

April 1988

Y Activities	Exceedingly Fun	Average	Total Waste
Running or Walking	Uses track 3-5 times each week.	Uses track 1-2 times each week.	Won't even run to catch a frisbee at family picnics.
Swimming	Swims 3-5 times each week.	Swims 1-2 times each week.	Seen at pool only when it's 95° or warmer. Swims only to keep head out of water. Must be coaxed/wedged into swim suit.
Aerobics	Attends an aerobics class 2-3 times each week.	Attends aerobics 1-2 times each week.	Dash to refrigerator during commercials is the only way heart rate gets elevated.
Nautilus	Does Nautilus 3-4 times each week.	Begins Nautilus this summer and likes it. Comes 3 times each week.	Lifts numerous 12-ounce liquid/aluminum weights approximately 3-5 nights per week.
Racquetball	Plays 3-4 times each week.	Refines skills 2-3 times each week. Is thinking of taking Y summer R-ball lessons.	Swatting flies at home is only activity that is similar.

SPRING II SESSION BEGINS APRIL 18

The Spring II session of the YMCA Progressive and Pre-School Swim Program will start April 18 and end on May 28.

This is a six-week session. Registration dates are:

YMCA Members currently enrolled in Spring I: Fri, April 8.

YMCA Members: Monday, April 11.

Non-Y Members: Tuesday, April 12 and after.

Registrations are taken between 9 a.m. and 5 p.m. for swim classes. Register by phone or in person at the YMCA (233-3531).

Help prepare your child for a safe and enjoyable summer!

FROM THE EXECUTIVE'S CHAIR

"Your YMCA — At Work for Tomorrow Today" is a theme that will be woven into all of our efforts during the next twelve weeks... efforts by several hard working individuals who will successfully eliminate our facility debt and help put us in a position of providing a better service in the future. I hope you will take time to learn about this project and support this vital effort that a lot of us are excited about.

At the same time, let me assure you that "Today" goes on as usual. Programs and services are continually updated, enhanced and expanded by our staff, and volunteers are still a major focus of our current operations.

One such program is our 4th Annual University Motors Y Run '88. As a result of a large group of volunteers, this event gets bigger and better each year. This year is certainly no exception.

The weekend extravaganza starts on Friday, May 13 with a "Brown Bottle" spaghetti dinner at the YMCA from 4:30-8:30 p.m. Hot air balloon tethering, a fun and fitness fair and live music are all part of the festivities. Bring the whole family out for a great evening together — the YMCA way!

Then, plan on running or watching our FREE 8K run on Saturday, May 14 at 8:30 a.m. Over 400 runners are expected to vie for the flighted and overall male and female awards along with random prize drawings for the finishers.

Free t-shirts will be given to the first 350 pre-registered runners that finish the race and all participants and their families can enjoy use of the YMCA that day at no cost.

A great weekend of fun, food and fellowship planned by your YMCA for your enjoyment. Be a part of a truly great event.

A lot is going on at the Y these days. We wouldn't have it any other way!

Thanks for caring and sharing,

Jim Weaton

YMCA Executive Director

VOLUNTEER COACHES NEEDED

The YMCA depends on finding good volunteer coaches to help run the youth sports clinics. This summer we are looking for coaches for Track, Soccer, Pee Wee Basketball, Teen Basketball and Tee-Ball.

Coaches are instructed on fundamentals of coaching the sport they are interested in helping with. Coaches in the past have found this to be very rewarding work.

If you have a child who will be attending a youth sports clinic, or if you are interested in any way in helping run a clinic, the YMCA would like to hear from you.

For more information about being a clinic coach, call Peggy Schuler at the YMCA, 233-3531.

TRACK AND FIELD CLINIC



Any boy or girl in the 3rd through 6th grade is invited to sign up and attend the YMCA Youth Track and Field Clinic.

The clinics will be held on Saturdays, beginning April 23 and run for 5 weeks at the Central High School track. Clinic participants will be introduced to the 50 yard dash, 100 yard dash, shuttle relay, long jump, 220 yard run, and high jump.

