

WARM UP WITH YWCA THIS WINTER!



CLASSES, TRAINING & EDUCATION

FLYING FISH SWIM SCHOOL

Our child-centered classes range from introductory lessons to pre-swim team instruction. Experienced instructors, a warm pool, and an inclusive, family-friendly environment set us apart!

Winter 2020: Saturday, January 4 - Friday, February 21

Spring 1 2020: Thursday, February 27 - Sunday April 19

Learn more at: www.ywca-ens.org/flying-fish-swim-school



40-HOUR DOMESTIC VIOLENCE TRAINING

YWCA Evanston/North Shore is an approved ICDVP training site for the 40-hour domestic violence training, which provides a solid base of knowledge for anyone working with individuals affected by domestic violence. The training covers all ICDVP required topics using a trauma informed lens.

January 13-24: 3 days/week, 9 am - 5 pm

Fee: \$255/person. Learn more at: www.ywca-ens.org/40-hr-DV-training

RACIAL EQUITY WORKSHOPS

Led by trained facilitators, Racial Equity Workshops help participants develop skills necessary to address racism at personal, interpersonal and systemic levels.

Jan. 23: Exploring Power and Privilege Workshop

Jan. 27: Microaggressions: Intent vs. Impact Workshop

Jan. 30: Implicit Bias Workshop

Feb. 4: Developing Cultural Humility Workshop

Fee: \$75/workshop. Learn more and register at: www.ywca-ens.org/racial-equity-workshops



FINANCIAL EDUCATION WORKSHOPS

One hour topic specific workshops are offered at YWCA and at partner agencies and are customized to meet the unique needs of the women we serve, from young women through retirees.

January 10 9:00 - 11:00 am Starting a Business

January 24 9:00 - 11:00 am Legal Nitty Gritty for Running a Small Business

February 18 6:00 - 7:00 pm Buying a Home

March 24 6:00 - 7:00 pm Stock Market Basics

Workshops are free, but please register to attend at: www.ywca-ens.org/financial-education



BASIC MONEY MANAGEMENT

Build a secure financial future by learning how to set financial goals, develop a budget/spending plan, understand your credit, and improve your credit score.

Feb. 3 & 4, 6:30-8:30 pm at Evanston Public Library, at 1702 Orrington Avenue in Evanston, in the Falcon Room on the 3rd floor (coed)

March 9 & 10, 6:30-8:30 pm at YWCA Evanston/North Shore (women only)

Class meets two consecutive evenings. Free, but you must register to attend at: www.ywca-ens.org/BMM

YW CULINARY

Come learn about YW Culinary, a hands-on workforce training program designed to prepare low-to-moderate income women for success in the food service industry.

Feb. 11, 12, 13, 10 am - 12:30 pm Orientation opportunities

This program is free. Spring class starts March 10 and runs through May 28. Learn more and register for orientation at: www.ywca-ens.org/culinary





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EVENTS

Women's Film Series: **THE HEAT: A KITCHEN (R)EVOLUTION**

We invite you to gather your friends and join us for a screening and discussion of the documentary THE HEAT: A KITCHEN (R)EVOLUTION, a compelling and illuminating journey about female pioneers in the culinary world.

Monday, March 2, 5:30-8:30 pm in the Rotary Building auditorium, 1560 Sherman Ave, Evanston

Get more information and purchase tickets at: www.ywca-ens.org/calendar

Equity Institute Summit

Featuring Jamelle Bouie, New York Times columnist and 1619 Project contributor: **and Natalie Moore**, WBEZ South Side reporter and author of *The South Side: A Portrait of Chicago and American Segregation*

The annual Equity Summit gathers our collective resources in one place for an experience designed to move us – as individuals and as systems – to transformation.

Thursday, March 19, 8:30 am – 3:00 pm, at Norris University Center, Northwestern University, Evanston
Registration opens in February. Learn more at: www.ywca-ens.org/equitysummit



ONGOING OPPORTUNITIES



Let's Talk @ Lunch

Join us for lunch or coffee to deepen your understanding of racial justice by looking at current events and institutions through a racial equity lens. Participants gather and YWCA provides a trained facilitator. Once a month on a regular basis at each of the following locations:

- **YoFresh Yogurt Café**, 635 Chicago Ave., Evanston
- **Curt's Cafe**, 2922 Central St., Evanston
- **Skokie Village Hall**, 5127 Oakton St., Skokie (conference room D, 2nd Floor)

Check our online calendar at www.ywca-ens.org/calendar for monthly dates. Free and open to the public!



Family Swim

Looking for something to do on the weekend? Our 5-lane, 25-yard pool is open for family swim:

2-3 pm Saturday, 11:30 am - 12:30 pm Sunday

Drop-in fee \$5.00/person, \$10.00/family.

Families with children in lessons or on the swim team may participate for \$60/family for session enrolled.

Aqua Aerobics

Improve your cardi-vascular fitness, muscular strength, endurance, and flexibility while minimizing stress on muscles and joints.

7:30 am - 8:30 am Monday through Friday

Drop-in rate: \$8.00



Lap Swimming

7:30 am - 8:30 am and 11:30 am - 1 pm Monday through Friday

Drop-in rate: \$8:00 (\$7.00 Senior 60+)



Pool Parties

Our pool is available for pool parties **4-5 pm Saturday and 12:30-1:30 pm Sunday**.

1 hour pool rental - \$140, 1 hour room rental - \$80

Ask about Flick n' Float opportunities!

eliminating racism
empowering women

ywca

Evanston/North Shore