



eliminating racism
empowering women
ywca

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-Th 6:30 a.m. - 7:00 p.m.
Fri. 6:30 a.m. - 4:00 p.m.
Sat. 8:00 a.m. - 10:00 a.m.
8:00 a.m. - 12:00 p.m. (with swim lessons)
Sun. Closed

Front Desk Hours

Mon. 8:00 a.m. - 7:45 p.m.
Tues. 8:00 a.m. - 7:00 p.m.
Wed. 8:00 a.m. - 7:45 p.m.
Thurs. 8:00 a.m. - 7:00 p.m.
Fri. 8:00 a.m. - 6:30 p.m.
Sat. Closed
Sun. Closed

Building Closings

September 1 (Labor Day)
November 27-30 (Thanksgiving)
December 24-25 (Christmas)

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FALL SESSION

JULY-DECEMBER 2025

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



WOMEN OF PERSIMMON

On Thursday, April 10th, 2025 YWCA Black Hawk County recognized and celebrated extraordinary women from across the Cedar Valley.

See page 2 for more information

**SAVE THE DATE:
PARKING LOT PARTY**

Join us for a fun time with food trucks, games, music, and a mystery box raffle where the proceeds all go to supporting the YWCA.

See page 3 for more information

YWCA NEWS!

The YWCA will be launching brand new database in August 2025!

Join us in welcoming YWCA's new Executive Director!

See page 4 for more information



Y'S KIDS

Y's Kids is for children ages 4-12 looking for before and after school care. See our website for registration details, dates & times.

See page 6 for more information



HEALTH & WELLNESS

Looking for a way to reclaim your energy, improve your mood, and take charge of your health—the YWCA has you covered!

Commit to Be Fit by joining a class, using the Body Shop, or enjoying our heated pool.

See page 7 for more information



YWCA'S 19TH ANNUAL WOMEN OF PERSIMMON LUNCHEON WAS A HUGE SUCCESS THANKS TO SPONSORS AND ATTENDEES.

Persimmon, the orange color YWCAs across the United States have chosen to symbolize the strength and confidence of women. We all know extraordinary women who make a positive difference in our lives and community.

On Thursday, April 10, 2025, the YWCA Black Hawk County celebrated these women at our 18th Annual Cedar Valley Women of Persimmon luncheon.

The Women of Persimmon luncheon recognizes women, businesses and organizations who exemplify the mission and vision of the YWCA to eliminate racism and empower women.

THANK YOU TO OUR SPONSORS

PARTNER SPONSORS

Beecher, Field, Walker, Morris, Hoffman, & Johnson P.C.
Oakridge Real Estate
Community Motors Buick GMC

FRIEND SPONSORS

Isle Casino Hotel of Waterloo
Lincoln Savings Bank

WOMEN OF STRENGTH TRIBUTES

Again, this year, people in the community paid tribute to women who have made a positive impact in their lives.

In Memory of Mary K. Williams

RECIPIENTS OF THE WOMEN OF PERSIMMON AWARDS ARE

Rev. Vera Wallican, M.Div. Professional Business Women

Reverend Vera founded Celebration Sisterhood, which hosts women empowerment workshops, assists families during the holidays, and has even made the Empowered Her Future Scholarship.

Nancy Taylor Volunteer

Nancy's hard work and dedication keeps to Iowa Heartland Habitats belief that everyone deserves a decent place to call home.

Anita Ross & Lori Dale Youth Advocate

Anita shows her passion and dedication for bringing the arts to the youth every day from her work with marketing, fundraising, or even teaching classes that introduce skills and build up children on and off the stage.

Lori puts together parent groups for feedback, organizing capstone trips that introduce students to life changing opportunities, and ensuring every young person she encounters, youth walk away believing in their own potential.

Jasmyne Rubio, Elite Design Business that Empowers Women

Through Jasmyne's hard work, Jasmyne both empowers women to succeed, as well as does her best to stay involved in the community.

Diane Meggers Jean Parker Award

Diane is this year's proud winner of the 2025 Jean Parker Award. The Jean Parker Award goes to a YWCA member who exemplifies the mission and values of the YWCA and has continued to support it, giving generously of her time, talents, and treasure. They had exactly one person in mind to be the recipient of the first award – Jean Parker. Because of Jean's ongoing commitment and generosity to not only the YWCA, but to the entire Cedar Valley community, she has set the bar for all future Women of Persimmon recipients. It seemed only fitting from that point on that it be named the Jean Parker Award.

