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December 1988

Black Hawk County Family YMCA
669 South Hackett
Waterloo, Iowa 50701
(319) 233-3531



CHRISTMAS — NO ROOM

Luke 2 carefully records the birth of Christ and tells us that from the very beginning He is greeted with the word of the innkeeper "There is no room . . ." This theme, of course, follows Christ throughout His life as He comes to earth to deliver His people from their sins. Oh, the irony of that statement, no room. Even today so many greet Christ and His message of salvation with the words, "There is no room." No room in my schedule, no room in my heart, just no room at all.

Just a few chapters later (Luke 23) Pilate asks the most important question ever asked in the history of mankind, "What shall I do with Jesus?" In effect he asks whether or not there is any room. The cry is deafening, "No room, No room?" "Crucify Him, Crucify Him!"

When the wise men came from the East, they presented their gifts of gold, frankincense, and myrrh. The gold has always been interpreted as a token of Jesus' deity and the frankincense stands for His unique priesthood uniting God and man. But the myrrh speaks of His suffering and death. This sweet smelling herb was folded in with the grave clothes to cover the odor of death for a few days. No one normally would have presented such a gift to a newborn child, because of its meaning! God must have made known to these wise men that Jesus was born to die. When they came to Bethlehem, their journey ended in a small house filled with gladness and delight. They presented Him myrrh . . . a symbol of death.



The story has not changed. Today the question comes to each of us, "What shall you do with Jesus?" Either there is room or there is not. The events of the Christmas story include clear indications that the Lord Jesus Christ came into the world to die for sinners. That is the beauty of Christmas. There is room at the cross, we know what to do about Christ. He is our risen Savior and Lord.

From The Executive's Chair

1988 — *What a year in the life of our Family YMCA! A year which will undoubtedly be well thought of for a long time. A year in which a tremendous amount of time and effort was spent to assure the future of this organization for generations to come. A year in which many of you gave of your time, your talents and your financial resources proving that the YMCA is truly a big part of lives.*

Many persons have yet to understand the significance behind our debt elimination project of 1988 and what that really means to the YMCA. If I were to try to put it into a few sentences, I would merely say that this major effort of '88 has now placed the dollars back into people programs of the YMCA and not interest payments to the banks; it has allowed us to begin creating new program thrusts to meet our community's needs; it has allowed us to maintain our current facility and position ourselves for future expansion; it has allowed us to re-emphasize an excellence in staff development; and maybe most importantly, it has allowed us to continue to remain affordable and open to ALL regardless of financial limitations! What a great feeling of accomplishment I have for our YMCA in this year of our Lord, 1988!

Heartfelt gratitude, thanks and appreciation go out to all who made our 1.5 million debt campaign the success that it was. I do want to pay special mention to the following persons for their contributions: Bob Bowsby, Campaign Chairman; Bob Young, Lowell Walker, Don Bergan, Pam Edwards, Tom Barbatti, Bob Kahler, George Joseph, Committee Chairs; and Peg Andrews, Campaign Counsel. These are the persons that put their "Body, Mind and Spirit" on the line for our YMCA. It is because of them that we can look back on 1988 and be truly thankful.

As we enter this blessed holiday season, may we all take time to pause, reflect and give thanks to a year that was. A year that, in the life of this YMCA, will make us better as we strive to help people help themselves. And during this Christmas, may Jesus be truly "The reason for the season." From my family to yours — here's to a great 1989!

*In the Y's Way,
Jim Weaton
YMCA Executive Director*

Y's Way to Walking

Y Members can take advantage of a new fitness class and an expanded fitness program during the upcoming "heart of the winter."

The new class is Y's Way to Walking, in which any age/fitness level can stretch and walk in a class setting. This new class will be offered on Tuesday and Thursdays from 8:30 a.m. to 9:20 a.m.

Y's Way to Walking will feature warm-ups, walking in a group, motivating music and current information on walking for your health.

Hip and Tummy Trimmers will now be offered on Monday and Wednesday from 10:45 to 11:30 a.m., in addition to its regular classes on Tuesday and Thursdays at the same time. (Some of you can trim and tone while your children Romp and Stomp).

Hip and Tummy is not an aerobic program. This class offers overall muscle strengthening and conditioning for the beginner to advanced exerciser.

For more information about either class contact Nancy Winchip.

Reminder to Triathletes

The "Baby It's Cold Outside" Indoor Triathlon is coming up on February 4, 1989. This year the Y will again offer competition for individual adults and teams, along with an all-new family competition. The event distances for the individual and team adults will be 500 yards swimming, 6.2 miles on Air-Dyne stationary bicycles and 4 miles on the indoor track. Those competing as families will have a shorter course.

