

# eliminating racism empowering women ywca

winter 2007-2008

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## YWCA of USA

### Mission Statement

The Young Women's Christian Association of the United States of America is a women's membership movement nourished by its roots in the Christian faith and sustained by the richness of many beliefs and values. Strengthened by diversity, the Association draws together members who strive to create opportunities for growth, leadership and power in order to attain a common vision: peace, justice, freedom and dignity for all people.

### Local Purpose Statement

The purpose of the YWCA of York is to work proactively and collaboratively to provide programs that promote racial justice, empower women, and strengthen our community.

## 58th Annual York Halloween Parade Sponsored by Bank of Hanover,

was presented by the YWCA of York on October 28, 2007. The winds blew again down Market Street, as parade viewers held on to their hats and blankets for another enjoyable, parade perfect day!



▲ YWCA and YCCAR (York County Community Against Racism) worked collaboratively to produce a float for the parade entitled Eliminating Racism - Building Bridges to Understanding. Adults and children from both organizations marched with the float in the parade.

This year Downtown, the official mascot of the York Revolution and a favorite among all fans, led the 2007 York Halloween Parade as the Grand Marshal. ▶



## Thank you to all of our 2007 Halloween Parade Sponsors:

Bank of Hanover  
Susquehanna Real Estate  
Bon Stores Foundation  
United Way of York County  
Barton Associates, Inc.  
Perform Group LLC  
The Phillips Group  
abc27 WHTM  
Artistic Foods Catering  
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Judy & William Simpson  
Delaine & Todd Toerper  
Coni Wolf  
Cornelia & William Wolf  
Phyllis H. Wolf  
Yorktowne Hotel

## Dorrie Leader Advocacy Award

Delma Rivera was honored by the YWCA at its annual meeting held on October 23, 2007. The Dorrie Leader Advocacy Award honors volunteer achievement and the support of advocacy, and the YWCA's mission of eliminating racism and empowering women.

York is a better place for Hispanics thanks in large part to Delma Rivera's efforts. When Mrs. Rivera and her husband, Dr. Edwin Rivera, came to York in 1962, they immediately became concerned about the conditions of the Spanish speaking community. Together their efforts to provide bi-lingual programs have shown their care for the community, and the YWCA recognizes Mrs. Rivera's dedication and hard work for these causes.



▲ Left to right is Delma Rivera, Dorrie Leader, and Henry Leader.

## YWCA of York and ACCESS-York

announced in October they two would merge effective January 1, 2008. Excitement is in the air as expectations of the synergy between these two leading women's advocacy groups and their leadership joins together. ACCESS will become a program of the YWCA of York and retain its name. The merger will create a larger, more far-reaching organization, said Joanne Riley, board President for the YWCA of York. Expect a stronger program emphasis and cost cuts as a result of this merger. ACCESS will continue to maintain its emergency shelters, transition housing, and programs.

The two have similar missions, making for a great match. The YWCA's mission to eliminate racism and empower women, goes along with ACCESS' mission to eliminate domestic violence against women. We look forward to sharing additional information in the coming months.

## what's inside

- 1 highlights
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# early childhood learning programs

YWCA Learning Programs are licensed through the PA Department of Public Welfare. We accept funding through the subsidized Child Care Program managed by Child Care Consultants and the PA Department of Public Welfare. Scholarships are also available, income eligibility required.

Annual Program Fees: Membership \$20, Enrollment \$35.

**Ages 6 weeks – 6 years • 6:30 am – 5:30 pm\***

**320 East Market Street\***  
 NAEYC Accredited  
 (Accredited through the National Association for the Education of Young Children)  
**4 Star Keystone Stars**  
**Serving 84 children**  
 Swimming lessons (ages 4–5)  
**Sherry Day • Director**  
 845-2631, ext. 15

**4304 N. George St. Extd., Manchester**  
**Awarded 2 Keystone Stars; working toward the 4th!**  
**Serving 59 children**  
 Ages 2–6  
**Contact: Diebbie Riek**  
 266-1073  
**Hours: 6:30 am – 6:00 pm**  
**Call now for after kindergarten child care!**