SPECIAL EVENTS

YEAR END GIVING

Help Build a Brighter, Safer, and Healthier Future!

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

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

ANNUAL MEETING - OPEN TO THE PUBLIC

Date/Time: TBD – Please see website for details

YWCA Black Hawk County will hold its Annual Meeting in the Grace Cornish Lounge at the YWCA. The evening will celebrate the organization's accomplishments over the year. We will also recognize board members, staff, and volunteers for their commitment to the YWCA. The program will include the introduction of any new additions to our Board of Directors, Investment Committee, and the Nominating Committee. Special recognitions, including the Esther Hagar award and Community Appreciation awards will follow.

You are invited to enjoy refreshments, and mingle with fellow members, board members and staff. The annual business meeting and presentations will follow.

Annual Meeting 2024 Honorees:

Esther Hagar Award - Plaque
Katie Boyce

Community Appreciation Award - Plaque
Forbin VGM
INVISION Architecture
Peters Construction Corporation

Board of Directors

3 years - pen
Shayla Boyland
Cindy Sprole

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.

Investment Committee

3 years - pen
Michelle Weidner

Staff Recognition
Hired 2021 - 3 years - keychain
Camryn Douglas
Kelly Price

Special Retirement Recognition

Katie Boyce – Health & Wellness Instructor

BOOK DISCUSSION 2025-26

September 15, 2025

The Heaven and Earth Grocery Store
by James McBride

October 20, 2025

The Day the World Came to Town by Jim DeFede

November 17, 2025

Distant Sons by Tim Johnston

January 12, 2026

Becoming Madam Secretary by Stephanie Dray

February 16, 2026

The Radium Girls by Kate Moore

March 16, 2026

Remarkably Bright Creatures by Shelby Van Pelt

April 20, 2026

Boat Baby by Vicky Nguyen

May 18, 2026

Selection of books for the next year

All discussions will be held at the YWCA Black Hawk County, 425 Lafayette Street, at 9:30 a.m. on the dates shown. All meetings are on the third Monday of the month except the January meeting which will be held on the second Monday as the YWCA will be closed for Martin Luther King Day.

BOARD OF DIRECTORS

Shayla Boyland - President
Shanterra Martin – Vice President
Denise Mathias – Treasurer
Cindy Sprole – Secretary
Shannon Brocka
Vickie Butler
Lauren Duhaime
Kimberly Isbel
Tracey Schatz
Callie Youngblut

INVESTMENT COMMITTEE

Shayla Boyland	Margaret Hiesterman
Stacy Braun-Wagner	Shanterra Martin
Natalie Burris	Denise Matthias
Tyson Burton	Chad Moine
Tiffany Coffin	Hillery Oberle
Natalie Dloughy	Jenna Walleser
John Gonner	Michelle Weidner

FRIENDS COMMITTEE

Shannon Brocka	Samantha Hammel
Liz Conklin	Tracey Schatz
Gyobanna Driver	Cindy Sprole
Lauren Duhaime	Cindy Wells
Robbie Fye Leach	

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FALL FUNDRAISER

Parking Lot Party

When: September 25, 5:00 - 7:00 p.m.

Where: 425 Lafayette St., Waterloo, IA

Join us for our Fall Fundraiser: Parking Lot Party. Enjoy a fun time with food trucks, games, music, and a mystery box raffle where the proceeds all go to supporting the YWCA.

NEWS FROM YOUR YWCA

JOIN THE YWCA TEAM!

PART-TIME POSITIONS:

Part-Time Driver

The YWCA seeks an individual to transport participants in agency vehicles, beginning in summer.

Qualifications:

- Highschool Diploma
- Have/obtain chauffeur's license and current vehicle insurance
- 26+ years of age
- Meet agency insurer's standards
- Familiar with the Waterloo/CF area

Approx. 10-12 hours per week during the summer. Must be flexible. **\$15.00 per hour**

Send cover letters and resumes to the Front Desk at smeehan@ywcabhc.org or aimee@ywcabhc.org.

YWCA Y's Kids Before and After School Childcare Program

The YWCA is accepting applications from qualified & safety-oriented individuals to staff before and after school childcare programs serving school-aged children.

