Commit To Be Fit!
Try any adult class, swim in the pool, or use the Body Shop for free.

Friendly, professional YWCA staff will help you get started by introducing you to the equipment and facility. Take the first step in your wellness journey!

Don’t miss this special offer!
Purchase a first-time adult or senior YWCA membership before January 31st and receive a Premium Plan, January through March, for just $50 (Premium Plan includes current classes).

Learn more on p. 7.
Renewal memberships receive $10 off any plan.

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.

We are seeking your nominations for the following 2022 award categories:

Young Woman of Tomorrow
Any young woman (age 18-25 years) who has demonstrated exceptional leadership, scholastic ability, volunteer service and/or special achievements.

Youth Advocate
Any woman who is an advocate for the health and well-being of youth, either by engaging in advocacy efforts on behalf of youth or working directly with young people through nurture, empowerment and inspiration.

Business/Organization that Empowers Women
Any business or organization that has proven its dedication to the advancement of women by empowering them socially, economically and professionally; and has created and advanced opportunities for all women to seek equality and self-sufficiency.

Professional/Business Woman
Any woman who has lived out the YWCA’s mission, personally and professionally, by creating and advancing opportunities for all women to seek equality and self-sufficiency. Can be from any level: owners, managers, employees and entrepreneurs; employed in either a for-profit or non-profit organization, who demonstrates commitment, organizational effectiveness and ethical leadership.

Volunteer
Any woman who has made a significant volunteer contribution to her community with respect to empowering all women without expecting or receiving remuneration.

Women of Persimmon 2022–Nominate An Extraordinary Woman or Organization for Special Recognition!

On April 28, 2022, the YWCA will again recognize extraordinary women and organizations from our community at our sixteenth annual YWCA Women of Persimmon luncheon. This is your opportunity to celebrate a woman you know whose life, talent or passion has helped shape our community.

YWCA Women of Persimmon candidates exemplify the YWCA mission; and through their work, their role in the community and/or their influence, they make a difference whether from “behind the scenes” or in the public eye.

Nominees must be a resident of or work in Black Hawk County. Students attending educational institutions in Black Hawk or Bremer counties are also eligible. Winners will be announced at the Women of Persimmon luncheon on Thursday, April 28, 2022 at 11:30 a.m. at the Hilton Garden Inn in Cedar Falls.

Please take this opportunity to nominate a friend, relative or colleague for this special honor. Nomination forms are available at the YWCA and on our website www.ywcabhc.org. Call Cindy Mohr to receive one by mail or email. If possible, please email your nomination as a Word document.

Nominations must be received by Monday, March 7, 2022.

Nominations may be delivered, emailed or mailed to Lucinda Mohr, Executive Director, YWCA Black Hawk County, 425 Lafayette, Waterloo, IA 50703 or lmohr@ywcabhc.org.

SAVE the DATE
Thursday, April 28, 2022
11:30 a.m. – 1:00 p.m.
Hilton Garden Inn, Cedar Falls, IA

We’re looking forward to your attendance at the Women of Persimmon luncheon on Thursday, April 28, 2022 at 11:30 a.m. in Cedar Falls.

The businesses and individuals who sponsor the YWCA Black Hawk County’s annual Women of Persimmon luncheon are important partners. Your sponsorship supports the mission of the YWCA, as well as the programs and services provided to thousands of local individuals annually. Various sponsorship levels are available.

Sponsorships include, at a minimum, reservations for the luncheon as well as your company’s name included on our website, in the event program and in the special thank you that will appear in our next brochure.

For more information on how to become a sponsor of this event, contact Amber Haack, Marketing and Development Director at (319) 234-7589 or ahaack@ywcabhc.org.
Cindy Sprole Receives Jessica Hey Volunteer Award

The Jessica Hey Award is given annually to a YWCA volunteer for outstanding service to the YWCA and to women in our community. Jessica Hey was a valued Board member from 1962-1967 and then again from 1974-1980. She was known as a “behind the scenes” leader who did not seek the spotlight. Historically, the Jessica Hey award is presented by the last recipient and Hillery Oberle made the following presentation to Cindy Sprole. “Cindy has a strong background in insurance and human resources and has used that experience to provide guidance, support and leadership to the YWCA. She is also a member of the Cedar Valley Human Resource Professionals, National Society for Human Resource Management and the Altrusa Club. Cindy joined the YWCA board in 2018 and has just begun her second term on the YWCA Board of Directors, and her second year as President of the Board, after serving as Vice President in 2019. She serves on Finance Committee, chairs the Friends Committee and has a leadership role in the capital campaign. She is a member of our 1884 Society, which is our giving club for donors giving over $500 annually. Cindy is a strong leader and role model for the YWCA Board and committees. She readily volunteers for committee work, supports YWCA events and actively promotes the YWCA in the community, looking to help the YWCA and its programs make connections and partnerships; and is an advocate for the YWCA, its mission, programs, participants, staff and services. All of this with an infectious laugh and good sense of humor!”

