.
Jueves  10:00–11:30 a.m.

Para mayor más información tu puedes comenzar en cualquier momento por favor llame a 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.

Language, Advocacy, Resources & Support

English Class: For any individual who is not proficient in English. Come and learn English together with others from the community. This group also provides community resource information, community activities, wellness information and group support. We provide free transportation (for all classes), child care (for evening classes), and a convenient schedule.

Mondays  5:00–6:30 p.m.
Tuesdays  10:00–11:30 a.m.
Wednesdays  6:15–7:30 p.m.
Thursdays  10:00–11:30 a.m.

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.

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. We are continuing a partnership with Grout Museum for monthly STEAM (Science, Technology, Engineering, Art, and Math) activities.

Girls can join Wize Girlz at any time during the school year. Wize Girlz is free! Snacks and activities are offered at no additional cost. Pre-registration is required for this program.

Transportation to the YWCA after school will be provided by the Waterloo Schools. The YWCA will provide transportation home at the end of the program.

Call Jacy Chiaramonte at (319) 234-7589, ext. 229 or Jessica Ruiz at (319) 234-7589, ext. 228 to register.

Partially funded by the RJ McElroy Trust, Cedar Valley United Way and Lincoln Savings Bank Foundation.
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 offer you a virtual option, until the NEI3A senior sites reopen. Join 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 are available. Classes are offered at no charge to participants, twice a week for 30 minutes and will include exercises that will help you improve your strength, flexibility and balance. Please watch for updates regarding this class returning to in-person at senior center sites.

If you are interested, please email Anna at awilliams@ywcabh.org or call (319) 234-7589, ext 234 to find out how to receive your invitation to participate!

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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.

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 Anna to schedule your appointment today:
(319) 234-7589, ext 234 or email awilliams@ywcabh.org.

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Seniors—You Can Benefit from These Insurance Plans!

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

Not sure whether or not you are covered by one of these programs? 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 or Silver & Fit/Active & Fit, please bring it with you and complete the short “welcome” form. 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.

Members of all programs 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. 11 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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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.

15% Discount
Health & Wellness Services (continued from p.8)

Tae Kwon Do*  Ongoing – begin any time!

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>Tae Kwon Do</td>
<td>5 years–adult</td>
<td>Learn martial arts in the traditional Korean style with Grand Master Francis Moore, 9th Degree Black Belt. Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.</td>
<td>Group 1: M, W, Th 5:30–6:30 p.m. (white, orange &amp; yellow belts)</td>
<td>$40/mo. member; $60/mo. nonmember</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Group 2: M, W, Th 6:30–7:30 p.m.  (green belt &amp; up)</td>
<td></td>
</tr>
</tbody>
</table>

Zumba  T, F 5:30–6:30 p.m.

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!

Power Hour  M, W, F 12:05–12:50 p.m.

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!

Body Blast  M, W, F 6:30–7:15 a.m.

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.

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.

Must register ahead of time for classes with Anna by calling (319) 234-7589, ext. 234
Child/Youth Fitness & Aquatics Classes

For the safety of our participants and staff, parents must follow social distancing protocols at all times. Wearing a face mask is optional while waiting for child. A copy of safety protocols is available at registration.

