



SPRING SESSION

JANUARY-JUNE 2025

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

**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.



SAVE THE DATE!

Save the date for our 19th Annual Women of Persimmon!

See page 2 for more information



SUMMER WIZE GIRLZ

An empowering and free summer program for girls entering 6th, 7th, or 8th grade.

See our website for registration details, dates & times.

See page 7 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 8 for more information



SUMMER DAZE

Summer Daze is for children ages 4-12 looking for an exciting summer! Sign up for one week or all weeks. Space is limited.

See our website for registration details, dates & times.

See page 6 for more information

Spring 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

- May 26 (Memorial Day)
- June 19 (Juneteenth)

CONTENTS

- 2** News from YWCA
- 4** Before & After School Care
- 5** Play Days
- 6** Summer Daze
- 7** Youth & Family Services
- 8** Health & Wellness
- 9** Adult Fitness
- 10** Child & Leisure
- 11** Spring Facilities Schedule
- 12** Membership
- 14** Policies and Rules





NEWS FROM YOUR YWCA



Cedar Valley Women of Persimmon

SAVE THE DATE: 19TH ANNUAL WOMEN OF PERSIMMON

Thursday, April 10, 2025 | 11:30 a.m. - 1:00 p.m.

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.

Save the date for our 19th Annual Women of Persimmon on Thursday, April 10, 2025, from 11:30 a.m. - 1:00 p.m.. The event will be held at the Hilton Garden Inn, located at 7213 Nordic Dr. Cedar Falls, IA 50613.

For more information, please contact the Front Desk at (319) 234-7589.

IRA ROLLOVER

Help Build a Brighter, Safer, and Healthier Future!

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.

WELCOME TO THE TEAM



NEW ASSISTANT CHILDCARE DIRECTOR JOINS THE YWCA BLACK HAWK COUNTY!

Sherry Davenport started working as the Assistant Childcare Director in September 2024. Sherry has been working for the YWCA Black Hawk County

since 2021. Sherry started for the YWCA's Summer Daze program as a Program Assistant and accepted a position as an On-Site Supervisor for the Before-After school program shortly after. In the Summer of 2024, Sherry took the position of On-Site Coordinator for the Summer Daze program.

Outside of work, you can find Sherry spending time with family and friends, especially her grandchildren.

Sherry states, "I'm excited to take over as Assistant Childcare Director. My passion has always been working with children and getting to know their families. I'm proud to be a part of the YWCA childcare department and wouldn't want to be anywhere else!"



JOIN THE YWCA TEAM!

Do you want to make a difference?

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

FULL-TIME POSITIONS:

Childcare Director

The YWCA seeks an individual for a full-time position to oversee development, provision and supervision of childcare programming at multiple before and after school sites and full day summer childcare programs.

Qualifications:

- A bachelor's degree in education, recreation, child development or a related field is preferred
- 3-5 years relevant experience including staff supervision, scheduling, program evaluation & licensing or equivalent combination of education and experience required
- Excellent communication and management skills
- Must be flexible
- DEI experience is a must
- Must pass criminal and child abuse background checks

Full-time with benefits including paid time off, health & dental insurance, retirement, etc.

\$42,000 - \$45,000 per year

Send cover letter and resume to Joyce Levingston, Executive Director, jlevingston@ywcabhc.org.



PART-TIME POSITIONS:

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 - Friday
- 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 completed applications and/or resumes to Front Desk at smeehan@ywcabhc.org or aimee@ywcabhc.org.

Summer Daze

The YWCA is accepting applications from qualified & safety-oriented individuals to staff the YWCA's summer childcare program serving ages 4-12.

Positions are **Group Leader (\$15.50 per hour)** and **Program Assistant (\$15.00 per hour)**. Experience required for Group Leader 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 6:30 a.m. - 6:00 p.m. Monday - Friday.

Send completed applications and/or resumes to 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.

Requirements:

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

\$15.00/hour

Send resumes and applications to Mindy Sternhagen, HWS Director, mindy@ywcabhc.org.

Lifeguards and Swim Lesson Instructors

Openings for Red Cross certified lifeguards and swim lesson instructors.