Cyndi Ritter Receives Esther Hagar Award

Begun in 2000, the Esther Hagar Award is given to a former YWCA staff person who made a significant impact on the organization and displayed strong commitment to the mission of the YWCA. This year’s recipient was Cyndi Ritter. Cyndi began with the YWCA in September, 2004 as the Teen Director, a position that evolved into the Youth & Family Services Director as more programs and services were developed and added to address the needs of youth, families, immigrants and refugees; programs that she successfully directed, led and facilitated until she resigned in December 2020 to relocate when her husband took a new position in Minnesota. During her tenure, Cyndi not only directed the programming and supervised the staff, she also facilitated many programs and groups; represented the YWCA on many community committees, task forces and collaborations; and made many community presentations. She was instrumental in developing and implementing several Youth & Family Services programs as well as community partnerships; all working towards the goal of assisting and supporting girls, parents, individuals and families to reach their potential. She developed, wrote and incorporated all of the program policies, procedures and services that lead to our Parents Achieving Success with Support program receiving two five-year Iowa Family Support Services credentialing. In addition to her own department’s programs and activities; she could be counted on to help with all things YWCA, like driving the bus, watching children in the family center, taking a child care shift when they were short-handed, manning information booths at community events, cooking meals, cleaning, and helping with YWCA fundraising events. Cyndi was both a leader and a team player in the community and within the YWCA.

Americorps Seniors RSVP – Black Hawk County Receives Special Friend Award

Our Special Friend Award has the inscription – “When you do the little things, you make the big things happen”. Americorps Seniors RSVP – Black Hawk County is an organization who has done little things for the YWCA for many, many years, helping to make some big things happen. Americorps Seniors RSVP – Black Hawk County’s mission is to engage community members 55 and better in meaningful volunteer opportunities to meet critical community needs that impact and benefit citizens of all ages while providing a high-quality experience that will enrich the life of the volunteer. They have been coming to the YWCA, volunteering their time and preparing many of our bulk mailings for years; assisting us to get information on our programs, activities and events out to the community and the individuals and families that need our services. YWCA staff has enjoyed working alongside these wonderful seniors during these many years and we truly appreciate how they have supported us in this way. Kelsey Umthun, RSVP Coordinator, accepted the award on behalf of the volunteers.

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Recognized for completing her first three-year term on the Board of Directors: Cindy Sprole. Cindy has agreed to serve a second term.

From the Investment Committee, Mary Adams was recognized for completing her second 3-year term. Mary continues to serve on the Finance Committee.

Current staff members were introduced and the following received gifts commemorating their years of employment: Thirty years – Catherine Barr. Fifteen years – Aimee Erne. Ten years – Shirley Daleske, Shantellee Jackson. Five years – Michelle DeMent, Shontell Matlock. Three years – Judy DuBois, Lara Earnest, Jim Jones, Angelica Rodriguez.

Serving on this year’s Nominating Committee were Mary Adams, Judy Finkelnstein, Jesse Lahmann, Diane Meggers, Tracey Schatz, Cindy Sprole, Cindy Mohr, and Mary Yantis, Secretary.

Appointed to serve on the 2022 Nominating Committee were: Deb Dralle, Jesse Lahmann, Diane Meggers, Cathie Miehe, Tracey Schatz, Cindy Sprole, Cindy Mohr and Mary Yantis, Secretary.

Cindy Sprole, Board President announced that the Board of Directors had elected the following individuals to serve on the Board of Directors:

- Shayla Boyland, Credit Analyst, Lincoln Savings Bank
- Maja Etringer, Supply Base Manager, John Deere
- Tera O’Hare, Senior Vice President, VGM Homelink
- Shellie Sablan, Community Volunteer
- Shar Self, Department Head and Professor of Economics and Department Head and Professor of Finance, University of Northern Iowa
- Sarah Topliff, High School Relations Representative, Hawkeye Community College

The evening’s program ended with presentations made by Health & Wellness Services Director, Kaylee Vette, Child Care Co-Directors Rachel Scott and Mindy Sternhagen, and Youth & Family Services Director, Jessica Ruiz Hemmen regarding the services and programming provided in their departments.

Thank You

The YWCA Black Hawk County gives a sincere “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.
**Special Events (continued from p.2)**

**YWCA’s Wall of Money Final Tally**

$15,230

Thank YOU for making our 2021 Fall Fundraiser a success!

Because YOU donated to our Wall of Money, we raised $15,230 to support the programs and services we provide right here in Black Hawk County.

While our “Wall” still had some cards left on it at the end, we are thankful for all who supported our “no-event event”. Everyone had fun participating and watching our process and stayed healthy and safe doing it.

Thank you again for making our Wall of Money fundraiser a success and thank you for your support of the YWCA!