**800 East King Street\***  
**United Way Building**  
 NAEYC Accredited  
 (Accredited through the National Association for the Education of Young Children)  
**4 Star Keystone Stars**  
**Serving 65 children**  
**Shawnee Hooper • Director**  
 848-8901

**Weekly child care rates:**  
 Infants – \$135/week    Young Toddlers – \$125/week    Older Toddlers – \$120/week    Preschoolers – \$110/week



Manchester Early Learning Center had 50 people attend their Family Reading Night in October. Families dressed in their pajamas, read favorite bedtime stories, had milk and cookies, and made creative crafts to take home. Families also painted canvases together that now hang in the center.



## school age child care learning centers

Kindergarten – Grade 5    6:30 am – 6:00 pm



- Nutritious meals and snacks
- Homework help
- Located right in your child's school
- Transportation provided to and from York City schools to the YWCA
- In-service day care provided



- Now Serving:**
- York City School District
    - Davis Elementary
    - Devers Elementary
    - Goode Elementary

- Northeastern School District
  - Orendorf Elementary at Orendorf
  - Shallow Brook Elementary

**Weekly Rates:**  
 Differ by location; please call for details.

**REGISTRATION INFO:**  
 York City – Sara Bosley, 845-2631, ext. 33  
 Northeastern – Debbie Riek, 266-1073

“Where fun and learning fit together.”



## AQUATIC SCHEDULE

**January 2 – March 22, 2008** (12 wks)

Term Prices: \$72.00 regular classes  
 \$96.00 semi-private - (Semi-Private lessons are available on a limited basis, with no more than 4 students per class.)  
 Classes must be paid for at time of registration.

### LEVEL 1 (Must be 4 years old)

Mon. 1:30 pm  
 Tue. 10:30 am & 7:00 pm  
 Wed. 11:00 am & 6:00 pm  
 Thur. 10:30 am & 1:00 pm  
 Fri. 5:30 pm  
 Sat. 10:00 am & 12:00 pm

### LEVEL 2

Tue. 10:30 am & 5:30 pm  
 Wed. 10:30 am & 6:00 pm  
 Thur. 1:30 pm  
 Fri. 5:30 pm  
 Sat. 10:30 am

### LEVEL 2 1/2

Mon. 2:00 pm  
 Wed. 1:00 pm & 6:30 pm  
 Thur. 11:00 am  
 Fri. 6:00 pm  
 Sat. 9:30 am

### LEVEL 3

Mon. 1:00 pm  
 Tue. 10:30 am & 6:30 pm  
 Wed. 10:00 am & 5:30 pm  
 Thur. 1:00 pm  
 Fri. 6:00 pm  
 Sat. 10:00 am

### LEVEL 4

Tue. 10:00 am & 6:00 pm  
 Thur. 1:30 pm  
 Fri. 7:00 pm  
 Sat. 10:30 am

### LEVEL 5

Tue. 9:30 am  
 Fri. 7:00 pm  
 Sat. 11:00 am

### LEVEL 6

Fri. 7:00 pm  
 Sat. 11:30 am

### PARENT & TOT

Tue. 6:30 pm  
 Wed. 10:30 am

### SYNCHRO CLASS

Wed. 6:00 – 6:45 pm

### ADULT SWIM CLASSES

Wed. 1:30 & 8:00 pm

### FAMILY SWIM

Wed. 7:30 – 8:30 pm  
 Sat. 12:30 – 1:30 pm  
 \$1.00 members \$2.00 guest

### AQUA AEROBIC

For those who want a challenging workout! Exercise in waist to chest deep water with power walking and toning.