Positions are part-time during the elementary school academic year. Available positions are **On-Site Supervisor (\$15.50 per hour)** and **Program Assistants (\$15.00 per hour)**. Experience required for On-Site Supervisor positions. Must be able to pass criminal and child abuse background checks. 6-30 hours per week are available, to fit your schedule.

Childcare program hours are:

- Monday, Tuesday, Thursday
- 6:30 a.m. - 9:00 a.m.
 - 3:25 p.m. - 6:00 p.m.
- Wednesday
- 1:30 p.m. - 6:00 p.m.
- Friday
- 6:30 a.m. - 6:00 p.m.

Hours depend on the specific program site you are assigned to.

Send cover letters and resumes to the Front Desk at smeehan@ywcabhc.org or aimee@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. **\$15.00 per hour**

Requirements:

- Previous experience in instructing the specific area
- Ability to teach and motivate individuals
- Flexible schedules, variety of shifts available

Send cover letters and resumes to the Front Desk at smeehan@ywcabhc.org or aimee@ywcabhc.org.

Lifeguards and Swim Lesson Instructors

Openings for Red Cross certified lifeguards and swim lesson instructors. **\$15.00 per hour**

Send cover letters and resumes to the Front Desk at smeehan@ywcabhc.org or aimee@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. **\$15.00 per hour**

Requirements:

- Previous experience in instructing in water classes
- Ability to teach and motivate individuals
- Flexible schedules, variety of shifts available including Saturdays

Send cover letters and resumes to the Front Desk at smeehan@ywcabhc.org or aimee@ywcabhc.org.

Youth Dance and/or Gymnastics Instructor

YWCA seeks 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 AND/OR beginner through intermediate levels of gymnastics. Class focuses on familiarizing students with the basic fundamentals and encouraging motor skill development. **\$15.00 per hour**

Requirements:

- Previous experience in dance and/or gymnastics
- Ability to teach and motivate youth

Program Hours

Gymnastics: Tuesday 5:30 - 7:00 p.m.
Dance: Thursday 5:30 - 7:45 p.m.

Send cover letters and resumes to the Front Desk at smeehan@ywcabhc.org or aimee@ywcabhc.org.

The YWCA is an Equal Opportunity Employer. Benefits include discounts on YWCA fitness programs. Must pass Criminal and Child Abuse background checks. Resumes/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.

WELCOME TO THE TEAM



YWCA BLACK HAWK COUNTY'S NEW EXECUTIVE DIRECTOR

The YWCA Black Hawk County Board of Directors is thrilled to announce the appointment of Amelia Smith as the new Executive Director effective July 7, 2025.

Joining the YWCA from the Waterloo Community School District, Amelia brings with her over a decade of proven leadership success in public education including program development, compliance reporting and fiscal responsibility.

As Amelia states, "I am honored to step into the role of Executive Director at the YWCA, an organization whose mission of eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all has long resonated with me. As a former educator and parent whose own children participated in YWCA programs - from enrichment classes to before and after-school care - I've witnessed firsthand the incredible impact this organization has on families. I'm excited to support our community in an even broader way and to continue uplifting children and families beyond the classroom. I look forward to working with our dedicated team to further the YWCA's legacy of service and advocacy."

She and her family live in Waterloo and have deep roots in the Black Hawk County community. Amelia earned her Master's in Education and Bachelor of Arts degrees from the University of Northern Iowa, with a focus on Special Education and Art History. The Board recognizes Amelia's passion, experience, education, and strategic vision as critical to carrying on the legacy of our organization. Welcome, Amelia!



YWCA BLACK HAWK COUNTY'S NEW ADMINISTRATIVE ASSISTANT!

Sam joined the YWCA in December 2024 as the Administrative Assistant. Sam graduated from University of Northern Iowa

with a Bachelor's in English. In her free time, Sam likes to play table top RPG's, read, write, and enjoy time with her husband and three cats.

Sam states, "I am so excited to continue my journey with the YWCA in promoting our mission to eliminate racism and empower women."



YWCA BLACK HAWK COUNTY'S NEW NEW ASSISTANT CHILDCARE DIRECTOR!

Robin joined the YWCA in July 2025. Robin graduated from University of Northern Iowa in 2023 with a Bachelor of Arts in Interdisciplinary

Studies with an emphasis in Humanities, Elementary Education, and Communication & Arts. Robin graduated in Summer 2025 with her Master's in Public Policy with an emphasis in Food Access and Public Services in Political Science, Public Administration and Public Affairs.