Participants then will choose three events to participate in during a mini-track meet on May 21. All participants will receive an award.

The Track and Field Clinic emphasis is on learning, having fun and participating, rather than on competition.

Register soon by telephone (233-3531) or in person at the YMCA.

The Track and Field Clinic prices are:

Member		Non-Y Member
\$7.00	1st Child	\$12.00
\$6.00	2nd Child	\$11.00
\$5.00	3rd Child	\$10.00

SOCCER CLINIC



A great outdoor activity to sign your child up for this spring is the YMCA Youth Soccer Clinic. The clinic is a fun way for participants to enhance their motor coordination and social development skills while learning the fundamentals and strategy of soccer.

The clinic is offered to any boy or girl who is 6-8 years of age. To participate, your child must have turned 6 by April 1 and cannot turn 9 before June 1.

The clinic will begin Wednesday, April 20 and finish on Wednesday, May 18, weather permitting. The clinic will be held on Wednesdays from 4:30 to 5:30 p.m. and on Saturdays from 9:30 to 10:30 a.m. (All participants attend both days).

Soccer will be held at the following locations:

Waterloo: Devonshire Elementary School,
515 Devonshire Drive

Cedar Falls: Orchard Hill Elementary School,
3909 Rownd Street

Register for soccer by telephone (233-3531) or in person at the YMCA.

Soccer Clinic Fees:

Member		Non-Y Member
\$10.00	1st Child	\$18.00
\$ 9.00	2nd Child	\$17.00
\$ 8.00	3rd Child	\$16.00

PEE WEE BASKETBALL CLINIC

An exciting program at the Black Hawk County Family YMCA this summer is the Pee Wee Basketball Clinic for all boys and girls who will be entering first or second grade in the fall. Participants will be introduced to the fundamentals of basketball and will play several games at an 8-foot basket.

The three-week clinic will be held on Mondays and Wednesdays, July 11-27. Register for either 1:00-1:45 p.m. or 2:00-2:45 p.m.

Fees for this clinic are:

Members
\$8.00

Non-Y Members
\$14.00



SUMMER TEEN BASKETBALL LEAGUE

The YMCA will be offering a basketball league this summer for boys and girls going into grades 6-9. There will be a 6-7 grade division and an 8-9 grade division.

Games will be played on Mondays and Wednesdays for boys (3:15 & 4:15 p.m.) and on Tuesdays and Thursdays for girls (3:15 & 4:15 p.m.) The league starts June 13 and continues through July 7.

Four teams are needed in each division in order to conduct the games. Phone the YMCA to register (233-3531).

The Summer Teen Basketball League fees are:

Member
\$5.00

Non-Y Member
\$10.00



TEE-BALL CLINIC

Summer is the time for the Family YMCA Tee-Ball clinic. Boys and girls 6-8 years old interested in having fun, meeting new friends and learning the fundamentals of Tee-Ball are welcome to sign up for the program.

What is Tee-Ball? Tee-Ball is similar to baseball except that the batter hits the ball off a standard (tee) rather than attempting to hit a pitched ball. This allows for a safer, faster moving more exciting experience for all those involved.

The Tee-Ball Clinic will be held on Tuesdays and Thursdays from 4:30-5:30 p.m. beginning Tuesday, June 14 and ending Thursday, July 7. July 12 will be the rain date.

As in all YMCA youth sports clinics, emphasis will be placed on having fun, making new friends, learning the fundamentals of the sports and making an honest effort.

Tee-Ball will be played this summer at the following locations.

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Waterloo:

Devonshire Elementary, 515 Devonshire Drive, limit 100.

Castle Hill Elementary, 1700 Maynard Avenue, limit 50.

Lowell Elementary, 1628 Washington, limit 50.

Cedar Falls:

Hansen Elementary, 616 Holmes Drive, limit 50.

Orchard Hill Elementary, 3909 Rownd Street, limit 90.

Participants for the Tee-Ball program need gym or street clothes, tennis shoes, and a baseball glove. Balls, bats and other equipment will be furnished by the YMCA.

Registration for the Tee-Ball Clinic are being taken in person or by phone at the YMCA (233-3531).