Tue. & Thur. 8:30 – 9:30 am  
 Tue. & Thur. 7:45 – 8:30 pm

### AQUA GYM

Mild water resistance exercise, gentle endurance builder.  
 Mon., Wed., Fri. 9:00 – 10:00 am

### DEEP WATER EXERCISE

Great for whole body workout. Using a floatation belt, the class will exercise in deep water. No stress to your joints. Must be comfortable in deep water.  
 Mon. 11:00 am – 12:00 pm  
 Tue. & Thur. 7:00 – 7:45 pm  
 Thur. 10:30 – 11:30 am

### WET & WILD

A combination of strength training, cardiovascular fitness, stretch and tone.  
 Mon. 10:00 – 11:00 am  
 Thur. 9:30 – 10:30 am

### LAP SWIMMING (adults only)

M, W & F 6:00 – 9:00 am  
 T & Th 6:00 – 8:30 am  
 M – F 12:00 – 1:00 pm  
 M, W & F 8:30 – 9:30 pm  
 \$2.50 members only

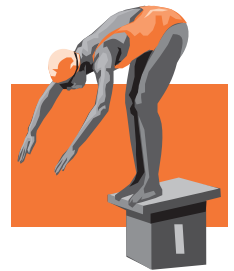
### ADULT PLUNGES

Wed. 2:00 – 3:00 pm  
 Fri. 11:00 am – 12:00 pm  
 \$2.50 members only

### YWCA COMPETITIVE SWIMMING TEAMS:

#### BLUE DOLPHIN SWIM TEAM

Be part of an exciting and challenging team sport that combines the development of the four competitive swim strokes along with starts and turns. Experience the enthusiasm of team spirit!



#### YORK SYNCHRO-ETTES

Synchronized swimming is an exciting and challenging sport that combines ballet and gymnastic moves. The girls perform above and below the water. Girls interested in the team should sign up for our synchro class.  
**York Synchro-ettes**  
 Mon. 5:30 – 8:30 pm  
 Thur. 4:00 – 7:00 pm  
 Team members only.



\*Call Kathy Warner for swimming team rates, 845-2631, ext. 14.

**QOP for Middle School** students found out how many organisms they could find living on rocks, when Watershed Specialist Gary Peacock from York County Conservation District took the students to Nixon State Park to learn about watersheds and wetlands. Some of the students were a little squeamish getting close to the bugs as everyone had fun learning about how our environment works and what we need to do to protect it.



▲ Above (left to right) are Megan Radzik, Alicia Roseberry, QOP for Middle School Coordinator, and Elianna Burgos.



▲ Above (left to right) are middle school students John Carrasquillo, Gregori Garcia, and Ariel Carrasquillo.

## IRISH DANCE

Students will learn the basics of Traditional Irish Dance Step & Ceili (group) dance.

**Instructor:** Amanda Rowland

### ***New beginners***

Thursdays 6:30 – 7:15 pm

### ***For experienced dancers***

Thursdays 7:15 – 8:00 pm

Starting January 3 – March 20

Fee: \$70.00 Ages 5–17 yrs.,

Required to wear t-shirt, shorts (no long pants please), canvas sneakers or ballet shoes.