**Senior Center Locating at YWCA**

A Message from Gregory Zars, Deputy Director
Northeast Iowa Area Agency on Aging

Northeast Iowa Area Agency on Aging is excited to be co-locating within the YWCA to offer our meal program with activities for older persons. We have partnered with the YWCA for many years to provide wellness classes in and around Northeast Iowa. This relationship will allow us to continue to offer socialization, education, and nutrition services in Waterloo.

COVID 19 delayed our opening for more than a year and we are ready to connect with older persons. We look forward to developing and delivering new ways to meet the needs of consumers in Black Hawk County!

**YWCA Programs Receive Funding**

We are happy to announce that the YWCA has received the following grant awards to support its mission, programs and participants:

- **RJ McElroy Trust**
  - Youth Programs: $40,000
- **Lincoln Saving Bank Foundation**
  - Wize Girlz: $1,500
- **Max and Helen Guernsey Charitable Foundation**
  - Youth & Family Services: $30,000
- **Community Foundation of Northeast Iowa**
  - Multicultural Services: $25,000

The YWCA greatly appreciates the financial support from these organizations.

**The Charitable IRA Rollover**

*It’s a great 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.

**Book Discussion Group**

The YWCA Book Discussion Group meets the third Monday of the month, September through November and January through May at 12:30 p.m. at the YWCA. Participants are encouraged to read books beforehand, but discussion is very informal and everyone is welcome to attend.

- January 10 / *Where the Crawdads Sing* by Delia Owens
- February 21 / *Nomadland* by Jessica Bruder
- March 21 / *The Book Woman of Troublesome Creek* by Kim Michele Richardson
- April 18 / *This Tender Land* by William Kent Krueger
- May 16 / Selection of books for the next year

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

**Do You Have Some Spare Change?**

*We accept donations year-round!*

Whether you want to donate on your birthday, anniversary, or some random Thursday, stop by our front desk to make a donation or drop a check in the mail addressed to YWCA Black Hawk County Attn: Marketing & Development. Your continued support helps us to provide the important programs and services to the individuals we serve in our community.

*Watch for our online donation forms coming later this year!*

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**YWCA Bridge Club**

Do you enjoy playing cards? Then you will fit right in with the group of women and men who play bridge at the YWCA on Friday afternoons. The group is currently seeking new members and substitutes. If you’re interested in joining, please contact the YWCA at (319) 234-7589 for more information.
Childcare Programs

**YWCA Playdays**
The YWCA is pleased to offer childcare opportunities on most scheduled days off of school from 6:30 a.m. - 6:00 p.m. Breaks, 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 January begins December 1
- Registration for February begins January 3
- Registration for March begins February 1

Cost for 2021-2022 Playdays: $40 members / $60 non-members

**Playdays Schedule (Jan. – Mar.)**

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATERLOO</td>
<td>January 14</td>
<td>February 11, 24, 25</td>
<td>March 11</td>
<td>March 14 – 18 (Spring Break)</td>
</tr>
<tr>
<td>CEDAR FALLS</td>
<td>February 18</td>
<td>March 11</td>
<td>March 14 – 18 (Spring Break)</td>
<td></td>
</tr>
<tr>
<td>HUDSON</td>
<td>March 11</td>
<td>March 14 – 18 (Spring Break)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

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

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**Y’s Kids before and after school**

**REGISTRATION FOR FALL 2021-2022 HASbegun.**
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 $20 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)

<table>
<thead>
<tr>
<th>Location</th>
<th>Mornings</th>
<th>Afternoons</th>
<th>Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEDAR FALLS</td>
<td>$97</td>
<td>$102</td>
<td>$144</td>
</tr>
<tr>
<td>CUNNINGHAM</td>
<td>x</td>
<td>$108</td>
<td>$144</td>
</tr>
<tr>
<td>HUDSON</td>
<td>$87</td>
<td>$97</td>
<td>$1144</td>
</tr>
<tr>
<td>WATERLOO</td>
<td>$92</td>
<td>$99</td>
<td>$1184</td>
</tr>
<tr>
<td>WATERLOO PRESCHOOL</td>
<td>$132</td>
<td>$132</td>
<td>$230</td>
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</tbody>
</table>

**Y’s Kids Non-Member Prices** (2021-22)

<table>
<thead>
<tr>
<th>Location</th>
<th>Mornings</th>
<th>Afternoons</th>
<th>Combo</th>
</tr>
</thead>
<tbody>
<tr>
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<td>$132</td>
<td>$132</td>
<td>$230</td>
</tr>
</tbody>
</table>

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

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

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

Y’S Kids is partially funded by Cedar Valley United Way and RJ McElroy Trust.
**Summer Daze 2022** ...more than just child care.

**REGISTER NOW!** Registration begins Monday, March 14th. *Space is limited.*

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

June 6 – August 12 (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.

**One S.M.A.R.T Summer**

Come along with us as we visit a variety of S.M.A.R.T. (STEM, Music & Movement, Art, Reading Roundabouts and Teamwork) activities and themes.

**Cost:** $120/week members, $155/week non-members

*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 $20 ($30 family maximum) activity/supply fee will be collected at the time of registration.