<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 beginning 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>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>$50 nonmember</td>
</tr>
<tr>
<td></td>
<td>5 years &amp; up</td>
<td>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.</td>
<td>T 6:15–7:00 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$50 nonmember</td>
</tr>
<tr>
<td>DANCE</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>Th 5:30–6:15 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Ballet Basics</td>
<td></td>
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<td></td>
<td>$50 nonmember</td>
</tr>
<tr>
<td></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>Th 6:15–7:00 p.m.</td>
<td>$30 member</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>$50 nonmember</td>
</tr>
<tr>
<td></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>Th 7:00–7:45 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$50 nonmember</td>
</tr>
<tr>
<td>Level I-A Introduction to Water Skills</td>
<td>4–14 years</td>
<td>Start with the basics. Learn to blow bubbles, practice emerging your face, holding your breath, back float and rear flutter kick.</td>
<td>S 8:00–8:30 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 1 B would be the best choice.</td>
<td>S 8:45–9:15 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>S 9:30–10:15 a.m.</td>
<td>$30 member</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Tu 5:30–6:15 p.m.</td>
<td>$50 nonmember</td>
</tr>
<tr>
<td>Level III Stroke Development</td>
<td>6–14 years</td>
<td>Prerequisite Level I and II. Learn fundamentals of front and back crawl, freestyle, treading water, deep water adjustment, and alternating arms and legs.</td>
<td>S 10:30–11:15 a.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Th 5:30–6:15 p.m.</td>
<td>$50 nonmember</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>S 11:30 a.m.–12:15 p.m.</td>
<td>$30 member</td>
</tr>
<tr>
<td>Private Swimming Lessons</td>
<td>All ages</td>
<td>A 30-minute one-on-one session to learn and develop swimming skills at participant's comfort level.</td>
<td>Call 234-7589 to make your appointment 30-min (1 student): $15 member / $25 nonmember 30-min (parent/child): $20 member / $30 nonmember 30-min (2 siblings): $20 member / $30 nonmember 45-min (2 siblings): $35 member / $45 nonmember</td>
<td></td>
</tr>
</tbody>
</table>

We make every effort to get everyone in a class; however, class sizes are limited in order to provide effective teaching. The pool schedule is tight. Please bring your child on time. Swimming and water safety skills are useful and important for children and adults of all ages to learn. You never know when you will need them. At the YWCA, we emphasize the importance of learning and modeling water safety for all of our participants.
**Adult Fitness**

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 anytime!  
See page 9 for more information.

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
<th>DESCRIPTION</th>
<th>DAY/TIME</th>
<th>FEES</th>
</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.</td>
<td>M, W, F 6:30–7:15 a.m.</td>
<td>$15 / 30-min session member</td>
</tr>
<tr>
<td>Circuits ☀</td>
<td>Weight Training program that is great for any level of experience. Our instructors will guide you through correct techniques and forms on our Body Shop equipment for a full body workout.</td>
<td>T, Th 10:30–11:15 a.m.</td>
<td>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.</td>
<td>M, W, F 12:05–12:50 p.m.</td>
<td>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.</td>
<td>M, W, F 10:30–11:15 a.m.</td>
<td>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!</td>
<td>T, F 5:30–6:30 p.m.</td>
<td>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. Will help improve your muscle strength, balance and stability. No swimming ability necessary.</td>
<td>See building schedule</td>
<td>Only accepting premium or insurance plans</td>
</tr>
<tr>
<td>H.E.A.T. (High Energy Aquatic Training) ☀</td>
<td>An energetic class designed to bring new challenges to your water aerobics workout—great for any fitness level! Offers a variety of plyometric movements, sprints and timed intervals. Balance and core work also included.</td>
<td>T, W, Th 4:45–5:30 p.m.</td>
<td>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.</td>
<td>See building schedule</td>
<td>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.</td>
<td>See building schedule</td>
<td>Only accepting premium, basic, or insurance plans</td>
</tr>
<tr>
<td><strong>BY APPOINTMENT</strong></td>
<td><strong>CLASS/ACTIVITY</strong></td>
<td><strong>DESCRIPTION</strong></td>
<td><strong>DAY/TIME</strong></td>
</tr>
</tbody>
</table>
| Private Swim Lessons Adult + Children | A 30-minute one-on-one session to learn and develop swimming skills at participant’s comfort level.  
*By appointment only.* | Call (319) 234-7589 to make your appointment | $15 / 30-min session member  
$25 / 30-min session nonmember |
| Personal Training               | Personal trainers will assist with setting fitness goals and will help you develop an effective plan to achieve those goals. The personal trainer will show you correct and safe body techniques to help you gain the maximum benefit from your workout.  
*By appointment only.* | Call (319) 234-7589 to make your appointment | $25 / appt member  
$45 / appt nonmember  
$100 / 5 appts member  
$175 / 5 appts nonmember |