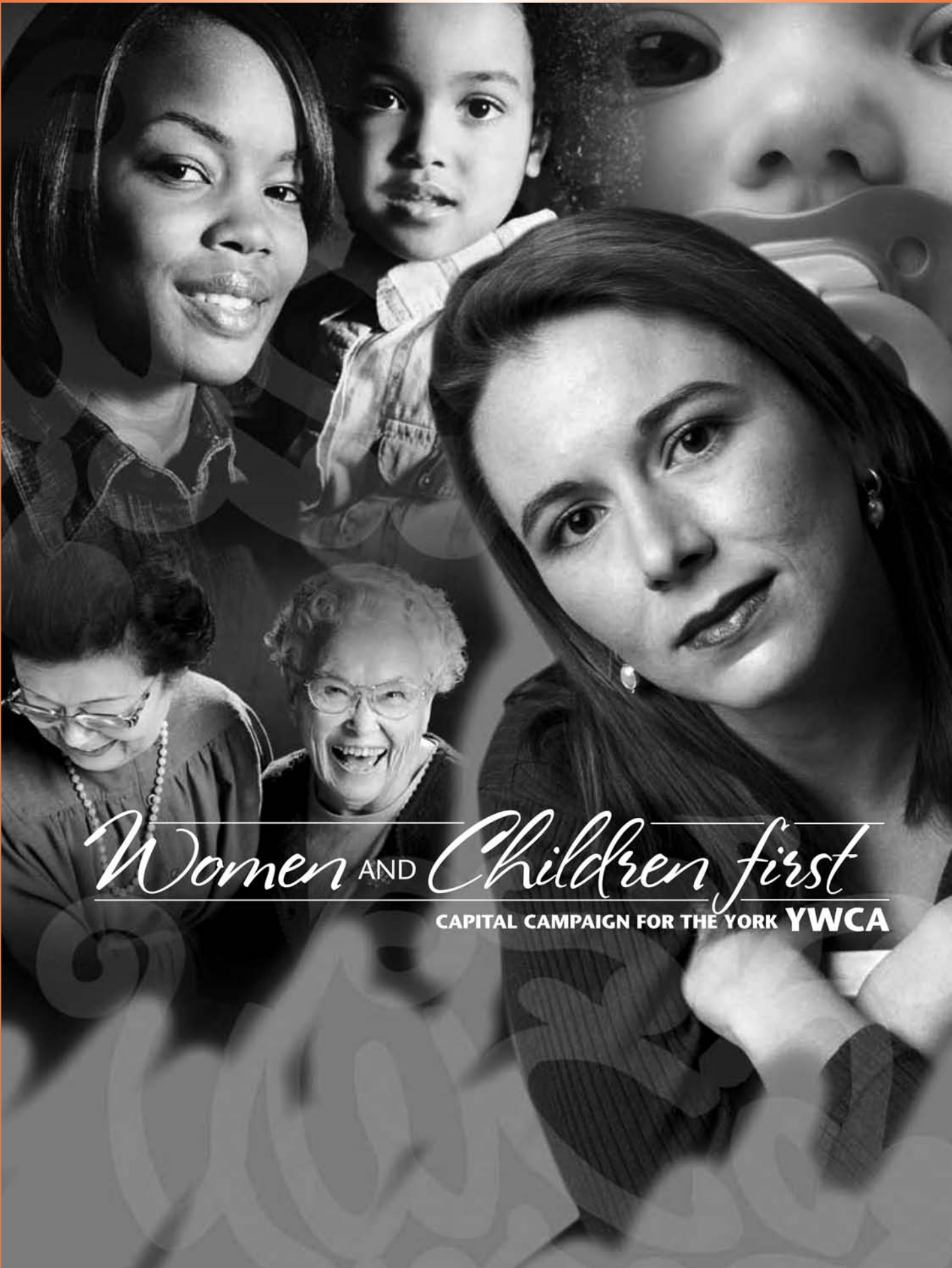
## TEEN TIME FOR GIRLS

Individualized fitness programs in YWORKS for girls ages 13–18.

Cost: \$11 per month.

Visit our website at [www.ywcaofyork.org](http://www.ywcaofyork.org)





*Women AND Children first*

CAPITAL CAMPAIGN FOR THE YORK **YWCA**

## **Our Goal: \$6 million**

Where the YWCA needs to be in the future is right where it has been since its inception—right here in the heart of York, serving our neighbors and neighborhoods, empowering women, helping care for children, and eliminating racism. It is our place in the community, and we embrace it. But after 50 years of use, combined with the advent of the computer era and changing social and economic tides, we find our facility in urgent need of renovation.

## **Our facility needs**

### **Our Infrastructure**

Our facility, although well-built and a true landmark of downtown York, is in dire need of modern upgrades. From data and telecommunications to HVAC, roofing, plumbing, kitchen facilities and more, much of our infrastructure is from a bygone era. Many functional improvements are needed in our facility to move our programs and our community into the future.

### **Our Accessibility**

Making our facility ADA compliant is a top priority of our campaign. An organization that urges acceptance and diversity cannot be inaccessible to a portion of our community.