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

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

Parents, the decision of which program to enroll your child in for the summer is important. Please feel free to call with any questions or to arrange a meeting and tour of our building. We truly enjoy sharing our summers with area school-age children and would love the chance to share our program with you. Call Rachel Scott or Mindy Sternhagen for more information (319) 234-7589.
**PASS – Parents Achieving Success with Support (FREE!):**

An education and support group for parents in their 20s and 30s. 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 how to prepare their children to be ready for school. Participants also earn attendance points to purchase family need items.

Group currently meets virtually on the second and fourth Wednesdays of each month from 4:30-5:45 p.m., to be transitioning to in-person soon. Transportation and childcare are provided at no cost when program begins meeting in person.

For more information, or to register for programming, contact Jessica Ruiz at 319-234-7589 ext. 228 or jruizhemmen@ywcahbc.org.

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

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**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 al (319) 234-7589, extensión 240.

Parcialmente financiado por El Community Foundation of Northeast Iowa.

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**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 transporte gratuito para tanto en la mañana como en la tarde.

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

Tu puedes comenzar en cualquier momento. Para mayor más información, por favor llame 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.

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

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

Partially funded by the Community Foundation of Northeast Iowa.

**Language, Advocacy, Resources & Support**

**English Class:** For any individual who is not proficient in English. Come and learn English together with others from the community. This group also provides community resource information, community activities, wellness information and group support. We provide free transportation, 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 (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 provide students as conversation partners and to assist with lesson planning for our English classes.
Health & Wellness Services

Wize Girlz

Wize Girlz is a program for 6th, 7th and 8th grade girls that provides positive activities designed to support and educate. Through year-round programming, staff provide engaging group activities of learning, recreational, and skill building experiences. Examples include service learning projects, STEAM (Science, Technology, Engineering, Art, and Math) activities, fun with fitness, goal setting, risk prevention strategies, information from college campuses on higher education, and speakers from local businesses and agencies to increase awareness on careers.

Wize Girlz is free! Girls can join Wize Girlz at any time during the school year, however 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 programming at 4:30 p.m.

Call Angela Johnson at 319-234-7589 ext. 229 or Jessica Ruiz at 319-234-7589 ext. 228 to register.

A New Employee Joins the YWCA Team!

Angela Johnson joins our staff as our new Youth and Family Services Assistant Director. Angela grew up in Waterloo and has resided in the Cedar Valley for most of her life. She worked in the field of early childhood for many years and attended Iowa State University where she earned a degree in Early Childhood Education and Programming.

Angela is the mother of four children, two who live at home and two who are now adults. She enjoys spending time with her family, traveling to new places and learning about people and their cultures.

Angela says “I’m excited to start my journey at the YWCA! I participated in various YWCA programs as a child and young adult and understand how valuable our mission and programs are to the community. I look forward to being a part of this team and honoring our mission as I work with program participants and the community.”

Commit To Be Fit—join us for this special event!

Don’t miss the opportunity to start your New Year off right!

At the YWCA, you will be treated like family. Our health and wellness staff are ready to help you get started on your journey to a healthier you!

During our two-day Wellness Open House, try any adult fitness class, swim in the pool, or use the Body Shop for FREE!

At the YWCA, you will be treated like family. Our health and wellness staff are ready to help you get started on your journey to a healthier you!

Purchase a first-time adult or senior YWCA membership before January 31st to receive unlimited visits January through March for just $50. (Premium Plan includes all current fitness classes.)

Renewal memberships receive $10 off a fitness plan.

Kick off your New Year a little differently this year.

Improve on your overall health and wellness with our knowledgeable and helpful YWCA staff!

YWCA Health & Wellness staff are here to support you.

Our team will help you reach your goals!

Know Your Numbers FREE!

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

Body Shop 101 FREE!

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

Personal Training

- Let our experienced trainers motivate you!
- Every session is designed just for you – we will listen to your personal fitness needs and goals.
- Personal training is for everyone! If you’re new to working out, getting back in shape, or tired of hurting when you get out of bed, we can help.
- When you work with a Personal Trainer, you are supported to achieve results faster and prevent injuries.
- 1 session for $25 member / $45 non-member or 5 sessions for $100 member / $175 non-member.

Contact Kaylee to schedule your appointment today:
(319) 234-7589, ext. 233 or email kvette@ywcabhc.org

Wize Girlz

Wize Girlz is a program for 6th, 7th and 8th grade girls that provides positive activities designed to support and educate. Through year-round programming, staff provide engaging group activities of learning, recreational, and skill building experiences. Examples include service learning projects, STEAM (Science, Technology, Engineering, Art, and Math) activities, fun with fitness, goal setting, risk prevention strategies, information from college campuses on higher education, and spokescners from local businesses and agencies to increase awareness on careers.

Wize Girlz is free! Girls can join Wize Girlz at any time during the school year, however 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 programming at 4:30 p.m.