The fees for Tee-Ball are:

Members

\$10.00

\$ 9.00

\$ 8.00

1st Child

2nd Child

3rd Child

Non-Y Members

\$18.00

\$16.00

\$14.00



PRE-SCHOOL GYMNASTICS (4-5 Years Old)

This class is designed to introduce gymnastic activities including tumbling, balance, coordination and flexibility.

Sign up for either Monday at 10:30 a.m. or Tuesday at 9:15 a.m. This class will run for ten weeks, June 13 to August 13.

The fees for Pre-School Gymnastics are:

Member

\$11.50

\$10.50

\$ 9.50

Non-Y Member

1st Child

2nd Child

3rd Child

\$20.50

\$18.50

\$16.50

Registrations for Pre-School Gymnastics may be made in person or by phone at the YMCA (233-3531).

GYM TOTS GYMNASTICS (3-4 Years Old)

The purpose of this class is to help children develop balance, coordination, flexibility and other movement-related skills. It is also designed to improve the child's social development by participating with other children and by listening to directions. Gym Tot activities include basic motor movements, ball skills, tumbling and games.

This summer Gym Tots will be held for a ten-week session between June 13 and August 13. Register for class either on Monday at 9:30 a.m. or Tuesday at 10:15 a.m.

The fees for Gym Tots are:

Member

\$11.50

\$10.50

\$ 9.50

Non-Y Member

1st Child

2nd Child

3rd Child

\$20.50

\$18.50

\$16.50

Registrations for Gym Tots may be made in person or by phone at the YMCA (233-3531).

ADULT RACQUETBALL LESSONS



Fundamentals of the sport of racquetball and time to play practice matches are planned for any adults who would like to learn more about this fast-paced, competitive sport.

Lessons will be held on the Tuesdays in June (7, 14, 21, and 28) from 5:30 to 6:30 p.m. Court fees are included in the class fee.

Register now at the YMCA by stopping in or calling (233-3531).

Fees for Adult Racquetball Lessons are:

Member	Non-Y Member
\$20.00	\$30.00

YOUTH RACQUETBALL CLINIC

The YMCA is again offering its Youth Racquetball for boys and girls ages 10-16. This clinic is designed like other YMCA youth sports clinics with the focus of the first lessons being on instruction and the last sessions on match play.

Youth Racquetball Clinics will be held Tuesdays and Thursdays from 9-10 a.m. beginning June 14 and continuing through June 30. Call or stop by the YMCA to register (233-3531). Clinic fee includes all court costs.

Youth Racquetball fees are:

Members	Non-Y Members
\$6.00	\$12.00



PRE-SCHOOL SUMMER FUN CLUB

It's almost time for Pre-School Summer Fun Club. Fun Club is offered Monday through Friday, 9:30 a.m. to 2:30 p.m. for any boy or girl age three, four, or five. Fun Club includes swimming in the small pool, physical activities, art projects, and much more. Fun Club is a well-rounded program that encourages children to learn while they are having fun.

Fun Club is based at the YMCA. Field trips are scheduled off YMCA property twice a week.

A special Summer Fun Club week is planned this summer for five year olds only, geared toward letting the children do "big-kid stuff."

Summer Fun Club dates and fees are:

		Members	Non-Y Members
Session I	June 27-July 1	\$34.00	\$44.00
Session II	July 11-15	\$34.00	\$44.00
Session III	July 18-22 (5 yr. olds)	\$34.00	\$44.00

There is a \$15 non-refundable deposit required for registering for Pre-School Summer Fun Club. The remaining balance is due on or before the first day of the program. Register now at the YMCA.

KYOKUSIN KARATE

Kyokusin Karate, a blend of Korean, Chinese and Japanese styles of Karate will be offered this summer for youth ages 6-16 on Monday and Wednesday evenings. Beginners and those already familiar with karate techniques are welcome to sign up.

Ken Bradfield will teach this class which will help participants work toward a healthier mind and body through the principles and techniques of Kyokusin Karate. Students will learn basic philosophy and techniques including stances, strikes, blocks, and kicks, in conjunction with fundamental self-defense methods.