Look for detailed information about the "Baby It's Cold Outside" Indoor Triathlon to be coming out on a flier soon.

Sports Injury Program at Y Ends

Regrettably, we have been informed by the Sports Injury Center at Covenant Medical that they will no longer be able to provide consultations at the Y on Tuesdays.

They wanted us to pass along the word that their clinic is still open on Saturdays from 9-11 a.m., and weekdays by appointment for sports evaluations.

We wish to thank Covenant for their support in the past.



What is Romp and Stomp?

The Y is offering a new fitness class this winter for 3 and 4 year olds, with an emphasis on fun, physical skill development and group activity. Your child will have the opportunity to move, run and learn with other preschoolers in the all new Romp and Stomp.

The classes are scheduled to begin on January 9, 10:45 to 11:30 a.m. on Mondays, Wednesdays and Fridays for four weeks. The fee for the class is \$12 for Y members and \$24 for non-Y members. Class size is limited.

To register, members may call on Monday, December 26 and non-members may call beginning Tuesday, December 27. Class instructor is Pam Carlson.

Family Sundays in January

Our special programming for Family Sundays in January begins on January 8. Some of the activities being planned include a family workout to start your New Year's resolution off on the right foot and a family nutrition presentation to learn delicious alternatives to help you lose some of that excess weight.

Also scheduled is an instructional cross-country skiing session, including information on how to buy the right equipment and an introductory lesson on the techniques of cross-country skiing.

Be watching on the bulletin boards throughout the YMCA for more information about the January Family Sunday programs.

... and the Envelope Please ... YMCA Report Cards

The cards have been filled out, the evaluations tabulated and the results are now in. Our thanks to all of you who took the time to help us start to make things better.

We appreciated the variety of comments we received. Based on a 4.0 scale, the YMCA "graded out" as follows:

1. Overall Satisfaction	3.50
2. Maintenance	3.37
3. Cleanliness	3.43
4. Service Required	3.48
5. Friendly, Courteous Staff	3.67
6. Equipment	3.41
7. Questions Answered Promptly	3.55

The comments from the report cards seemed to focus on a few particular areas. They were: temperature of the building, hot and cold showers, repair of equipment, cleanliness of facility, the Nautilus Program, front office operations and extended or different hours for programs.

It is our attempt to focus in on these different areas over the coming weeks as we strive to be of better service to our members. We will work hard so that you know you've been heard.

We're pleased with our "B+" rating, but not satisfied. We know we can do better. We are also excited to know that you, our members, are feeling good about this YMCA — and rightfully so. We want to make a difference in all your lives.

Again, our thanks for your continued support of the Family YMCA — At work for tomorrow — today.



A Reminder to All Renewing Members

Approximately one month before your YMCA membership expires you will receive a small packet from the Y with materials that you need to fill out and return in order for your membership to remain in good standing.

Read carefully through all the information and then return by mail or in person the necessary pieces. Failure to return your renewal papers on time may result in your membership being cancelled.

Once all your forms are back into the office and processed your new membership card(s) will be available to pick-up at the YMCA Welcome Center.

If you have any questions about the renewal process or any other YMCA registration procedure, call the YMCA office at 233-3531.

Pee Wee Basketball Clinic — 1989

Now is the time to sign up for the Pee Wee Basketball clinic. Boys and girls in first and second grades interested in having fun, meeting new friends and learning the fundamentals of 5-on-5 basketball are encouraged to sign up.

The clinic will be held on Saturday evenings, January 7-February 11, at the YMCA.

Clinic Times

5:30-6:30 p.m. — North Court — Girls
5:30-6:30 p.m. — South Court — Boys
6:30-7:30 p.m. — Entire gym — Boys
7:30-8:30 p.m. — Entire gym — Boys

Fees

Members		Nonmembers
\$8.00	1st child	\$14.00
\$7.00	2nd child	\$12.00
\$6.00	3rd child	\$10.00

Registration

Registrations are being taken in person or by phone at the YMCA, 233-3531.



Volunteer Coaches Needed

The YMCA depends on finding good volunteers coaches to run cost-effective programs. This winter we are looking for coaches for our Pee Wee Basketball Clinic.

If you have a child who will be attending Pee Wee Basketball, you can receive \$8.00 off the price of the clinic for being a volunteer coach. This means that a member's child can participate for free! If you don't have a child participating, you can receive \$8.00 off any YMCA program. In order to receive this discount, you must attend the coaches meeting and be present at five out of six clinic practices and games.