## **Our renovation and reallocation of space plans**

### **Early Learning and School Age Learning Programs**

With demand for quality, affordable child care outstripping the available spaces in York County, the YWCA is seeking to meet an important community need by expanding our present child care facilities. Plans call for the program relocation within our building. The upgrades not only improve the quality of our learning environments, but we also increase our capacity by 50%

### **Rooftop Playground**

Physical activity and development of gross motor skills are essential to a child's well-being. Presently, the YWCA of York's downtown child care programs do not have access to an onsite playground. We will create a rooftop playground, which will be a safe outdoor environment that meets the physical and recreational needs of children. Our rooftop playground will be an extension of the indoor learning environment—it is an outdoor classroom.

### **Rooftop playground for preschool and school age children.**



## Pre school early learning center.



## Teen Center

The YWCA's teen center will be expanded on the main level, where students who participate in the Quantum Opportunities Program, a program that helps at-risk youth graduate high school and earn money for continuing education, can enjoy a new computer lab and lounge area.

## Fitness Center

Plans also call for YWORKS, the YWCA's fitness center, to be expanded to include new areas for yoga, Pilates, drop-in child care, and upgraded locker rooms.

## Aquatics

The YWCA pool is 50 years old and is in need of repairs if it is to continue serving the York community. In addition to new locker rooms, we propose installing a new dehumidification system that removes unwanted moisture from the pool area. Maintaining a safe, healthy, and comfortable pool environment is important to keeping the YWCA pool open and accessible to the public.

## Drama and art rooms in new school age learning center.



## Donor Pledge Agreement

To support the YWCA of York's capital campaign, I/we hereby pledge the following:

Total Pledge \$ \_\_\_\_\_

Enclosed is a check for \$ \_\_\_\_\_ made payable to the YWCA of York Capital Campaign.

The remainder is to be paid as follows over the next five (5) years, beginning \_\_\_\_\_

\$ _____	\$ _____	\$ _____	\$ _____	\$ _____	mm/dd/year
Year One	Year Two	Year Three	Year Four	Year Five	
20__	20__	20__	20__	20__	

Please send me reminders:

annually     semi-annually     quarterly

Please charge my contribution of \$ \_\_\_\_\_ to my

Visa     MasterCard     American Express

Card # \_\_\_\_\_ Expiration Date: \_\_\_\_\_

*Gifts of appreciated stock also are welcome.*

Special instructions for pledge payments: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print name(s) as we should acknowledge you in YWCA of York publications \_\_\_\_\_

Street address \_\_\_\_\_

City, State ZIP \_\_\_\_\_

Check here if the YWCA of York may NOT display your name as a contributor in publications and website

My employer makes matching gifts. Enclosed are instructions to receive matching funds.

I/we are interested in the following Naming Opportunities: \_\_\_\_\_

*(See list of Naming Opportunities)*

Gifts are tax deductible for the year in which they are made.  
 Make checks payable to YWCA of York Capital Campaign.

**Thank you for supporting the YWCA of York Capital Campaign!**

320 East Market Street • York, PA 17403 • 717.845.2631 • 717.846.9181 (fax)  
 www.ywcaofyork.org • capitalcampaign@ywcaofyork.org

*Project plans will be adjusted as necessary at the completion of fundraising.*

The YWCA of York wants you to be confident in your charitable giving. Our official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll-free, within PA, 1.800.733.0999. Registration does not imply endorsement. Contributions are tax deductible as allowed by law.

## Women AND Children first

CAPITAL CAMPAIGN FOR THE YORK YWCA

Dear Friends:

As you may have heard, the YWCA of York is conducting its first capital campaign in over 20 years! The campaign theme, Women and Children first, illustrates the YWCA's ongoing commitment to improving the lives of York's women, children, and families.

Our childcare programs provide an affordable, safe, and educational environment for children to learn and grow, while their parents are at work or in school. Our youth programs help keep students in school and help them become community-minded individuals. There is increasing community demand for our children and youth programs, and we currently do not have the capacity to increase the number we serve because of space limitations.

Our fitness and aquatics programs address the health and wellness needs of the York community through physical fitness programs and health education initiatives. Over our 100+ years of service, thousands of York County lives have been touched by these programs. Renovations and upgrades are needed to continue offering quality services.