Class time for beginning youth is Monday and Wednesday from 5:00-6:00 p.m. Intermediate youth will meet from 6:00-7:00 p.m. If enough interest is generated, an adult class may be offered. *TH 6:00*

YMCA Karate classes are offered on a monthly basis. Sign up for Karate now by calling or stopping by the YMCA (223-3531).

Fees for Karate are:

Member	Non-Y Member
\$10.00/month <i>20.-</i>	\$20.00/month <i>40.00.</i>

BASIC CANOEING CLINICS

All-new at the YMCA! Plan to attend one of our Basic Canoeing Clinics offered throughout the summer. These clinics are designed to teach basic canoeing skills as well as emphasizing safe boating practices. Each clinic will meet twice for three hours at Black Hawk Park. Transportation and canoes are provided.

Enrollment is limited — early registration is recommended. All ages welcome. For more information or to register, call the YMCA (233-3531).

Clinic dates are:

June 6 & 8	5:30-8:30 p.m.
June 20 & 22	3:30-6:30 p.m.
July 18 & 20	3:30-6:30 p.m.
August 1 & 3	5:30-8:30 p.m.

Basic Canoeing Clinic fees are:

Members	Non-Y Members
\$8.00	\$14.00

AQUATRIM

This class is suited for every level of fitness. The exercises can be fitted to meet individual needs and you need not know how to swim to participate.

Class dates for Aquatrim are Monday, Wednesday, and Friday, June 13 - August 5, 8:00-9:00 a.m.

Child care will be available at a nominal fee (please specify your need for child care when registering).

What a great, cool way to tone up your muscles, get in shape, and stay fit this summer!

Fees for Aquatrim are:

Members	Non-Y Members
\$10.00	\$23.00

Register for Aquatrim **after May 31** by calling or stopping by the YMCA (233-3531).



BEGIN TO SWIM

The YMCA's Begin to Swim program is an introduction to the YMCA Progressive and Pre-School swimming lessons. Begin to Swim will be held on two days this summer, Thursday and Friday, June 9 and 10.

On Thursday, children will be asked to demonstrate their existing swim skills. They will then be assigned to a class with others of similar ability where a regular swimming lesson will be taught.

Friday, there will be an additional swimming lesson, a skill evaluation, and a suggested class placement using YMCA swim program rankings. This swim class evaluation tells what skills your child has and which ones he/she needs to work on.

Come and experience the YMCA's small class sizes, trained instructors and personal attention. The YMCA Progressive and Pre-School swim program is for everyone.

Begin to Swim fee (total) for both days is \$3.00.

Times of the program are:

Tadpoles (3 & 4 year olds)

9:00 a.m., 9:45 a.m., 10:30 a.m., and 11:15 a.m.

Polliwogs (5 years old and up) 9:00 a.m., 9:30 a.m., 10:00 a.m., 10:30 a.m., and 11:00 a.m.

Enrollment is limited, early registration is encouraged. Call or stop by the YMCA to register **after May 31, 1988**, (233-3531).

AQUATIC CLASSES — MORNING

All morning classes meet Monday through Thursday for a two-week period. Class times listed below remain constant throughout the four week summer aquatic session.

Waterbabies	9:00 a.m.
Tadpole I	9:30, 10:00, 10:30 a.m.
Tadpole II	9:30, 10:30 a.m.
Tadpole III	10:00 a.m.
Polliwog II (SP)	11:00 a.m.
Polliwog I (LP)	9:00, 9:45, 10:30 a.m.
Polliwog II	9:45, 10:30 a.m.
Guppy	9:00 a.m.
Minnow I	9:00, 11:15 a.m.
Minnow II	9:45 a.m.
Fish	10:30 a.m.
Flying Fish	11:15 a.m.
Basic Lifesaving	11:15 a.m. (Session III only)

To register for a morning swim lesson, consult information in the **Aquatic Class Registration Information** section of this Newsletter.

AQUATIC CLASSES — EVENING

The following evening classes will meet two times a week for four weeks. Classes will start during the first and third Aquatic Sessions. These classes are offered June 13-23 or July 11-August 4.

