

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



Summer Membership Special

The YMCA is offering some great specials this summer on membership + Nautilus. What a great combination!

YMCA SUMMER MEMBERSHIP	+ NAUTILUS =	TOTAL
Youth\$ 20.00	+ \$13.00 =	\$ 33.00
College\$ 30.00	+ \$19.00 =	\$ 49.00
Adult\$ 60.00		\$ 79.00
Family \$ 84.00	+ \$31.00 =	\$115.00
Male FC\$100.00	+ \$19.00 =	\$119.00

A YMCA Summer Membership is good during the months of May, June, July and August. All Summer Memberships expire on September 1. Membership fees may be pro-rated for those joing after May 15. If you decide to continue your membership for the full year your money can be applied toward an annual membership.

What a great chance to try the "Y", enjoy its fine facilities and catch the magic we call the YMCA.













Yearly Membership Rates

	New	Auto/
Membership	Member	Chkg.
Туре	Rate	Rate
YOUTH		
Youth under 3 years	Free	
Youth 3-6 years		
Youth 7-12 years		
Youth 13-18 years		
INDIVIDUAL	Manage Lood on	
College	\$103.00	\$13.00
Adult		
Fitness Center		
FAMILY		
H/W Adult	\$276.00	\$23.50
H/W Adult & Family		
H/W Fitness Center		
H/W FC & Family		

1 Adult/1 FC\$423.00\$35.75 1 Adult/1 FC & Family\$483.00\$40.75 The Automatic Checking Program is designed to answer the needs of members who desire to pay for their membership on a monthly basis.

- 1. Please understand that this is an ANNUAL membership.
- Two months down are due on the date of setting up your membership.
- Automatic Checking is the only way that the YMCA can accept monthly membership payments.
- 4. If automatic checking is cancelled by a member prior to a full years membership, that member does not have the privilege of using automatic checking in the future.

Daily Guest Passes:
K-12 Grade\$2.00
Adult\$5.00
Fitness Center\$5.00
(with FC Member Only)

From The Executive's Chair

Some people have the ability to say a great deal in just a few words. When this is done, we receive "food for thought" and can reflect upon these words and they can become very significant for us. I would like to share a few I have come upon over the years and suggest you take time for meditation and prayer over them.

"Your life is like a coin...you can spend it any way you wish, but you can spend it only once."

"A second class effort is a first class mistake."

"To be aware that God knows everything can be both frightening and comforting."

"Change is inevitable . . . it's direction that counts."

"Don't pray for rain if you're going to complain about the mud."

We all need to take time for meditation and prayer. It is the food for the soul. Jesus often went off by himself in meditation and prayer. It is an example worthy for us to follow.

Good times to meditate: taking a walk by yourself... when you wake up in the middle of the night and can't go back to sleep... when you are cleaning or working in the shop or around home... riding alone... just taking a few minutes to sit down and be alone with God... looking up at the stars at night... or a rainbow when it rains.

Spring and summer days seem to be good days for communion with your God. Take a thought someone else suggests or just take an inward look at yourself from God's point of view. I know you'll find it refreshing, uplifting and comforting.

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

Volunteer Coaches Needed

The YMCA is still looking for some volunteer coaches for the summer sports clinics. In particular, we are looking for help with Pee Wee Basketball, Teen Basketball, and Tee-Ball.

Coaches are taught the fundamentals of coaching the sport they are interested in helping with. Past volunteers 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 Joens at the YMCA, 233-3531.

In Memory of JOHN R. EIDE

April 16, 1965 - March 14, 1988

A valued YMCA member who will be missed.

GYM SCHEDULE SOUTH COURT*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:10-7:00 a.m.	Class	Open	Class	Open	Class	Closed
7:00-8:30 a.m.	Open	Open.	Open	Open (Open Open	Open 8-9 a.m.
8:30-9:30 a.m.	NIAM	Class 9:15		Class 9:15	100	Class 9-10 a.m.
9:30-10:30 a.m.	Class	Class 10:00	Class	Class 10:00	Class	1 3
10:30-11:30 a.m.		Adult BB	Aemoers	Adult BB	(42)	Open
	Company November	@ 10:45	No Notari	@ 10:45		
11:30-12:30 p.m.	रिकार का मेरिक	Adult BB	Rate neer	Adult BB	Mt 9	agill
12:30-5:25 p.m.	Open	Open	Open	Open	Open	Close @ 12:45 p.m
5:25-6:30 p.m.	Class	Class	Spon	Class	o pon	Closed
6:30-7:15 p.m.	Open	Open	ayes - The same	Open		Closed

^{*}Pee Wee Basketball is scheduled July 11 - 27 on Mondays and Wednesdays from 1-4 p.m. If clinic is full, both North and South Courts will be used.