The YWCA is committed to our downtown location; we love being a part of the rich tapestry of York's past, present, and future. But to stay in our current facility, we must bring our 1951 building into the future. Because there is no space surrounding our building to expand, we must be creative and utilize our existing space more efficiently so we can increase the number of people we serve. Additionally, making our building ADA compliant is a top priority of our campaign. As an organization committed to diversity and acceptance, we must be able to serve people of all ability levels.

Our campaign is off to a great start, but we need the support of the entire community to make our dreams come true. As members and friends of the YWCA, you know first-hand the needs of our building and programs. Please consider supporting the YWCA of York's Capital Campaign; gifts of all sizes are welcome! A pledge form and return envelope are enclosed for your convenience. Credit card contributions and gifts of stock also are welcome.

With much appreciation,

*Jody*

*Coni*

Jody Appell  
Campaign Co-Chair

Coni Wolf  
Campaign Co-Chair

### New two-level fitness center



# membership information

A Basic Membership is required for ALL YWCA services. This annual non-refundable fee helps to support the Mission of the YWCA.



**Adults – \$30/year   Seniors (62 yrs. +) – \$25/year   Children (under 12) – \$20/year**

### Contributing Members

<b>Benefactor</b> \$100	<b>Sustainer</b> \$75	<b>Supporter</b> \$50	<b>Contributor</b> \$250
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## YWCA JOB OPPORTUNITIES

Visit our website for details about current job opportunities [www.ywcaofyork.org](http://www.ywcaofyork.org). EOE

# adult fitness programs



## ZUMBA – the hot new workout!

Zumba is a cardio based workout designed for everyone, regardless of shape or age. This unique Latin inspired dance class incorporates a little salsa, samba, mambo and rumba for a fun and easy workout. Guaranteed to keep you coming back!

**Instructor:** Tati McAlister  
**When:** January 5, 12, 19, 26  
 February 2, 9  
**Time:** 10:15 – 11:15 am  
**Cost:** Non-fitness members \$50.00  
 Fitness members free.

## SCULPT AND GLIDE – INTERVAL TRAINING

A dynamic workout combining cardio, strength, flexibility and stability into one workout. Intervals include segments of cardiovascular work (step and/or low impact) with segments of gliding, utilizing discs to sculpt and condition.

**When:** Wednesdays  
**Time:** 6:00 – 7:00 pm

## HELP WANTED

Full time Fitness Instructor needed to work in the Women's Fitness Center in addition to teaching a variety of fitness classes on land and in water. Must also be willing to train as a lifeguard and be flexible to work days, evenings and weekends.

Contact Tara Neff at 845-2631, ext. 23 or email resume to [tneff@ywcaofyork.org](mailto:tneff@ywcaofyork.org)

## PERSONAL FITNESS TRAINING

Available in the following areas:

- Individual One on One Training
- One on One Pilates (Mat and/or Reformer)
- Partner Training (Train with a Friend)

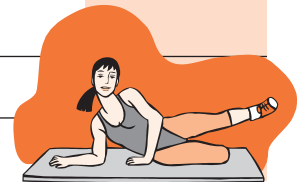
Tara Neff, NETA Certified

For more information and rates contact Tara at 845-2642, ext. 23.

## ADULT FITNESS CLASSES

(The following classes are held in the studios and are for men and women)

Hours	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–6:45 am			Cycling		Cycling		
8:00–9:00 am							
9:00 am							9:00–10:00 am Cycling
9:30 am		9:15–10:15 am Young @ Heart		9:15–10:15 am Young @ Heart		10:00–11:00 am Pilates	10:15–11:15 am Zumba
10:30–11:30 am		10:30–11:30 am Light & Lively	10:00–11:00 am On the Ball	10:30–11:30 am Light & Lively	10:00–11:00 am On the Ball		
11:30 am–12:15 pm							
12:15 pm		12:15–12:45 pm Pilates	12:15–12:45 pm ABS Plus	12:15–12:45 pm Pilates	12:15–12:45 pm ABS Plus	12:15–12:45 pm Cycling	
2:00–3:00 pm							
3:00–4:00 pm							
4:00–4:30 pm			4:45–5:30 pm Cycling		4:45–5:30 pm Cycling		
5:30–6:30 pm		5:30–6:30 pm Yoga	5:30–6:30 pm Cardio Mix	5:15–6:15 pm Yoga	5:30–6:30 pm Cardio Mix		
6:00–6:30 pm		6:00–7:00 pm Cardio Mix	5:45–6:45 pm Pilates	5:30–6:30 pm Sculpt & Glide			