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

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

**FINANCIAL ASSISTANCE**
### Health & Wellness Services Schedule

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

**Fall Building Schedule**

**Control Center Hours:**
- M,W: 6:30 a.m.–6:00 p.m.
- T,Th: 6:30 a.m.–6:00 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.–7:45 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:**
- September 4-6 (Labor Day)
- November 25-28 (Thanksgiving)
- December 24-26 (Christmas)
- December 31-January 2 (New Year’s)

**POOL**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30–7:15 a.m.</td>
<td>Water Aerobics</td>
<td>Map or Building</td>
<td>6:30–7:30 p.m.</td>
<td>Tae Kwon Do</td>
<td>Map or Building</td>
<td>6:30–7:15 a.m.</td>
<td>Body Blast</td>
</tr>
<tr>
<td>7:15–8:00 a.m.</td>
<td>Lap Swim</td>
<td>Map or Building</td>
<td>5:30–7:00 p.m.</td>
<td>Gymnastics</td>
<td>Map or Building</td>
<td>6:30–10:30 a.m.</td>
<td>OPEN</td>
</tr>
<tr>
<td>8:00–8:45 a.m.</td>
<td>Water Aerobics</td>
<td>Map or Building</td>
<td>10:30–11:15 a.m.</td>
<td>Silver Sneakers</td>
<td>Body Shop</td>
<td>10:30–11:15 a.m.</td>
<td>OPEN</td>
</tr>
<tr>
<td>9:15–10:00 a.m.</td>
<td>Water Aerobics</td>
<td>Map or Building</td>
<td>12:05–12:50 p.m.</td>
<td>Power Hour</td>
<td></td>
<td>11:15 a.m.–1:30 p.m.</td>
<td>Circuits</td>
</tr>
<tr>
<td>10:30–11:15 a.m.</td>
<td>Lap Swim</td>
<td>Map or Building</td>
<td>5:30–7:30 p.m.</td>
<td>Tae Kwon Do</td>
<td></td>
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<tr>
<td>11:15 a.m.–1:30 p.m.</td>
<td>Pool Cleaning</td>
<td>Map or Building</td>
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<tr>
<td>1:30–4:30 p.m.</td>
<td>Adult Open Plunge</td>
<td>Map or Building</td>
<td></td>
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<tr>
<td>4:45–5:30 p.m.</td>
<td>H.E.A.T.</td>
<td>Map or Building</td>
<td></td>
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<tr>
<td>5:30–6:15 p.m.</td>
<td>Lessons</td>
<td>Map or Building</td>
<td></td>
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</tbody>
</table>

**GYM or BUILDING**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<th>Activity</th>
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<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30–7:15 a.m.</td>
<td>Body Blast</td>
<td>Gym or Building</td>
<td>6:30–10:30 a.m.</td>
<td>OPEN</td>
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</tr>
<tr>
<td>7:15–8:00 a.m.</td>
<td>Lap Swim</td>
<td>Gym or Building</td>
<td>10:30–11:15 a.m.</td>
<td>OPEN</td>
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</tr>
<tr>
<td>8:00–8:45 a.m.</td>
<td>Water Aerobics</td>
<td>Gym or Building</td>
<td>12:05–12:50 p.m.</td>
<td>OPEN</td>
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</tr>
<tr>
<td>9:15–10:00 a.m.</td>
<td>Water Aerobics</td>
<td>Gym or Building</td>
<td>5:30–7:30 p.m.</td>
<td>OPEN</td>
<td></td>
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</tr>
<tr>
<td>10:30–11:15 a.m.</td>
<td>Lap Swim</td>
<td>Gym or Building</td>
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<tr>
<td>11:15 a.m.–1:30 p.m.</td>
<td>Pool Cleaning</td>
<td>Gym or Building</td>
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<tr>
<td>1:30–4:30 p.m.</td>
<td>Adult Open Plunge</td>
<td>Gym or Building</td>
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<tr>
<td>4:45–5:30 p.m.</td>
<td>H.E.A.T.</td>
<td>Gym or Building</td>
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<tr>
<td>5:30–6:15 p.m.</td>
<td>Lessons</td>
<td>Gym or Building</td>
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</tbody>
</table>