Call Angela Johnson at 319-234-7589 ext. 229 or Jessica Ruiz at 319-234-7589 ext. 228 to register.

A New Employee Joins the YWCA Team!

Angela Johnson joins our staff as our new Youth and Family Services Assistant Director. Angela grew up in Waterloo and has resided in the Cedar Valley for most of her life. She worked in the field of early childhood for many years and attended Iowa State University where she earned a degree in Early Childhood Education and Programming.

Angela is the mother of four children, two who live at home and two who are now adults. She enjoys spending time with her family, traveling to new places and learning about people and their cultures.

Angela says “I’m excited to start my journey at the YWCA! I participated in various YWCA programs as a child and young adult and understand how valuable our mission and programs are to the community. I look forward to being a part of this team and honoring our mission as I work with program participants and the community.”

Commit To Be Fit—join us for this special event!

Don’t miss the opportunity to start your New Year off right!

At the YWCA, you will be treated like family. Our health and wellness staff are ready to help you get started on your journey to a healthier you!

During our two-day Wellness Open House, try any adult fitness class, swim in the pool, or use the Body Shop for FREE!

At the YWCA, you will be treated like family. Our health and wellness staff are ready to help you get started on your journey to a healthier you!

Purchase a first-time adult or senior YWCA membership before January 31st to receive unlimited visits January through March for just $50. (Premium Plan includes all current fitness classes.)

Renewal memberships receive $10 off a fitness plan.

Kick off your New Year a little differently this year.

Improve on your overall health and wellness with our knowledgeable and helpful YWCA staff!

YWCA Health & Wellness staff are here to support you.

Our team will help you reach your goals!

Know Your Numbers FREE!

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

Body Shop 101 FREE!

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

Personal Training

- Let our experienced trainers motivate you!
- Every session is designed just for you – we will listen to your personal fitness needs and goals.
- Personal training is for everyone! If you’re new to working out, getting back in shape, or tired of hurting when you get out of bed, we can help.
- When you work with a Personal Trainer, you are supported to achieve results faster and prevent injuries.
- 1 session for $25 member / $45 non-member or 5 sessions for $100 member / $175 non-member.

Contact Kaylee to schedule your appointment today:
(319) 234-7589, ext. 233 or email kvette@ywcabhc.org

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Contact Kaylee to schedule your appointment today:
(319) 234-7589, ext. 233 or email kvette@ywcabhc.org
**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 all NEI3A senior sites have reopened. Join us 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. As senior sites continue to reopen, please watch for updates for a location near you!

If you are interested, please email Kaylee at kvette@ywcabhc.org or call (319) 234-7589, ext. 233 to find out how to participate!

---

**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.

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

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

---

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

Show proof of service when registering. We are pleased to offer this discount to those who are or have served our country.
The martial arts teach so much more than just self-defense. All good martial arts programs emphasize respect, self-discipline and etiquette. The YWCA’s Tae Kwon Do program offers youth and adults an excellent form of exercise while building self-confidence. This program is ongoing, so you can start at any time and are invited to visit your first class for FREE!

<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) Group 2: M, W, Th 6:30–7:30 p.m. (green belt &amp; up)</td>
<td>$42/mo. member; $62/mo. non-member</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 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).

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

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

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

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

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

Scheduling allows for lap swim, open plunge and water fitness classes. You can utilize kick boards, water weights, fun noodles, and other equipment to enhance your workout. Our pool lift allows the physically challenged to access the pool and enjoy the freedom of movement that water makes possible.

**Medical Recommendations**

The YWCA HWS department advises you to see your physician before you begin a new exercise program.
Child/Youth 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.

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

### SESSION 1: February 1–22 (4 weeks); Registration begins January 10 (classes & times subject to change)
### SESSION 2: March 15–April 5 (4 weeks); Registration begins February 21 (classes & times subject to change)

<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>$32 member</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>$32 member</td>
</tr>
</tbody>
</table>

### SESSION 1: February 3–24 (4 weeks); Registration begins January 10 (classes & times subject to change)
### SESSION 2: March 17–April 7 (4 weeks); Registration begins February 21 (classes & times subject to change)

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
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<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ballet Basics ★</td>
<td>4–6 years</td>
<td>A class that introduces young dancers to basic positions of arms and legs required for ballet. Class will focus on developing locomotor skills through body movements such as balancing, hopping, skipping, jumping and galloping.</td>
<td>Th 5:30–6:15 p.m.</td>
<td>$32 member</td>
</tr>
<tr>
<td>All That Jazz ★</td>
<td>7–12 years</td>
<td>This class begins with a warm-up, isolations and stretching important for coordination, strength and flexibility. Young dancers will learn fundamental jazz steps and basic movement combinations accompanied by entertaining and upbeat music.</td>
<td>Th 6:15–7:00 p.m.</td>
<td>$32 member</td>
</tr>
<tr>
<td>Every Body Can Dance ★</td>
<td>4–6 years</td>
<td>Learn to dance! Includes ballet, jazz, hip hop and free movement. The class will teach balance, discipline and coordination while you explore the many varieties of dance.</td>
<td>Th 7:00–7:45 p.m.</td>
<td>$32 member</td>
</tr>
</tbody>
</table>