Monday and Wednesday Classes

Waterbabies	5:00 p.m.
Tadpole I	5:30, 6:00 p.m.
Tadpole II	5:30, 6:00 p.m.
Polliwog I (SP)	6:30 p.m.

Tuesday and Thursday Classes

Polliwog I (LP)	4:00, 4:45 p.m.
Polliwog II	4:45, 5:30 p.m.
Guppy	4:00 p.m.
Minnow I	5:30 p.m.
Shark and Porpoise*	5:30 p.m.

*Shark and Porpoise will be combined during the summer. Some Shark and Porpoise activities will be held off YMCA property.

To register for any of the Evening Aquatic classes, consult the **Aquatic Class Registration Information** section in this Newsletter.

AQUATIC CLASS REGISTRATION INFORMATION

Registrations may be made session by session only. Stop by the YMCA or call at 233-3531.

Session I (June 13-June 23)

Y Members currently enrolled in Spring II session — Friday, May 27.

YMCA Members — Tuesday, May 31.

Non-Y Members — Wednesday, June 1 and after.

Session II (June 27-July 7)

Y Members currently enrolled in Summer I — Thursday, June 23, 9 a.m. to noon.

YMCA Members — Thursday, June 23, 1-5 p.m.

Non-Y Members — Friday, June 24, 9 a.m. to 5 p.m.

Session III (July 11-21)

Y Members currently enrolled in Summer II — Thursday, July 7, 9 a.m. to noon.

YMCA Members — Thursday, July 7, 1-5 p.m.

Non-Y Members — Friday, July 8, 9 a.m. to 5 p.m.

Session IV (July 25-August 4)

Y Members currently enrolled in Summer III — Thursday, July 21, 9 a.m. to noon.

YMCA Members — Thursday, July 21, 1-5 p.m.

Non-Y Members — Friday, July 22, 9 a.m. to 5 p.m.

Aquatic class prices are:

Members		Non-Y Members
\$10.00	1st Child	\$23.00
\$ 9.00	2nd Child	\$21.00
\$ 8.00	3rd Child	\$19.00



SUMMER FITNESS

A variety of classes are offered to benefit people of all fitness levels this summer at the YMCA. The Y is air conditioned, making your workout a breeze! Qualified instructors will be on hand to teach each of the following health enhancement classes:

Classes	Time	Day
Y's Way to Aerobics (Early Bird)	6:15 a.m.	M-W-F
Live Yers	8:30 a.m.	M-W-F
Y's Way to Aerobics	9:30 a.m.	M-W-F
Low Impact Aerobics	10:30 a.m.	M-W-F
You & Me Baby	5:45 p.m.	M-W
Soft Aerobics/ Tummy Trimmer Combo	9:15 a.m.	T-Th-F
Hip & Tummy Trimmer	10:00 a.m.	T-Th-F
Intro to Aerobics — Low Impact	5:30 p.m.	T-Th
Y's Way to Aerobics	5:30 p.m.	M-W-F

Summer session runs from June 13 to August 13 (10 weeks). If signing up for a fitness class during the week, you need not pay to attend a special Saturday morning workout at 10:00 a.m.

Fees for any of the YMCA Fitness Classes listed above are:

Number of Days Class Meets	Member Fees	Non-Y Members
2	\$14.00	\$30.00
3	\$16.00	\$32.00
4	\$20.00	\$36.00
5	\$22.00	\$38.00

Register now by stopping in or calling the YMCA (233-3531).



DAY CAMP PROMISES ADVENTURE

Youngsters ages 6-12 from in and around Black Hawk County are invited to take a closer look at activities offered through the YMCA Day Camp program this summer. The program is offered in June, July and August at Black Hawk Park, north of Cedar Falls.

A wide variety of activities are available at Day Camp, including swimming, exploration of nature, hiking, songs, games, and field trips. Each week there is also a special theme.

The program is held weekdays between 9 a.m. and 4 p.m., with an overnight planned for Thursday night of each session. Campers attending need to bring a lunch, swimsuit and towel each day.