\$15.00/hour

Send resumes and applications to Mindy Sternhagen, HWS Director, mindy@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

\$15.00/hour

Send resumes and applications to Mindy Sternhagen, HWS Director, mindy@ywcabhc.org.

The YWCA is an Equal Opportunity Employer. Benefits include discounts on YWCA fitness programs. Must pass Criminal and Child Abuse background checks. Resumes and applications can be mailed or delivered to: YWCA Black Hawk County, 425 Lafayette St. Waterloo, IA 50703. Applications are available at the YWCA or on our website at www.ywcabhc.org.



CHILDCARE PROGRAMS



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 Highland, Irving, Kingsley, Kittrell, Lincoln, Lou Henry, and Lowell in Waterloo, at Hudson Elementary and at Hansen, Lincoln, and North Cedar Elementary Schools in Cedar Falls. Only after school child care is offered at Cunningham Elementary in Waterloo.

Preschool

The YWCA provides before-and-after preschool childcare at the following Waterloo elementary schools: Highland, Lowell, and Kittrell. Only after preschool childcare is offered at Cunningham Elementary. Preschool childcare is available at the

schools Monday - Thursday. All-day care is available on Fridays at the YWCA from 6:30 a.m. to 6:00 p.m.

Childcare for preschool students attending Hudson Elementary is available either before the morning program or after the afternoon program only.

How to Enroll

Please come to the YWCA to register. Standard costs at the time of registration include a \$20 registration fee and a \$20 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.

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.

YWCA Childcare Fees

Y's Kids Member Prices (2024-2025)

	Before School Only	After School Only	Combo
Cedar Falls	\$45	\$45	\$90
Hudson	\$35	\$55	\$90
Waterloo	\$45	\$45	\$90
Waterloo Cunningham	X	\$55	X
Waterloo Preschool (Mon-Thurs ONLY)	\$45	\$45	\$90
Waterloo Preschool (+ All-day Friday)	\$78	\$78	\$122
<small>*Must be a registered participant in preschool before school, after school or before & after school childcare M-Th.</small>	<small>M-Th Before School ONLY + All-Day Fri</small>	<small>M-Th After School ONLY + All-Day Fri</small>	<small>M-Th Before + After School + All-Day Fri</small>

Y's Kids Non-Member Prices (2024-2025)

	Before School Only	After School Only	Combo
Cedar Falls	\$82	\$82	\$164
Hudson	\$64	\$100	\$164
Waterloo	\$82	\$82	\$164
Waterloo Cunningham	X	\$100	X
Waterloo Preschool (Mon-Thurs ONLY)	\$82	\$82	\$164
Waterloo Preschool (+ All-day Friday)	\$78	\$78	\$122
<small>*Must be a registered participant in preschool before school, after school or before & after school childcare M-Th.</small>	<small>M-Th Before School ONLY + All-Day Fri</small>	<small>M-Th After School ONLY + All-Day Fri</small>	<small>M-Th Before + After School + All-Day Fri</small>

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.



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 2024 - 2025 Playdays

\$40 members
\$72 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

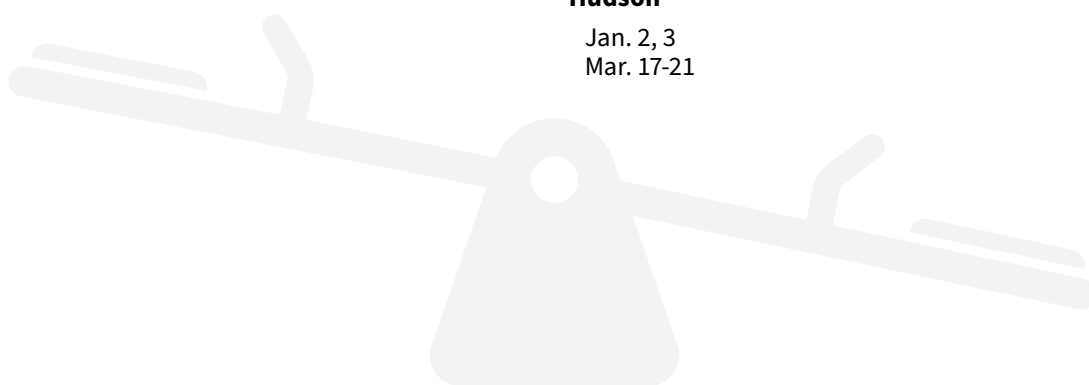
Jan. 2, 3, 17
Feb. 14, 27, 28
Mar. 17-21
Apr. 4, 18, 21
May 2, 12

Cedar Falls

Jan 2
Mar. 17-21

Hudson

Jan. 2, 3
Mar. 17-21





SUMMER DAZE 2025

FULL OF FUN AND FRIENDS.