### SESSION 1: February 5–26 (4 weeks); Registration begins January 10 (classes & times subject to change)
### SESSION 2: April 23–May 14 (4 weeks); Registration begins April 1 (classes & times subject to change)

<table>
<thead>
<tr>
<th>CLASS/ACTIVITY</th>
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<th>DAY/TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level I-A ★</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>$32 member</td>
</tr>
<tr>
<td>Level I-B ★</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>$32 member</td>
</tr>
<tr>
<td>Level II ★</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>$32 member</td>
</tr>
<tr>
<td>Level III ★</td>
<td>6–14 years</td>
<td>Prerequisite Level 1 and II. Learn fundamentals of front and back crawl, freestyle, treading water, deep water adjustment, and alternating arms and legs.</td>
<td>S 10:30–11:15 a.m.</td>
<td>$32 member</td>
</tr>
<tr>
<td>Level IV ★</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>$32 member</td>
</tr>
</tbody>
</table>

**Private Swimming Lessons ★**

- **Adult or Child**
  
  A 30-minute one-on-one session to learn and develop swimming skills at participant's comfort level.

Call 234-7589 to make your appointment.

- 30-min (1 student): $20 member / $30 non-member
- 30-min (parent/child): $25 member / $35 non-member
- 30-min (2 siblings): $25 member / $35 non-member
- 45-min (2 siblings): $40 member / $50 non-member

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>
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<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>$25 / appt member</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>$25 / appt non-member</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>$45 / 5 appts member</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>$100 / 5 appts member</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>
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BY APPOINTMENT

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</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 |
| 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          |

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

Website: ywcabhc.org  
facebook.com/ywcabhc
## Health & Wellness Services Schedule (January – March)

### Winter Building Schedule

**Control Center Hours:**
- M, T, W: 6:30 a.m.–6:00 p.m.
- F: 6:30 a.m.–4:30 p.m.
- S: 8:00 a.m.–12:30 p.m. (w/ swim lessons)
- Closed Sundays

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

**Building Closings:**
- December 24–26 (Christmas)
- December 31–January 2 (New Year’s)
- January 17 (Martin Luther King Jr. Day)

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

### POOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30–7:30 a.m.</td>
<td>Lap Swim</td>
</tr>
<tr>
<td>8:00–8:45 a.m.</td>
<td>Water Aerobics</td>
</tr>
<tr>
<td>9:15–10:00 a.m.</td>
<td>Water Aerobics</td>
</tr>
<tr>
<td>10:30–11:15 a.m.</td>
<td>Water Aerobics</td>
</tr>
<tr>
<td>11:30 a.m.–12:15 p.m.</td>
<td>Lap Swim</td>
</tr>
</tbody>
</table>

### GYM or BUILDING

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>6:30–7:15 a.m.</td>
<td>Body Blast</td>
</tr>
<tr>
<td>10:30–11:15 a.m.</td>
<td>Silver Sneakers</td>
</tr>
<tr>
<td>5:30–7:30 p.m.</td>
<td>Tae Kwon Do</td>
</tr>
</tbody>
</table>

### BODY SHOP

<table>
<thead>
<tr>
<th>Time</th>
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</tr>
</thead>
<tbody>
<tr>
<td>6:00 a.m.–6:00 p.m.</td>
<td>OPEN</td>
</tr>
</tbody>
</table>

### Monday

- **Gym Hours:**
  - 6:30–7:15 a.m.
  - 7:00 a.m.–12:00 p.m.

- **Body Shop Hours:**
  - 6:00 a.m.–6:00 p.m. OPEN

### Tuesday

- **Gym Hours:**
  - 6:30–7:15 a.m.
  - 7:00 a.m.–12:00 p.m.

- **Body Shop Hours:**
  - 6:00 a.m.–6:00 p.m. OPEN

### Wednesday

- **Gym Hours:**
  - 6:30–7:15 a.m.
  - 7:00 a.m.–12:00 p.m.

- **Body Shop Hours:**
  - 6:00 a.m.–6:00 p.m. OPEN

### Thursday

- **Gym Hours:**
  - 6:30–7:15 a.m.
  - 7:00 a.m.–12:00 p.m.

- **Body Shop Hours:**
  - 6:00 a.m.–6:00 p.m. OPEN

### Friday

- **Gym Hours:**
  - 6:30–7:15 a.m.
  - 7:00 a.m.–12:00 p.m.