Transportation to and from Black Hawk Park is provided. The YMCA bus picks campers up at five sites between 8 and 9 a.m. and returns to the same stops between 4:15 and 5:15 p.m. on regular days. The pick-up and drop-off points are:

East High School, Waterloo
West High School, Waterloo
YMCA Building, Waterloo
Cedar Falls High School, Cedar Falls
Lincoln Elementary School, Cedar Falls

Continued on next column



DAY CAMP

Specialty sessions for the summer of 1988 are:

Session 1 "Splish Splash" June 27-July 1

If you like to swim or want to learn to swim, this session is for you. Daily swim lessons, pool games and a look at pond and river dwellers will be featured. We bet you'll get "all wet" at Splish Splash.

Session 2 "Gorts and Spames" July 11-15

New games, old games, international activities and several team sports are on tap for Gorts and Spames. This session focuses on teamwork and fun along with an overall idea to "expect the unexpected." We'll change the rules, mix things up, do things backwards and put some zip into sports and games you have long enjoyed.

Session 3 "Crazy Critters" July 18-22

Animals will be this week's highlight. We will explore the Black Hawk Park area for wildlife, visit local animal attractions and observe some familiar farm animals. If you like animals, come join our zoo!

Session 4 "Frontier Fun" July 25-29

How has life changed in the last hundred years, and what was it like to live in 1888? Frontier Fun will explore pioneer crafts and games and also show how settlers' children lived. At the session's end you'll appreciate the conveniences we have now.

Session 5 "T.I.P.T.O.E." August 1-5

You'll take a closer look at how nature performs during Tuning In the Performance That Others Exclude or T.I.P.T.O.E. Plants, trees, birds and the weather will be featured. Bring your senses and come T.I.P.T.O.E. through the great outdoors!

Session 6 "Pow Wow" August 8-12

A look at Native Americans — past and future. See how Indians lived long ago. Learn authentic Indian crafts, cook their foods, try your luck working with beads and "bear claws." Join us for an exciting weeklong Pow Wow.

Stop by the YMCA to fill out a Day Camp registration form. For more information about Day Camp, you may call the YMCA (233-3531).

BLACK HAWK COUNTY FAMILY YMCA & UNIVERSITY MOTORS 8K RUN

SATURDAY, MAY 14, 1988 — Starts at 8:30 a.m.

Co-Sponsored by KFMW and BROWN BOTTLE

RUN FAST AND FREE

BROWN BOTTLE SPAGHETTI DINNER
Friday Evening, May 13th from 4:30-8:30 p.m.

FREE FUN & FITNESS FAIR
Friday, May 13th from 6:00-9:00 p.m.
Saturday from 8:30-11:00 a.m.



FREE DAY AT THE Y.M.C.A.
For all entrants and their Families!

FREE HIGH QUALITY TEE SHIRT
FOR 1ST 350 REGISTERED FINISHERS
BALLOON TETHERING FRIDAY & SATURDAY
(Weather Permitting)

Registration: No entry fee to runners registered by May 13th! \$5.00 on day of the race.

Awards: Based on 'flighted' system dividing runners into 8 groups. Age division results will be furnished. Door prizes donated by area business and organizations.

Packet Pickup: Friday, May 13th from 4:30-8:30 p.m. and Saturday, May 14th from 6:00-8:00 a.m. at the YMCA.

Shower facilities at the YMCA. Video tape replay of race in lobby immediately after finish. Computerized results for all entrants. Refreshments provided to all runners.

BROWN BOTTLE SPAGHETTI DINNER

For your enjoyment and to help us defray costs, we will be serving an "All You Can Eat" spaghetti dinner Friday, May 13th from 4:30-8:30 p.m. at the YMCA. Cost is \$4.00 for adults, children 10 and under FREE. Live music will be provided for your listening pleasure. Come experience the famous Brown Bottle recipe! Proceeds benefit the YMCA and our 8K Race.