Robin says, "Working with the YWCA as the Assistant Director of Child Care services gives me the opportunity to make a meaningful impact on the lives of children and families. I'm deeply aligned with the YWCA's mission to empower women and eliminate racism. This role would allow me to leverage my experience in early childhood education, policy advocacy, and community engagement to ensure that every child has access to high-quality care and learning opportunities. The opportunity to collaborate with like-minded individuals who are passionate about creating change is motivating, and I'm excited to contribute to the YWCA's impactful work."



YWCA BLACK HAWK COUNTY'S NEW NEW ASSISTANT CHILDCARE DIRECTOR!

Abby joined the YWCA in June 2025. Abby graduated from the University of Northern Iowa in December of 2024 with her Bachelor's

Degree in Elementary Education and a Minor in Social and Emotional Learning. Abby started working in the YWCA Childcare Program as a Program Assistant in the Spring of 2024.

Abby states, "I am excited to be back in my new role as Assistant Childcare Director, and I look forward to continuing to build relationships within the community and with all the awesome kids in our program. In my free time I enjoy reading and trying various crafts."



YWCA BLACK HAWK COUNTY'S NEW HEALTH & WELLNESS SERVICES DIRECTOR

Michelle joined the YWCA in July 2025. Michelle has been in the Health/Fitness/Wellness industry for almost 20 years. Michelle is a

Certified Personal Trainer, Group Fitness Instructor and PnL1 Nutrition Coach. She grew up in Waterloo, IA and has lived in 5 different states, recently relocating back to Iowa. She is a wife, mom to 2 sons, and a dog mom of 2.

Michelle states, "I am passionate about empowering individuals of all ages and backgrounds to live healthier, more confident lives."

EXCITING CHANGES ARE COMING SOON!

The YWCA will be launching a brand-new database in August 2025.

Please be patient with us as we work out all the issues that come with us moving from a very old and unique system - a "Unicorn" in the tech world - to one that will be Internet based and more accessible outside of the YWCA building. While there will be definite changes to our memberships, monthly cards, and programs (specifically how you register for them and how much you pay), we are striving to make the transition as easy as possible.

MEMBERSHIPS



MEMBERSHIP INFORMATION

- 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.

You may already be a member. If so, thank you!

MEMBERSHIP PRICE AND DATA BASE CHANGES EFFECTIVE AUGUST 2025.

Please contact Front Desk for details at **319-234-7589**.

DAY PASSES AVAILABLE

Child (up to 13)	\$3.75
Youth (age 14-17)	\$5.00
Adult	\$10.00

FINANCIAL ASSISTANCE

Financial assistance may be available depending on the YWCA program. Qualification is 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.

CHILDCARE PROGRAMS

YWCA PLAYDAYS

The YWCA is pleased to offer childcare opportunities on most scheduled days off of school from 6:30 a.m. - 6:00 p.m.
Breakfast, lunch, and snack provided. (Children may bring their own if preferred.)
Staff will let you know the swimming days to bring your own swimsuit and towel.
(The YWCA does not provide swimsuits.)

Registration
Pre-registration is required.
To ensure adequate staffing and supplies, registrations will not be accepted after 12:00 p.m. the day before.
Walk-ins are not allowed. (Your child will not be considered registered until payment is received. Space is limited.)
Cost for 2025 – 2026 Playdays
\$50 members
\$82 nonmembers

Playday Cancellation Policy
To ensure maximum access to Playdays childcare services, the YWCA maintains a strict policy regarding the cancellation of Playdays registrations. It is important for you to know these policies and your responsibilities as they determine whether you will be eligible to receive a partial refund of this fee or be able to register for future Playdays. Copies of the Playdays Cancellation Policy are available at the YWCA's Front Desk.
There are no refunds for memberships, registration fees, absences, or weather delays or cancellations.
Play Day Dates
Waterloo
Sept. 19
Oct. 17, 30, 31
Nov. 26
Dec. 22, 23, 26, 29, 30, 31
Cedar Falls
Oct. 31
Nov. 26
Dec. 22, 23, 26, 29, 30, 31