**BODY SHOP**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 a.m.–6:00 p.m.</td>
<td>OPEN</td>
<td>Body Shop</td>
<td>6:30 a.m.–6:00 p.m.</td>
<td>OPEN</td>
<td></td>
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</tr>
</tbody>
</table>

**Special events sometimes cancel scheduled open gym and plunge times. Please watch the building for posted signs about schedule changes.**

---

**FRIENDS COMMITTEE**

- Shannon Brocka
- Liz Conklin
- Maxine Davenport
- Gyobanna Driver
- Marla Edler
- Maja Etringer
- Robbie Eye Leach
- Genna Koester
- Pat Harper
- Cindy Mohr
- Abby Ryan
- Shar Self
- Betty Lou Smith
- Cindy Sprole
- Cindy Wells
- Mary Williams
- Dick Yantis
- Mary Yantis
When you start your fitness program at the YWCA, you have several options.

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: $35 member, $60 nonmember; One year: $336 member, $576 nonmember
  - Senior: $26 member, $55 nonmember; One year: $250 member, $528 nonmember
  - Youth: $20 member, $45 nonmember

- Premium Plan: Unlimited Attendance in most Adult Fitness & Aquatic Classes, Lap Swim, Adult Open Plunge, & Open Plunge, plus use of Body Shop & Gym. Adult Swim Lessons, Specialty Classes, & Taekwondo ARE NOT INCLUDED.
  - Adult: $45 member, $75 nonmember; One year: $432 member, $720 nonmember
  - Senior: $30 member, $65 nonmember; One year: $288 member, $624 nonmember
  - Youth: $15 member, $45 nonmember

- Gym Plan: Not offered at this time.
  - One month: $20 member, $45 nonmember

- Child Plan: (through age 13): Not offered at this time.
  - One month: $15 member, $45 nonmember

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.

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

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

One-Year Single Memberships
- Child (through age 13): $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

YWCA POLICIES

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

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

Children and Youth
- For the safety of all, children and youth in the YWCA building or on the grounds must be under the direct supervision of their parents or an adult accompanying them, or they must be participating in a YWCA class or program.
- The Body Shop is open to men and women 18 years and over.
- Youth aged 14–17 years may use the Body Shop when accompanied by their parent(s) or guardian(s).
- Children under 14 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.
- Any one under the age of 18 must be accompanied by a parent or adult guardian when receiving and using a free pass.
- Proof of age will be requested when a membership or day pass is purchased.

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

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

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

Swimming Pool
- Swimming is allowed only when there is a lifeguard on duty.
- For open plunge and lap swims, children under 14 years old must be accompanied by someone 18 years or older. This person must be in the water with the child or children.
- Children 5 years and under need to have Touch Supervision; parent/guardian is with arm’s reach.
- 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.
- Homeplay 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 personal space.
- All smokers must rinse off before entering the pool area.
- Sitting, hanging, or playing on safety ropes, ramps or ladders is prohibited.
- Preschoolers must wear plastic pants or training pants with tight fitting legs, unless toilet trained. No cloth diapers, disposable diapers, or other substitutes allowed in the pool.
- Changing a diaper is not allowed on the pool deck.
- Admission to the pool may be denied for any of the following reasons:
- When an individual is observed to be unable to care for themselves.
- Intoxication.
- Evidence of contagious disease.
- Open sores, wounds, blisters, rashes or stitches.
- Excessively revealing swim suits.
- Any condition or evidence, which, in the opinion of the staff, will jeopardize the health and safety of the general public.
- All accidents, however minor, must be reported to the lifeguard on duty.