### ADULT FITNESS CLASS DESCRIPTIONS

**ABS PLUS** – 30 minutes of powerful exercises for the mid-section.  
**CARDIO MIX** – One hour of cardio variety combined with exercises for overall muscle conditioning.  
**INDOOR GROUP CYCLING** – Experience an array of hills, drills & intervals to strengthen, burn calories & improve endurance.  
**ON THE BALL** – Improve flexibility, strength, coordination and balance while sculpting the body utilizing the stability ball.

**PILATES** – Matwork for all levels. Increase strength and stabilization of the core muscles.

**YOGA** – A series of poses carefully designed to balance the body and quiet the mind.

### SENIOR FITNESS CLASS DESCRIPTIONS

**LIGHT & LOVELY** – Low impact dance aerobic designed for the active mature adult.  
**YOUNG AT HEART** – Light aerobic movements combined with exercises for strength.

# adult fitness programs

## YWCA FITNESS FEES - ALL OF THE FOLLOWING REQUIRE PURCHASE OF AN ANNUAL YWCA MEMBERSHIP

**FITNESS TICKET** – YWORKS Fitness Center, unlimited fitness classes and lap swimming - \$99 now, then \$29.00 per month (EFT only). For one year only.

**\*JANUARY SPECIAL** – \$310.00 for 12 months. Unlimited fitness & aquatics classes.

**TEN PUNCH CARD – Fitness class & Aquatic class card. Yellow (color)** For Fitness/Aquatic Classes only, *not for use in weight or cardio room* \*\*\$50.00

**TWENTY PUNCH CARD – Noon time (1/2 hour) fitness class card. Green (color)** *not for use in weight or cardio room* \*\*\$50.00 – See “Lunchtime Express” below!

**FAMILY SWIM** – Members \$1.00 Guests \$2.00

**ADULT LAP SWIMS** – Members \$2.50

**ADULT PLUNGES** – Members \$2.50

**NON-MEMBER DROP-IN** – YWORKS Fitness Center, fitness classes and lap swimming – Guests \$10.00

\*Offer ends January 31, 2008 – \*\*Expires in 90 days



### LUNCHTIME EXPRESS

1/2 hour fitness classes Monday through Friday (see fitness grid for classes offered during this time).

**Time:** 12:15–12:45 pm

**Fee:** \$50.00 for 20 classes

(Annual YWCA Membership and Access Card Required).

(Use your new green color punch card)

### WINTER FITNESS CENTER HOURS

Mon.–Thur. 5:30 am – 8:00 pm

Friday 5:30 am – 7:00 pm

Saturday 8:00 am – 12:00 pm

Sunday NO WINTER HOURS

**NO REFUNDS WILL BE GIVEN ON FITNESS TICKETS OR PUNCH CARDS**

## TRIATHLON CLINICS

### SWIMMING & TRANSITION CLINIC – Sat. Jan. 19, 2008

**Place:** YWCA of York

**Time:** 11:30 am – 1:30 pm

**Registration Deadline:** Jan. 11, 2008 – bring bathing suit & towel

### RUN CLINIC – Sat. March 8, 2008

**Place:** York College, Grantley Hall

**Time:** 9:00 am – 11:30 am

**Registration Deadline:** March 2, 2008 – bring running clothes, sneakers, water bottle

### BIKE CLINIC – Sat. April 5, 2008

**Place:** York College, Grantley Hall

**Time:** 9:00 am – 11:00 am

**Registration Deadline:** March 29, 2008 – bring bike, biking clothes, water bottle

### SUNDAY SWIM CLINICS – Sun. Feb. 2, 9, 16, 23, 2008

**Place:** YWCA of York

**Time:** 1:00 pm – 2:00 pm

**Fee:** \$30.00; Coach, Sue Meyer – bring bathing suit & towel

It's for you.....