REGISTER NOW!

Registration begins March 17, 2025.
Space is limited.

Summer Daze is a 10-week program for children ages 4-12 looking for an exciting summer

Please see website for program weeks

Monday - Friday
6:30 a.m. - 6:00 p.m.

Sign up for one week or all of them!

Dates may change to accommodate weather and school availability. Summer Daze programming offered at two locations—the YWCA in downtown Waterloo and an elementary school in Waterloo. All Pre-K programming will be at the off-site location.

Cost

Members \$120/week
Non-Members \$155/week
\$10 deposit for each week your child will attend.

Weekly balances are due prior to the week(s) your child will attend.

Standard costs at the time of registration include a \$20 registration fee (\$40/family maximum) and a \$20 annual membership fee (per child) due 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 childcare program.

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

YWCA CHILDCARE FINANCIAL AID

Reduced pricing is available for Summer Daze based on household income and size. To see if you might qualify, please ask for a financial assistance application form at our front desk or contact one of the YWCA Childcare Directors for more information. Contact the Front Desk at smeehan@ywcabhc.org or aimee@ywcabhc.org.

ALTERNATE FUNDING SOURCES

As a licensed childcare program, Summer Daze participates in DHS childcare contracts, JPTA, and other alternative funding sources. However, the YWCA must have written authorization from the funding source before service may begin. No child receiving DHS funds can begin the program without notification of approval from the Department of Human Services. Priority for reserved spots will go to 4-year-old children enrolled in Head Start preschool programs and approved for Wrap Around Services.

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. Contact the Childcare Department for more information (319) 234-7589

The YWCA is committed to providing high quality, best practice school age care.

YWCA Summer Daze is designed to meet the specific needs of elementary age students based on National After-school Association Standards for Quality After-school programs. All area school age kids are welcome. If your child has special or individual needs, the YWCA is prepared to meet them completely and respectfully.



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.

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.

PASS PARENTS ACHIEVING SUCCESS WITH SUPPORT (FREE!)

An education and support group for parents in their 20's-30's. Participants will meet parents in similar situations and learn about child development, safety topics, school readiness, and more. They will also receive information on community resources, education, and employment opportunities as well as develop strategies for positive parenting, stress management, family stability, and self-sufficiency. Childcare and transportation are provided at no cost. Participants also earn attendance points to purchase family need items.

The group meets on the second and fourth Wednesdays of each month from 4:30 - 5:45 p.m.

For more information, contact Jessica Ruiz Krause, Youth & Family Services Assistant Director, at (319) 234-7589, ext. 232.

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



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	11:15-12:30 p.m.
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	11:15-12:30 p.m.
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.



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.



CPR/FIRST AID CLASSES

CPR increases the chance of survival when action is taken. Gain the skills necessary to prevent, recognize and provide basic care for breathing and cardiac emergencies in adults, children and infants and the skills to provide basic first aid care for injuries and sudden illnesses until EMS arrives. Enroll in a Red Cross certified class at the YWCA that blends online coursework with an in-person skills session. These Red Cross certificates are valid for two years. Contact the YWCA for a schedule of classes.

Cost - \$60 per person

Do you have a group of individuals that need the training? Group rates are available! Contact Mindy at mindy@ywcabhc.org or (319) 234-7589 ext. 233 to schedule a class for your group.



ADULT FITNESS

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. 12 or call the YWCA to find the plan that works best for you!