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

Y Indian Guide and Princess Campout

Recently, the members of our YMCA's Indian Guide and Princesses attended their Annual Fall Campout at Camp Wap-sie near Cedar Rapids. Fifty-five fathers and children enjoyed hiking, canoeing, archery, movies, a campfire program and three delicious meals as a part of the event.

The Y Indian Guide and Princesses program is designed for any father with a son/daughter in Kindergarten through 3rd grade.

For more information concerning Y Indian Guides and Princesses, call Dave Phelps at the YMCA.

NEW MEMBERS

The YMCA is happy to announce the addition of the following people into its membership.

Patrick Backen
Roger and Kathleen Barloon
Michele Barthers
Olivier Bault
Eric Becker
Todd Bengen
Rick Blake
James Boeghly
Doug Bonwell
Tina Boyd
Debbie Brecher
Michael Brown (Cedar Falls)
Michael Brown (Waterloo)
Susan Bugg
Erin Bullerman
Andrea, Brad and Erica Caines
Elizabeth and Katie Callahan
Robert Campbell Family
Mike Carpenter
David and Susan Chapman
Scott and Kim Claussen
David Combs
Mark Cooley
David Correll Jr.
Craig Criswell
Jason and Sami Criswell
J. D. Cryer
Kenneth Darby
Mary DeGroot
Tom Dolan
Jason Donnelly
Tom and Diane Eachus
Michael and Elaine Fink
Shawn Fishel
Jerry and Janice Fisher
Pamela Fisher

Mary Beth Freking
John Freshwaters
Kenneth and Lori Frost
Steve Gard
Kariann Glasrud
Jeremy Green
Julie Grimes
Tanya Gritman
Ron Hageman
Laurie Hansen
David Hanson
Sheri Hildman
Mitch Hoffman
Joe Hooyman Family
Craig Hotvedt
Jeri Huffman
Seth Huffman
Victor Iehl
Mike Joblinski
Tracy Johns
Noah Johnson
Allison Jones
Brett Jones
Kenny Jones
Brent Judisch
Allen Keller
Debbie Ketels
Kathryn Knebel
David Knipp
Chris Knudsen
Joyce Lahue
Travis Lane
Mike Lauterbach
Robert J. Leatherman
Bob Lentzkow
Adrienne Lubbert

Gary Lutgen
Jeff Lynn
Dennis Maar
Dennis R. Mangrich
John T. McCoy
Justin McGill
Keith and Sherri Mesch
Lonna and Katie Mohlis
Charles H. Morrison
David Moses Family
Chad Muchmore
Dan Neir
Bryan J. Neppi
Robert Nielsen
Geoffrey Nitzschke
Kevin Nobis
Vicky, Misty and Matthew Northey
Terrence and Kim O'Meara
Jon Ouverson
Barry Platt
Paul Rappaport
Robert Ratcliff Family
Karen Reab
Russ Reicherts
Dana Roe
Chad Roethler
Clark and Joan Ross
Ed Ross
David Ruggieri
Ruth Safley
Andy and Steve Schmitt
David Sears
Robert Segebarth Family
Heather Shaner

Gerry Shaver
Neel Sheth
James and Roberta Shreffler
Jeff Simbric
Jason Sivertsen
Wynn Smith
Scott Spray
Billy Steenbergen
Mark Steines
Richard H. Sturch
Lynda Svoboda
Bill Swingen
Susan Swisher
Walter L. Sykes
John G. Terry
Ruth Terry
Micki Tessmer
Lora Thompson
David Trebel
Aaron Van Hauen
Diane Vestal
David Vore Family
B. Tim and Cheryl Waite
Roger Weber
Scott Wesendorf
Jack and Rochelle Whitchelo
Jim Wilson
Andrew J. Wineski
Sherri R. Winterroth
Dave Witt
Wesley Womack
Thomas Wood
Dennis Wubbena Family
Michael Young
Bruce B. Zager

New Year's Overnight Tradition Continues into 1989

Members — sign up now!!! The Best New Year's Overnight in Town! Starts: 8 p.m. on Saturday, December 31 Ends: 7 a.m. on Sunday, January 1. For: Boys and girls, 6-12 years. Cost: Members \$12, Non-members \$15. Includes: snack on Saturday night and breakfast on Sunday morning. Activities planned for all ages, gym, swim, watch movies and more!

Call early to register, 233-3531. All attending must check in before 8:15 on December 31 and must check out by 7:15 a.m. on January 1.

See you there!!!!

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