- ✓ If you ever thought of competing in a triathlon
- ✓ Why not join other women for fun while learning how to do a triathlon for your first time or your best time!

The clinics are lead by a team of experienced coaches & tri athletes where you'll learn about successful training and race day expectations. For more information contact: Tara Neff, 845-2631, ext. 23.

**FEES: \$15.00 per clinic OR \$35.00 for all 3 clinics.**

# community programs



- The YWCA is seeking an energetic, task-oriented individual to serve as the Elm Street Project Manager. Bachelor's degree required and community development experience preferred. Send resumes to: [jconover@ywcaofyork.org](mailto:jconover@ywcaofyork.org) or to Jane Conover at the YWCA.
- Construction has begun on Renaissance Park and Prospect Street streetscapes! Most of the work will be completed by spring.
- There is only one newly-rehabilitated house left for sale in the 300 block of East Princess Street. Please spread the word that there is still some Elm Street down payment assistance available to purchase these homes. Call the realtor John Linton at 757-7812, ext. 351 for a tour!
- Street banners have been installed at neighborhood intersections and along Princess Street thanks to the Elm Street Program.
- The Elm Street Community Alliance is looking for committee volunteers. Please consider joining to focus on action steps to move the project forward. Call Jane Conover at 845-2631, ext. 24 for more info.

eliminating racism  
empowering women  
**ywca**



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Non-Profit Org.  
U.S. Postage  
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York, PA  
Permit #639

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320 East Market Street  
York, PA 17403  
717-845-2631  
info@ywcaofyork.org

**WINTER TERM:** January 2 – March 22, 2008

**REGISTRATION BEGINS:** December 5, 2007

*Please register early to assure a spot in your class!*

**SAVE THESE DATES:**

**December 31** – York YWCA Synchroettes perform at the YWCA:  
First Night York, 7:00 – 9:00 pm

**January 19** – Swim Clinic, YWCA

**March 8** – Run Clinic, York College – Grantley Hall

**April 5** – Bike Clinic, York College – Grantley Hall

**April 19** – 20<sup>th</sup> Annual Lady White Rose 5K Race

**April 24** – Young Women Who Make A Difference Dinner

**April 26** – YWCA Race Against Racism

**June 29** – 4<sup>th</sup> Annual YWCA Ladies Sprint Triathlon

# race AGAINST racism

eliminating racism  
empowering women **ywca**

**Saturday, April 26, 2008**

*Run or walk in the 2<sup>nd</sup> Annual  
Race Against Racism to  
support the message that  
racism will not be tolerated  
in our communities.*

**SEEKING: INDIVIDUALS,  
TEAMS, SPONSORS &  
VOLUNTEERS**

Call the YWCA of York at 845-2631  
or visit [www.ywcaofyork.org](http://www.ywcaofyork.org) for more  
information.

**NOTE: Emergency Weather-Related Closing Policy**

In order to better accommodate our members, the YWCA of York will do everything possible to keep our facilities open. \*We will no longer follow the York City School District's weather-related closings, delays, and early dismissals.

In the unlikely event that we MUST close or delay programs due to emergency weather conditions, effective November 1, 2004, the following methods will be used to communicate:

- \* Voice message will be recorded on phone system, which can be accessed by dialing 845-2631
- \* Written message will appear on website at [www.ywcaofyork.org](http://www.ywcaofyork.org)
- \* Announcement will be made on WSBA radio
- \* Announcement will be made on WGAL-TV

\*Programs offered in schools will follow district's closings, delays, and early dismissals. Please see parent handbook for details.

2008 Women Who Make a Difference Award

✧ Evening honoring Mieke Driscoll, ✧  
Bridgette Samuel & Caroline Weist

Thursday, April 24, 2008

5:30 pm

Yorktowne Hotel