Y'S KIDS BEFORE & AFTER SCHOOL CHILD CARE

The YWCA Y's Kids Before and After School program is designed to meet the needs of parents whose schedules do not coincide with their children's school day. Although there will be time for homework and academic assistance; Y's Kids is a time for the children to unwind, relax, be creative, and enjoy the company of friends in a safe and friendly environment with positive caring adult role models. Y's Kids programs are in compliance with the State of Iowa childcare regulations and the State Fire Marshal. Y's Kids staff are certified in First Aid, CPR, Universal Precautions and are trained as mandatory reporters of child abuse. Y's Kids staff have all successfully completed a State of Iowa Criminal and Abuse Record check as well as a national fingerprinting process.
Our Y's Kids programs are held at the schools listed below, making Y's Kids convenient for participating parents. A nutritious breakfast and snack are provided each day. Programs run from 6:30 a.m. to when school begins and from the time school dismisses until 6:00 pm. The Y's Kids program begins earlier on Wednesdays that have a scheduled early dismissal. You can register for care before school, after school or both.
Locations
School Age (Kindergarten and older)
The YWCA provides before and after-school childcare for school-age children at Cunningham, Highland, Irving, Kingsley, Kittrell, Lincoln, Lou Henry, and Lowell Elementary in Waterloo; Hansen, Lincoln, and North Cedar Elementary in Cedar Falls.

Preschool
The YWCA provides before and after-school preschool childcare at Cunningham, Highland, Kittrell and Lowell in Waterloo. Preschool childcare is available at the schools Monday – Thursday. All-day care is available on Fridays at the YWCA from 6:30 a.m. – 6:00 p.m.
How to Enroll
Please come to the YWCA to register. Standard costs for registration will change effective August 2025. Please see the Front Desk for details.
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. 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.

	Before School Only	After School Only	Combo
Cedar Falls	\$50	\$50	\$100
Waterloo	\$50	\$50	\$100
Waterloo Preschool (Mon-Thurs ONLY)	\$50	\$50	\$100
Waterloo Preschool (+ All-day Friday)	\$85	\$85	\$135
<small>*Must be a registered participant in preschool before school, after school or before & after school childcare M-Th.</small>			

YWCA Childcare Fees
Y's Kids Member Prices (2025-2026)
Space is limited. Call the YWCA (319) 234-7589 to check availability at your child's school.
Please follow our Facebook page and check our website regularly for any updates on registration!
Y's Kids is partially funded by Cedar Valley United Way and RJ McElroy Trust.

HEALTH & WELLNESS



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.
*By appointment only
Body Shop 101 FREE!
• Learn how to use the cardiovascular and weight equipment to get the most out of each exercise experience.

YOU CAN BENEFIT FROM YOUR INSURANCE PLANS!
The YWCA is a program site for the following plans:
• Silver Sneakers
• Renew Active
• Silver & Fit and Active & Fit
These programs are a fully funded fitness benefit for many individuals, including Medicare members who have supplemental insurance policies that include these programs, particularly AETNA, Humana or AARP MedicareComplete® by UnitedHealthcare.
Not sure whether or not you are covered by one of these programs? Individuals can bring their insurance card to our Front Desk for a check of coverage.
Members of all the aforementioned insurance programs are entitled to our Premium Plan, which is unlimited attendance in our fitness and aquatic classes, lap swims, open plunges, plus use of our Body Shop—all at no charge to you!
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 15% DISCOUNT
Thank you to all veterans and individuals currently serving in the military and their families. To show our appreciation for your service, the YWCA Black Hawk County offers a 15% discount on all fitness plans and classes. This benefit extends to all immediate family members.
Show proof of service when registering. We are pleased to offer this discount to those who are or have served our country.

ADULT FITNESS CLASSES

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

FINANCIAL ASSISTANCE
Based on household income & size available on classes marked *

The YWCA offers a variety of fitness plans to fit your schedule.
Review registration options on p. 10 or call the YWCA to find the plan that works best for you!