TAE KWON DO ONGOING – BEGIN ANY TIME! SEE PAGE 10 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.	See building schedule	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	\$42 for members \$62 for non-members
	Water Aerobics*	Our most popular class! A fun, invigorating aerobic workout, in the pool. This class 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 LEISURE 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)	\$44/mo. member \$80/mo. non-member

CLASS/ACTIVITY	AGE	DESCRIPTION	DAY/TIME	FEES
Parent & Child Aquatics*	6 mo - 4 yr	Class provides a special time for parents and children to experience being in the water together. Parents will support their children to practice putting their faces and ears in the water and begin to float and kick with their assistance.	See building schedule	\$34 member \$62 non-member
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	\$34 member \$62 non-member
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	\$34 member \$62 non-member
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	\$34 member \$62 non-member
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	\$34 member \$62 non-member
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	\$34 member \$62 non-member
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): \$22 member/\$40 non-member 30 min (1 parent/child): \$28 member/\$50 non-member 30 min (2 siblings): \$28 member/\$50 non-member 45 min (2 siblings): \$42 member/\$76 non-member	

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.

HEALTH & WELLNESS SERVICES SCHEDULE

	POOL	GYMNASIUM	BODY SHOP
MON	6:30-7:45 a.m. Lap Swim	9:00-10:00 a.m. Gym Walking	6:30 a.m. - 7:00 p.m. OPEN
	8:00-8:45 a.m. Water Aerobics	10:00-10:45 a.m. Silver Sneakers	
	9:00-9:45 a.m. Water Aerobics	11:00-12:30 p.m. Pickleball	
	10:00-10:45 a.m. Lap Swim	12:30-1:00 p.m. Black History Boot Camp	
	11:00-11:45 a.m. Open Plunge	1:00-2:30 p.m. Pickleball	
	3:30-4:30 p.m. Open Plunge	2:30-5:00 p.m. OPEN	
	4:30-5:15 p.m. Water Aerobics	5:30-7:30 p.m. Tae Kwon Do	
TUES	6:30-7:45 a.m. Lap Swim	9:00-10:30 a.m. Gym Walking	6:30 a.m. - 7:00 p.m. OPEN
	8:00-8:45 a.m. Water Aerobics	10:30-12:00 p.m. Pickleball	
	9:00-9:45 a.m. Water Aerobics	12:30-1:00 p.m. Black History Boot Camp	
	10:00-10:45 a.m. Lap Swim	1:00-2:30 p.m. Pickleball Pract.	
	11:00-11:45 a.m. Open Plunge	2:30-5:00 p.m. OPEN	
	3:30-4:30 p.m. Open Plunge		
	4:30-5:15 p.m. Water Aerobics		
WED	6:30-7:45 a.m. Lap Swim	9:00-10:00 a.m. Gym Walking	6:30 a.m. - 7:00 p.m. OPEN
	8:00-8:45 a.m. Water Aerobics	10:00-10:45 a.m. Silver Sneakers	
	9:00-9:45 a.m. Water Aerobics	11:00-12:30 p.m. Pickleball	
	10:00-10:45 a.m. Lap Swim	12:30-1:00 p.m. Black History Boot Camp	
	11:00-11:45 a.m. Open Plunge	1:00-2:30 p.m. Pickleball	
	3:30-4:30 p.m. Open Plunge	2:30-5:00 p.m. OPEN	
	4:30-5:15 p.m. Water Aerobics	5:30-7:30 p.m. Tae Kwon Do	
THURS	6:30-7:45 a.m. Lap Swim	9:30-10:30 a.m. Gym Walking	6:30 a.m. - 7:00 p.m. OPEN
	8:00-8:45 a.m. Water Aerobics	10:30-12:00 p.m. Pickleball	
	9:00-9:45 a.m. Water Aerobics	12:30-1:00 p.m. Black History Boot Camp	
	10:00-10:45 a.m. Lap Swim	1:00-2:30 p.m. Pickleball Pract.	
	11:00-11:45 a.m. Open Plunge	2:30-5:00 p.m. OPEN	
	3:30-4:30 p.m. Open Plunge		
	4:30-5:15 p.m. Water Aerobics		
FRI	7:00-7:45 a.m. Lap Swim	8:00-9:00 a.m. Pre-K	6:30 a.m. - 4:00 p.m. OPEN
	8:00-8:45 a.m. Open Plunge	9:00-10:00 a.m. Gym Walking	
	9:00-9:45 a.m. Water Aerobics	10:00-10:45 a.m. Silver Sneakers	
		11:00-12:30 p.m. Pickleball	
		12:30-1:00 p.m. Pre-K	
SAT		1:00-2:30 p.m. Pickleball	8:00a.m. - 12:00 p.m. OPEN
		2:30-6:00 p.m. OPEN	
	8:00-12:00 p.m. Youth Lessons	9:00-9:45 a.m. Zumba*	