NORTH COURT*

Time sall p	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-11:00 a.m.	ally Guest Path	Open	1 00.00	Open		Open 8:00 a.m.
11:00-12:30 a.m.	Open	Adult BB	Open	Adult BB	Open	Open
12:30-5:30 p.m.		Open	41.75	Open		Open til 12:30 p.m.
5:30-7:15 p.m.	Challenge	Challenge	27,85	Challenge		Closed

SUMMER LARGE POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 a.m.	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Closed	Closed
8:00-9:00 a.m.	Aqua Trim & Adult Lap	Adult Lap	Aqua Trim & Adult Lap	Adult Lap	Aqua Trim & Adult Lap	Youth & & Adult Lap	All
9:00-11:15 a.m.	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Open & Lap Swim	Open & Lap Swim	Day
11:15-Noon	Lessons & Adult Lap	Lessons & Adult Lap	Lessons & Adult Lap	Lessons & Adult Lap	Open & Lap Swim	Open & Lap Swim	
Noon-1:00 p.m.	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	
1:00-2:00 p.m.	Open & Lap	Open & Lap	Open & Lap	Open & Lap	Open & Lap	Closed	ALLEGA N
2:00-2:45 p.m.	# Day Camp	# Day Camp	# Day Camp	# Day Camp	# Day Camp		
2:45-3:45 p.m.	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	est Gint	Su
3:45-5:30 p.m.	Open	Lessons & Lap Swim	Open	Lessons & Lap Swim	Open	May 31 - Septingly Virtual	acorthour by a six
5:30-6:15 p.m.	Adult Lap	Lessons & Lap Swim	Adult Lap	Lessons & Lap Swim	Adult Lap	deady reserve	ebindey midey andlin Eshape
6:15-7:15 p.m.	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	deling sepains an	0)

[#] Day Camp Lessons June 27 - July 1 only — otherwise Open & Lap

SUMMER SMALL POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-9:00 a.m.	Open	Open	Open	Open	Open	Closed	Closed
9:00-11:45 a.m.	Lessons	Lessons	Lessons	Lessons	Open	Open 8:00-Noon	All
11:45-1:00 p.m.	Open	Open	Open	Open	Open	Open	Day
1:00-2:00 p.m.	*Fun Club	Closed	N SOUTH N				
2:00-2:45 p.m.	# Day Camp	FOLOR AW	M.OOMST				
2:45-3:45 p.m.	Day Camp	the or He at	E SHEET IN				
3:45-5:00 p.m.	Open	Open	Open	Open	Open	araba araba	
5:00-6:00 p.m.	Lessons	Open	Lessons	Open	Open		
6:00-7:15 p.m.	Lessons	Open	Lessons	Open	Closed		anne force is i

^{*}Fun Club July 11 - 29 only — otherwise open

[#] Day Camp Lessons June 27 - July 1 only — otherwise open













WE WELCOME OUR NEW MEMBERS

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

Accie Vivians
J. Thomas Powers
Linda & Darius Robinson
Kris Kabele
Larry Warnke
Cheryl Barkau
Chris Delaney
Amanda Henninger
Toni Mabie

Nisha Swinton
Brandon Swinton
Jenny Foster
Brian Thuesen
Bethany Robert
Ron Roberts
Deb Poyner
Christine R. Pyla-Pint & Family
Kathleen S. Ingalls-Pint & Family

Rev. Robert Holfdorf Terry Timmerman Rev. & Mrs. Michael Furlong & Family Jim Schrempf Family Monica Kolbeck Mr. & Mrs. James A. Nelson & Family Maynard Bochmann Family Lindsey Judas Ronni Meier & Family Pamela Seydlitz Ryan McKernan Jackie Schafer Ryan & Justin McDaniel Trent J. Vich David Sullivan Connie Lichty Jeremy Hummel Denny Folken Justion Smock















Summer Facility Hours

May 31 - September 3, 1988

Monday through Friday	6:00 a.m 7:30 p.m.
Saturday	
Sunday	
Facility Enhancement Week	
(Building repairs and maj	

Child Care Hours

Mornings	
Monday, Wednesday and Friday	8:30 - noon
Tuesday and Thursday	
Saturday	8:45 - 11:00 p.m.
Evenings	
Monday through Thursday	.4:30 - 7:30 p.m.

Nautilus Program Center Hours

Monday through Friday	6:00 a.m 1:30 p.m.
	and 3:00 p.m 7:00 p.m.
Saturday	8:00 a.m noon

Summer Holidays YMCA Closed

Memorial Day	May 30
Independence Day	
Labor Day	

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

BULK MAIL
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U. S. POSTAGE
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