- **Body Shop Hours:**
  - 6:00 a.m.–4:00 p.m. OPEN

### Saturday

- **Gym Hours:**
  - 8:00 a.m.–12:00 p.m. OPEN

- **Body Shop Hours:**
  - CLOSED

- **Pool Hours:**
  - 8:00 a.m.–12:00 p.m. OPEN

(Only when swim lessons are in session)
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 / One month: $37 member, $65 non-member OR One year: $385 member, $720 non-member

Senior / One month: $28 member, $60 non-member OR One year: $275 member, $660 non-member

Youth (age 14-17) / One month: $22 member, $55 non-member

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, & Tai Kwan ARE NOT INCLUDED

Adult / One month: $48 member, $80 non-member OR One year: $516 member, $900 non-member

Senior / One month: $32 member, $70 non-member OR One year: $324 member, $780 non-member

Youth (age 14-17) / One month: $27 member, $55 non-member

Open Gym Plan
- Unlimited Attendance in Open Gym

Not offered at this time.

One month: $22 member, $47 non-member OR One year: $216 member, $516 non-member

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

Please Note: Membership fees will increase on July 1, 2022.

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.

MEMBERSHIP INFORMATION JOIN TODAY!

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

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

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. Short and shorts may be allowed, but no cut-offs.
- Preschoolers must wear plastic pants or training pants with tight fitting 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, the lockers are indicated by a bathroom 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, which is for groups of children 14 and under, at least one adult (18 or older) must be present in the pool for everyone.
- Children 6 months or older are allowed in the YWCA pool.

- All children, 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.

- 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.

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 an activity 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.
- No food or drink of any kind is allowed in YWCA common, public spaces, and restrooms.
- No cell phones, tablets, or laptops are allowed in the Body Shop and gym areas at their scheduled times.
- Cell phone use in Common Areas such as the Body Shop, Gym, Lobby and Meeting Rooms for the purpose of streaming music, playing games, etc., is prohibited except with the use of headphones or earbuds.
- Please do not talk on your Cell Phone while in or working out in the Body Shop. Please be courteous and take your call out into the hall or to the lobby.
- Please remember when you are making calls on your Cell Phone in YWCA common, public spaces, that you are in a public space and therefore have no expectation of privacy.

丧失, 被盗或损坏的物品
- 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 injury/illness 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 notified. 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 $3 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.

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

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

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

Membership Information
At this time, we are only accepting monthly plans or insurance plans.
Do you want to make an impact? Join the YWCA team!

Full-time and several year-round part-time positions are available now.

**Full-Time Positions:**

**Child Care Assistant Director**

Full-time position providing supervision of multiple before and after school and full day summer child care programs. BA Degree in education, recreation, child development or a related field and one-year relevant experience required.

Send cover letter and resume to Cindy Mohr, Executive Director, cmohr@ywcabhc.org.

**Health and Wellness Assistant Director**

HWS Assistant Director assists in the development, provision and supervision of comprehensive fitness and wellness programs, classes and activities for adults, seniors, youth and children. Requirements include: Degree in Movement and Exercise Science, Leisure Services, Recreation, Health Education, Physical Education or closely related field and 1 year experience in fitness/wellness programming and promotion or equivalent combination of education and experience. Some evenings and weekends required.

Send resume and cover letter to Kaylee Vette, HWS Director, kvette@ywcabhc.org.

**Multicultural Services Assistant Director**

YWCA seeks individual to provide case management, translation/interpretation and English instruction to immigrant and refugee population. Full-time with benefits; some evenings required. Must be fluent in Spanish and English (verbal/written) and fluency in additional languages a plus; 2 years relevant experience; degree in human services preferred.

Send resume and cover letter to Jessica Ruiz Hemmen, Youth and Family Services Director, jruizhemmen@ywcabhc.org.

**Part-Time Positions:**

**Youth and Family Services Program Assistant**

The YWCA seeks a creative, energetic individual for part-time position to assist in planning and facilitating our youth development program for middle school girls and our parent education and support program.

Experience working in group setting preferred, strong communication and teamwork skills required. Program hours are after school / late afternoon / early evening programming on

Tuesdays, Wednesdays, and Thursdays. 5 -10 Hours per week. $10.50 per hour.

Send resumes and applications to Jessica Ruiz Hemmen, Youth and Family Services Director, jruizhemmen@ywcabhc.org.

**Family Center Child Care Provider**

The YWCA seeks individuals for part-time position providing child care for children aged infant through 10 years while their parents participate in YWCA English Class or parenting programs. Flexible work schedule with morning, afternoon and early evening hours available. Current hours needed are Tuesday and Thursday mornings: Monday and Wednesday late afternoon and evening hours. Approximately 6-10 hours a week.

Qualifications: High school diploma/GED; ability to relate effectively and positively with children, parents, and YWCA staff; ability to regularly bend, stoop, pick up and lift babies and toddlers. $10.50 per hour.

Send resumes and applications to Jessica Ruiz Hemmen, Youth and Family Services Director, jruizhemmen@ywcabhc.org.

**Driver**

The YWCA seeks individual to transport participants in agency vehicles.

Requirements: HS diploma/GED; have/obtain chauffeur’s license; current vehicle insurance; 26+ years of age; meet agency insurer’s standards; familiarity with Waterloo/CF area. Approx. 5-10 hours per week with more hours in the summer. Must be flexible. $10.50 per hour.