Spring 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

May 26 (Memorial Day)
June 19 (Juneteenth)

Day Passes

\$10.00 for ages 18 & Up
\$5.00 for ages 14-17
\$3.75 for ages 13 & Under

While we are no longer taking appointments for Lap Swim or Open Plunge times, we do still have a limit on how many can be in the pool at a given time. Our staff will work diligently to get everyone their times.

Thank you for your cooperation.

Times subject to change. Watch for notices.

* See Control Center for class location.



MEMBERSHIP INFO & POLICIES

WHEN YOU START YOUR FITNESS PROGRAM AT THE YWCA, YOU HAVE SEVERAL OPTIONS. CHOOSE A CLASS OR WORK OUT INDEPENDENTLY.

To receive the lower member price, join us! See the membership information.

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.

One-Year Single Memberships

Child (up to 13)	\$20
Youth (age 14-17)	\$25
Adult	\$40
Senior (65 & up)	\$30

One-Year Family Memberships

One parent/guardian & two children (child or youth)	\$65
Two parents/guardians & two children (child or youth)	\$105
Each additional child on a family membership	\$12.50

Please Note: Membership fees are not refundable.

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.





MONTHLY AND YEARLY PLANS

Basic Plan

Unlimited Attendance in Open Plunge, Lap Swim, Body Shop, & Gym

	MONTHLY MEMBER	MONTHLY NON-MEMBER	YEARLY MEMBER	YEARLY NON-MEMBER
ADULT	\$40	\$72	\$420	\$804
SENIOR	\$30	\$54	\$300	\$588
YOUTH (14-17)*	\$26	\$40		
CHILD (UP TO 13)*	\$18	\$34		

*Must be accompanied by an adult

Premium Plan

Unlimited Attendance in Adult Fitness & Aquatics Classes, Lap Swim, & Open Plunge, plus use of Body Shop & Gym. Adult Swim Lessons, Private Swim Lessons, and Tae Kwon Do are not included.

	MONTHLY MEMBER	MONTHLY NON-MEMBER	YEARLY MEMBER	YEARLY NON-MEMBER
ADULT	\$52	\$94	\$564	\$1068
SENIOR	\$34	\$62	\$348	\$684
YOUTH (14-17)*	\$30	\$58		

*Must be accompanied by an adult

Stay tuned for updates regarding membership changes in the near future.



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 or 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 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 there is a lifeguard 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.

**eliminating racism
empowering women**
ywca

SPRING SESSION
JAN-JUNE 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

A MESSAGE FROM JOYCE LEVINGSTON, EXECUTIVE DIRECTOR

Guided by our mission to eliminate racism and empower women, the YWCA is deeply committed to our community. Our core values highlight creating and sustaining economic empowerment for families through more than five of our programs.

We are proud to be one of the few organizations in the Cedar Valley offering preventive programs for middle school girls, with plans to expand and create feeder programs that support their academic success through their high school graduation.

Our focus on health, wellness, and mindfulness extends to all community members, ensuring access to health education and resources. We provide swimming lessons, water aerobics, Silver Sneakers, and land-based classes like Tae Kwon Do for youth and adults. As we enter the new year, we kindly ask for your continued and increased support to further our impact. Your support is crucial and greatly appreciated.

As the new Executive Director, I am eager to continue building relationships with funders and fellow leaders in our community over the last year and a half. While there are still challenges to address, I am proud and excited about the opportunities ahead and look forward to sharing our progress and new initiatives with you.

Warm regards,

Joyce Levingston, MA,CNP
Executive Director