TAE KWON DO ONGOING – BEGIN ANY TIME! SEE PAGE 9 FOR MORE INFORMATION

FITNESS CLASSES	CLASS/ACTIVITY	DESCRIPTION	DAY/TIME	FEES
	Silver Sneakers*	An ideal class for individuals of any age who feel like starting down the road to fitness. Each session concentrates on slow movements through the range of motion, increased circulation, moderate strengthening, and improved flexibility.	M,W,F 10:00 - 10:45 a.m.	Accepting Premium or Insurance Plans
	Pickleball	Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels.	M,W,F 11:00 a.m. - 12:45 p.m. T,Th 10:30 -11:45 a.m. F 1:00 - 2:30 p.m.	Membership not needed Accepting Basic, Premium, and Insurance Plans Fee \$5/person Equip. \$1/person
	Zumba*	This high-energy class features exotic Latin and international rhythms. Easy and energizing. This is a fun way to get yourself moving.	M,W 6:00 - 6:45 p.m.	Accepting Premium or Insurance Plans

AQUATICS	CLASS/ACTIVITY	DESCRIPTION	DAY/TIME	FEES
	Adult Swim Class*	Never learned to swim as a child? Had a bad experience in the water once? Afraid to get your face wet? Let's “Face Your Fears Together” with this new adult swim class. Each class will be 4 weeks and focus on basic water safety and swimming skills with others who may have similar fears. Together we will help you conquer your fears. Limited to 4 adults each session. All ages welcome! 18 to 118!	See building schedule	\$50
	Water Aerobics*	Our most popular class! A fun, invigorating aerobic workout, in the pool. This call will help improve your muscle strength, balance, and stability. No swimming ability necessary.	See building schedule	Accepting Premium or Insurance Plans

POOL	CLASS/ACTIVITY	DESCRIPTION	DAY/TIME	FEES
	Lap Swim*	Designed for those wishing to use swimming as a form of exercise. Swimmers may swim in lanes, however, when necessary the lifeguard will initiate circles in such a manner that interruptions be kept to a minimum.	See building schedule	Accepting Basic, Premium, or Insurance Plans
	Open Plunge*	Designed as a period of recreation or to extend/enhance an aquatic workout.	See building schedule	Accepting Basic, Premium, or Insurance Plans

CHILD/YOUTH FITNESS CLASSES

TAE KWON DO ONGOING – BEGIN ANY TIME!
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!

FINANCIAL ASSISTANCE
Based on household income & size available on classes marked *

CLASS/ACTIVITY	AGE	DESCRIPTION	DAY/TIME	FEES
Tae Kwon Do*	5 years - adult	Learn martial arts in the traditional Korean style with Grand Master Francis Moore, 9th Degree Black Belt. Classes will teach forms and sparring with a focus on discipline, etiquette and self-confidence.	Group 1: M, W 5:30-6:30 p.m. (white, orange & yellow belts) Group 2: M, W 6:30-7:30 p.m. (green belt & up)	\$50

CLASS/ACTIVITY	AGE	DESCRIPTION	DAY/TIME	FEES
Level I-A* Introduction to Water Skills	4-14 yr	Start with the basics. Learn to blow bubbles, practice emerging your face, holding your breath, back float and rear flutter kick.	See building schedule	\$40
Level I-B* Strengthening Water Skills	4-14 yr	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.	See building schedule	\$40
Level II* Fundamental Aquatic Skills	4-14 yr	Prerequisite: Level I or can show ability to perform at Level I skills. Practice from glide with flutter kick and jumping in.	See building schedule	\$40
Level III* Stroke Development	6-14 yr	Prerequisite: Level I and II. Learn fundamentals of front and back crawl, freestyle, treading water, deep water adjustment, and alternating arms and legs.	See building schedule	\$40
Level IV* Stroke Improvement	6-14 yr	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 distances. Swim 60 feet freestyle to pass.	See building schedule	\$40
Private Swimming Lessons <i>Adult or Child</i>	All ages	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 30 min (1 student): \$30 30 min (1 parent/child): \$30 30 min (2 siblings): \$40	

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

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

YOUTH & FAMILY SERVICES

WIZE GIRLZ

Wize Girlz is a FREE and empowering program for 6th, 7th, and 8th grade Middle School girls in the Waterloo school district that provides positive activities and opportunities designed to support and educate. During the school year, staff provide varied group activities which engage young women in learning, recreational, and skill building experiences. Examples of activities include service-learning projects, STEAM activities, fun with fitness, goal setting, risk prevention strategies, information from college campuses on higher education, speakers from local businesses and agencies to increase awareness on careers, and important age-related issues.

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

Wize Girlz is free! Snacks and activities are offered at no additional cost.

Pre-registration is required for this program, space is limited.

To register, contact Kaylee Thomas, Youth & Family Services Director, at (319) 234-7589, ext. 228.