Cell Phones, Tablets, Laptop Computers
- Cell phone use is strictly prohibited in YWCA locker rooms and restrooms.
- Tablet and laptop use is strictly prohibited in YWCA locker rooms and restrooms.
- Cell Phone Use in Common Areas such as the Body Shop, Gym, Lobby and Meeting Rooms for the purpose of streaming music, playing games, etc., is prohibited except with the use of headphones or earbuds.
- Please do 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 area 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.
- Building Access
- Seating is available in the lobby while waiting for program participants. No laying or sleeping on the couches, please. Loitering is not allowed in the building and entering solely for the purpose of soliciting is prohibited.
- The YWCA reserves the right to decline to rent space to any group or individual.
- Rental of the YWCA facilities by a group, organization or individual does not imply endorsement of the group's purpose or philosophy. The association assumes no responsibility for the ideas expressed in meetings conducted on its premises.
- All accidents, however minor, must be reported to the lifeguard on duty.

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 a refund/credit. The credit will be figured from the date 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 our front desk.
Thank you!

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

The YWCA Black Hawk County appreciates the many individuals, organizations, businesses, religious institutions and foundations who have supported our mission and services. The listing below includes all who have contributed to the YWCA from July 1, 2020 through June 30, 2021. Every effort has been made to be accurate and complete in the listing of contributors and we sincerely apologize if an omission or error has been made. In the event of an error, please let us know. We sincerely appreciate the pledges and donations we received for our Capital Campaign, Preserving the Past - Ensuring the Future. The names listed below for the 1884 Society and for contributions during the 2020-2021 fiscal year are for our ongoing needs, operating expenses and programming. These do not include gifts to the Capital Campaign.

LEADERS
($5,000–$9,999)
Gallagher Family Foundation
Van G Miller Family Foundation

MENTORS
($3,000–$4,999)
Tracey and Brian Schatz

ADVOCATES
($2,000–$2,999)
Kathy and Jay Agness
Sue Carskadon
Scheels All Sports

INNOVATORS
($1,000–$1,999)
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Elcina Buck
Jennifer Caughron-Swarbrick
Barbara Corson
Maxine Davenport
Pam and Al Hays
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($500–$999)
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Joshua Gordon Zamora

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** Event Sponsor and Donor
Thank you! (continued from p. 14)

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by Steve Armbricht
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by Marlys Messingham
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IN SUPPORT OF OUR MISSION & PROGRAMS
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Cedar Valley United Way
Community Foundation of Northeast Iowa
Charlotte and William Hinson
Charitable Foundation
Grout Museum District
Hudson Community Schools
Lincoln Savings Bank Foundation
Max and Helen Guersey
Charitable Foundation
MercyOne
Northeast Iowa Area Agency on Aging
Northeast Iowa Regional STEM Advisory Board
Pauline R. Barrett Charitable Foundation
RJ McElroy Trust
Teen Trust
Tri-County Child & Family Development Council
UNI Department of Languages and Literatures
Van G. Miller Family Foundation
Waterloo Community Schools
The capital campaign for Phase 2 continues to raise the funds needed to preserve what is unique and historical about our building; and prepare us for the future with updated spaces designed to adequately support both current and future programs and services.

Working together with American City Bureau, Inc., our campaign consultants, we have developed this pyramid showing the levels of gift amounts and the numbers of donors needed in each gift amount to reach our goal.

We hope each and every one of you, our loyal supporters, will find your place on this pyramid and pledge your support to the capital campaign. Your gift is important and we can’t do it without you. We need you. Because with your support, the YWCA will be able to continue to provide the programs and services needed by so many in our community.

Thank you to everyone who supported Phase 1, we could not have done it without you. Now is the time, your time, to make a difference in the lives of the individuals and families we serve by pledging your support for Phase 2.

To learn more about the project and its impact on future programming and the Preserving the Past – Ensuring the Future campaign, please contact Cindy Mohr, Executive Director at (319) 234-7589 or lmohr@ywcabhc.org.