Send resumes and applications to Jessica Ruiz Hemmen, Youth and Family Services Director, jruizhemmen@ywcabhc.org.

**Youth Dance Instructor**

The YWCA seeks energetic individuals for part-time position(s) providing instruction to youth ages 4-12 in beginner through intermediate ballet, jazz, hip-hop and/or modern dance classes. Class focuses on familiarizing students with the basic fundamentals and encouraging motor skill development, while having fun.

Requirements: previous experience in dance and/or gymnastics and ability to teach and motivate youth. $10.50/hour.

Send resumes and applications to Kaylee Vette, HWS Director, kvette@ywcabhc.org.

**Youth Gymnastics Instructor**

The YWCA seeks energetic individuals for part-time position providing instruction to youth ages 4-12 in beginner through intermediate levels of gymnastics. Class focuses on familiarizing students with the basic fundamentals and encouraging motor skill development.

Requirements: previous experience in gymnastics and ability to teach and motivate youth. Must be Red Cross Certified Lifeguard. $10.50/hour.

Send resumes and applications to Kaylee Vette, HWS Director, kvette@ywcabhc.org.

**Aquatics Instructor – Adult and Senior Aquatic Fitness Class Instructors**

The YWCA seeks energetic individuals for part-time positions providing instruction to adults and seniors in water aerobics and/or aquatic fitness classes.

Requirements: previous experience in instructing in water classes; ability to teach and motivate individuals: Flexible schedules, variety of shifts available including Saturdays. $10.50/hour.

Send resumes and applications to Kaylee Vette, HWS Director, kvette@ywcabhc.org.

**Fitness Instructor – Adult and Senior Fitness Class Instructors**

The YWCA seeks energetic individuals for part-time positions providing instruction to adults and seniors in a variety of fitness classes.

Requirements: previous experience in instructing the specific area and ability to teach and motivate individuals. Flexible schedules, variety of shifts available. $10.50/hour.

Send resumes and applications to Kaylee Vette, HWS Director, kvette@ywcabhc.org.

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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 Black Hawk County, 425 Lafayette St. Waterloo, IA 50703. Applications are available at the YWCA or on our website at www.ywcabhc.org.
Preserving the Past — Ensuring the Future

Despite more than a year of a pandemic, our work on Preserving the Past — Ensuring the Future Phase 2 Capital Campaign continues. Our marketing materials are complete and our volunteers are trained; so it seems like an opportune time to remind everyone of our plan for the YWCA building. In each of the next few newsletter mailings, we will revisit the projects and share their corresponding benefits for the people we serve and the community.

First Floor: Welcome, One and All

<table>
<thead>
<tr>
<th>Project</th>
<th>Benefits</th>
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<tbody>
<tr>
<td>Improve reception area &amp; entries</td>
<td>Enhanced welcoming &amp; inclusive experience for participants &amp; guests</td>
</tr>
<tr>
<td>Remodel &amp; reconfigure program areas &amp; meeting rooms</td>
<td>Increased programming opportunities &amp; multi-use spaces</td>
</tr>
<tr>
<td>Renovate kitchen &amp; replace equipment</td>
<td>New programming, hands-on job training, employment &amp; partnership opportunities. Plus a hospitality area.</td>
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<tr>
<td>Install new elevator</td>
<td>New code compliance</td>
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<tr>
<td>Refurbish original flooring</td>
<td>Preserve the Past</td>
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<tr>
<td>Renovate restrooms</td>
<td>Accessibility for all</td>
</tr>
<tr>
<td>Install new windows &amp; tuckpoint building</td>
<td>Exterior energy efficiency allows for more investment in people &amp; programs, &amp; less in utilities</td>
</tr>
</tbody>
</table>

If you have any questions about the project or campaign, or how you can support it, please contact Cindy Mohr, Executive Director, at (319) 234-7589 ext. 227 or lmohr@ywcabhc.org.
Join us! It’s a great time to be a member of the YWCA.

If you have been looking for a reason to become a member of the YWCA – then look no further and join 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.

As a member, you play an important role in ensuring that services continue to be provided to those who need them most. Your membership fee provides financial support to programs that the YWCA provides at no cost to participants in our Youth & Family Services and enables us to offer financial assistance to women and families with low incomes participating in Child Care and Health and Wellness Services. Every cent of your membership fee supports YWCA programming and services provided right here in Black Hawk County.

Your membership also ensures you access to our special discounted member rates on Child Care and Health and Wellness Services.

The YWCA Black Hawk County has 110 years of providing programs and services here in Black Hawk County. Last year, even with a pandemic, we provided services to 966 women, men, girls and boys and provided $43,000 in financial assistance to individuals and families.

YWCA is the nation’s oldest continuous women’s organization. Today more than 2 million people participate in YWCA programs at more than 200 sites across the United States. Globally, the YWCA reaches 25 million women and girls in 125 countries.