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



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.

SERVICIOS MULTICULTURALES

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

Para servicios y ayuda, llame a Melissa Villa, Directora de servicios Multiculturtales, al (319) 234-7589, ext. 240.

Parcialmente financiado por el Community Foundation of Northeast Iowa.

CLASES DE INGLÉS

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

Inglés Básico: Lunes, 11:15 a.m. - 12:30 p.m.

Sesión 1:
3 de Septiembre de 2025 - 10 de Decembre de 2025

Sesión 2:
2 de Febrero de 2026 - 20 de Mayo de 2026

Inglés Avanzado: Miércoles, 6:15 - 7:30 p.m.

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

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

MULTICULTURAL SERVICES

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

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

Partially funded by the Community Foundation of Northeast Iowa.

LANGUAGE, ADVOCACY, RESOURCES & SUPPORT

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

Basic English: Monday, 11:15 a.m. - 12:30 p.m.

Session 1:
September 3, 2025 – December 10, 2025

Session 2:
February 2, 2026 – May 20, 2026

Advanced English: Wednesday, 6:15 - 7:30 p.m.

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

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

- 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 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. A 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 a lifeguard is on duty.
- For Open Plunge and Lap Swim, children under 14 years old must be accompanied by someone 18 years or older. This person must be in the water with the child or children.
- Children 5 years and under need to have Touch Supervision; parent/guardian is within arm's reach of child.
- For groups of children 14 and under, at least one adult (18 or older) must be present in the pool for every six children.
- In accordance with the American Red Cross guidelines, only children 6 months or older are allowed in the YWCA pool.
- Horseplay such as running, splashing, shoving, or dunking is not permitted.
- No diving is allowed in the shallow end of the pool.
- During Open Plunge: air mattresses or similar floatable devices are not permitted. Balls, Frisbees, or other throwable equipment are not permitted.
- Only properly fitted Coast Guard-approved life jackets are allowed. No other flotation devices are allowed in the pool.
- Food and drinks (other than water) are not allowed inside the pool area.

- Be considerate of others and their individual workouts.
- All swimmers must rinse off before entering the pool area.
- Sitting, hanging, or playing on safety ropes, ramps or ladders is prohibited.
- Preschoolers must wear plastic pants or training pants with tight fitting legs unless toilet trained. No cloth diapers, disposable diapers, or other substitutes allowed in the pool. Changing a diaper is not allowed on the pool deck.
- Admission to the pool 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 swimsuits.
 - 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.
- Day pass is available for Adults (\$10), Youth, ages 14-17 (\$5), and children, ages 6 mo- 13 yrs (\$3.75). This allows you to participate in adult classes and use the pool, Body Shop, and gym areas at their scheduled times. Under 18 must be accompanied by an adult.

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 canceled, 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 determined from the day the Director is contacted. Credit or partial credit can be made for youth fitness and aquatic classes until the third meeting of the class.
- The purchase price of yearly plans is not refundable except in the case of injury or illness and requires a physician's documentation.

- A processing fee of \$5 and a prorated amount for classes already held will be deducted.
- Please allow up to four weeks for processing of refund checks.

Building Access

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

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.



FALL SESSION
JULY - DEC. 2025

YWCA Black Hawk County
425 Lafayette Street
Waterloo, IA
ywca@ywcabhc.org
facebook.com/ywcabhc

Return Services Requested

Non-Profit Org.
U.S. Postage Paid
Permit No. 1426
Waterloo, IA



Leaders (\$5,000 - \$9,999)

- Gallagher Family Foundation
- Kathy & Jay Agness
- Patricia McGivern
- Marvin & Helen Schumacher Family Fund

Mentors (\$3,000 - \$4,999)

- Brian & Tracey Schatz

Advocates (\$2,000 - \$2,999)

- Lynn & Charlie Blair-Broeker
- Diane Meggers

In Support of our Mission & Programs

Cedar Falls Community Schools
Cedar Valley United Way
Community Foundation of Northeast Iowa
Gallagher Family Foundation
Grout Museum
Guernsey Charitable Foundation
Hudson Community Schools
Iowa Department of Human Services (IHHS)
Iowa State Extension and Outreach
John Deere
John H. Stevens Family Fund
Lincoln Savings Bank *
Max & Helen Guernsey Charitable Foundation

Innovators (\$1,000 - \$1,999)

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