KFMW
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NO FEE FOR RUNNERS IF ENTRY IS RECEIVED AT YMCA BY MAY 13th, 1988

Full Name _____

Address _____

City _____

Phone (_____) _____ Age (on May 14) _____ Sex — M F (circle one)

T-Shirt Size: Yth: Lg Adult: SM MED LG (Circle one)

RELEASE INFORMATION: Knowingly and at my own risk, I hereby apply to enter University Motors Y-Run '88, and release any claims for damages that I may incur as a result of my participation in this event against the YMCA Road Runners Club, Black Hawk Co. YMCA, University Motors, KFMW, all other co-sponsors or any employee, volunteer, official or elected official of these organizations for said injuries. I further hereby certify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate. I hereby give my consent to authorized medical personnel of Y-Run '88 to provide such medical care as is deemed necessary by such authorized personnel.

Signature _____
(participant)

Signature _____
(parent or guardian if participant under 18)

ENCLOSED, PLEASE FIND \$ _____ FOR _____ ADULT TICKET(S) FOR SPAGHETTI DINNER

WE WELCOME OUR NEW MEMBERS

On behalf of the Family YMCA, we would like to welcome the following people into our membership.

Eugene Blaser
Gary Kolle & Family
David & Marjean Decker
Lavern P. Parker
Sean Young
Gerald Reppe & Family
Roger Tillapaugh
Jay & Cindy Greenzweig
Tammy Hintz
Vince Barkhoff
Glen Gordon & Family
Jason Hamer
Jarad & Jordon Bartels
Jeff Trost
Gene Dahlen
Anissa Abels
Nancy Goss
Matt Hennig
Kimberly Thompson
Shannon Jones
Jeremy Leeper
Matt Clark
Nick & Michelle Kinzebach
Gerd S. Cherney
Leland & Dustin Wiggins
Roy Arp & Family
Chuck Payne
Duane Lewis
Ann Lenis
Karen Harper
Emily Blad
Ben & Jacob Iversen
Randy Leraaen & Family
Chad Lechner
Sara Guyer
Sharon Hagedorn & Family
Patricia Jackson

Michelle Burvee
Davie Wright
Randy Snyder Family
H. David Malone
Bruce & Shelly Barnett
Kevin Hahn
Shannon Daringer
Scott Coleman
Jo Ann Hanson
Wes Fahlenkamp
Julie Kamm
Michael Goswami & Family
Martine DuBuc
Pat Delagardelle
Brad Ball
Bill Schultz & Family
Stanley & Jeanne Atkinson
Kate O'Laughlin
James Luzadder & Family
Craig Schmadeke
Andrew Manning
Chad Brimeyer
Daniel Deviney
Scott Powell
Edwin Rafferty
Dave Kelling
Jackie Fliehler
Dan Lichty
Robert & Tami Halstead
Reginald Singleton
Helen M. Fuller
Diane Fuller
Paula Collins
Denise Dao & Family
Edwin Jacobs & Family
Kathy Moore
Steve Jacobson

Mikal Ludolph
Gretchen Oleson & Family
Carol Miller & Family
Larry Busch & Family
Jeff Fulmer
Crystal Maltas & Family
Jason Fisher
Ken Kelting
Mr. & Mrs. Tony McBride & Family
Shantel & Tegan Benham
Todd Eiklenbory
John A. Adiar & Family
Becky Frisch
Burdette & Margaret Juhl
Brad Cox
Kevin Kuehl
Misty Chambers
Tim McMahon
Shelly Koehn
Lisa & Teresa Zakaria
Nathan Wetzel
Angie & Melissa Lalan
Priscillia Cunningham & Family
Greg Cox
Mary J. Wilber & Family
Les Christensen
G. Charles Ericson & Family
Joe Charley
Stanley Evans
Randal Legg
Anne M. Schmit
Duane Friedlby
Justin & Heather McKinney
Jennie Carlson
Patrick Paulsen
Zach Turner

BLACK HAWK COUNTY FAMILY YMCA
669 SOUTH HACKETT ROAD
WATERLOO, IOWA 50701

BULK MAIL
NON PROFIT ORG.
U. S. POSTAGE
PAID
PERMIT NO. 1611
WATERLOO, IOWA

Do Not Throw Away!
Program Listings Through August 1988



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