

October 1988

See you Sunday!!!

From The Executive's Chair

*What really matters? It's not just what you do that matters, it's **why** and **how** you do it. What really matters is not what we appear to be, or what people think we are . . . the thing that really matters is that God knows what we are.*

Sure, it's easy as Christians to fall into society's trap of superficial judgment. It's really nothing new to our particular society or time. In fact, the lives of the Biblical Kings David and Saul provide a sobering example of what may happen when we focus on out-appearances rather than inward character.

As an association of people helping people, one of our challenges here at the YMCA is to help people look in that mirror to see if we like what God sees. It's the caring atmosphere that sets us apart from other places and hopefully keeps you coming back for more.

The bottom line is we ought not to judge from appearances, or outward signs. What matters is our attitudes and hearts. When we do sin, or have problems, we need to admit it, ask forgiveness and seek help. We also need to care enough for our YMCA friends and family to work with those who may be destroying their own lives through disobedience and sin.

God is more concerned about our character than our reputation. What really matters is that we have a heart for God. Everything else comes out in the wash!

*Thanks for caring and sharing,
Jim Weaton
YMCA Executive Director*



Halloween Overnight Thriller

Boys and Girls ages 6-12 will have something special to look forward to this Halloween season if they sign up to attend the Halloween Overnight on October 28 at the YMCA.

Fun and games, a costume contest, swimming, watching movies and making new friends are all part of the activities planned for the overnight. Children attending need to bring sleeping bag, swimsuit, towel and gym shoes other than those worn into the building.

The Halloween Overnight will begin at 7:30 p.m. on Friday and end at 8 a.m. on Saturday. An evening snack and breakfast will be provided. Sign up soon by stopping by the Y Welcome Center or calling the YMCA, 233-3531.

Fees for the Overnight are:

| Members | | Non-members |
|---------|----------------|-------------|
| \$10.00 | first child | \$14.00 |
| \$ 9.00 | second child* | \$13.00 |
| \$ 8.00 | third child* | \$12.00 |
| | (*same family) | |

Winter I Swimming Lessons

The Winter I Session of the Preschool and Progressive swimming program is scheduled to begin the week of October 31 and run through December 23.

Registrations will be taken between 9 a.m. and 5 p.m. on the dates listed below.

YMCA members currently enrolled in Fall Session . . . Friday, Oct. 21

YMCA members not currently enrolled . . . Monday, Oct. 24

Non-members . . . Tuesday-Thursday, Oct. 25-27

We hope you'll take advantage of this opportunity to get your child enrolled in one of our top-notch swim classes.



The New Nautilus Machine is Here!

The Nautilus Center has just received and installed one of the latest pieces of equipment made by the Nautilus Corporation. This new machine, called the Rotary Torso machine, works the internal and external oblique muscles commonly called love handles.

The Nautilus Center opens now at 5:30 a.m. when the building opens. Starting in October the Center will be closing on weekdays from 1:30 to 3:30 due to a lack of useage during this time slot. The Nautilus Center could be re-opened during this time period depending on member usage.

Nautilus members should drop by to see or try out the new machine. If you aren't currently a YMCA Nautilus member, stop by and find out more about the Center from one of the staff members.

A Reminder to Members

During YMCA Facility Enhancement week in August we replaced all the locks on the lockers in our locker rooms that were unuseable because the keys were missing. Now that we have all the lockers set and ready to go for our busy season, we thought we'd remind you of our lost key policy.

There is a \$10 charge for any locker key that is not returned. This money covers the cost to replace the lock, key and pin. This fee is the same for both members and non-members.

If a key has been inadvertently taken or lost, the Y allows 7 days for the key to turn up or be returned. At that point, if the key has not surfaced, your account at the Y will be charged for the loss and you will be billed.

You can help us out by being careful with your locker key while you're in the building and by rapidly returning any key you accidentally take home.

Changing locks is time consuming and costs us a great deal of money each year. We appreciate your cooperation in this regard.

Child Care Has New Faces

To add to the many new children this fall in the Child Care Room, we also have three new staff members.

The first is Sheila Cole. Sheila is a Waterloo native and will be working during some of the mornings that the Center is open. The second new employee is Jane Eilderts. Jane is originally from the Parkersburg area and brings a lot of experience with her. The third is Suzzette Jacoby. Suzzette is from Waterloo and will be working mainly in the evenings and on the week-ends.

We welcome these new staff people to our YMCA.



Attention Fitness Center Members

Fall has arrived and winter will be here shortly. Many Fitness Center members are returning after a lengthy summer respite; some are being forced indoors now to complete their regular workouts.

The staff at the YMCA Courtesy Center would like to pass on a few notes of interest to those of you who have your laundry washed after working out at the Y.

Help us make sure your laundry bag is securely fastened as close to the top as possible. Small items should not fit through any gaps. Your clothes should have enough room to move around somewhat inside the bag. The lighter weight your items are, the easier they will be to dry and easier they will be for our staff to handle. If clothes are untwisted and "straightened out" before being put in the bag, they will be both cleaner and drier on the first run-through.

If an article of your clothing turns up missing, check for it at the Courtesy Center as soon as possible. We work hard to have a perfect record each day as far as putting away clothes goes, but occasionally and regrettably there are mix-ups. We hold all lost and found items at the Courtesy Center for 30 days and then store them an additional 30 days before giving them to Goodwill. One suggestion relating to your Fitness Center clothes is that you avoid bringing treasured or valuable items to run through our laundry system and that you keep spare socks and so forth on hand "just in case."

If you have any questions or comments regarding our laundry system, stop at the Courtesy Center or contact Julie at the Y, 233-3531.



Volunteer Coaches Needed

The YMCA depends on finding good volunteer coaches to help run its youth sport clinics. This fall we are looking for coaches for our Boys/Girls 5-on-5 Basketball Clinics.

If you have a child who will be participating in the basketball program, you can receive \$10 off the price of the clinic for being a volunteer coach. You can receive \$10 off any YMCA program if you do not have a child participating. In order to receive this discount, you must attend the coaches meeting and be present at seven out of the eight clinic practices and games.

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



Boys/Girls 5-on-5 Basketball Clinic

Boys and Girls Basketball Clinics begin soon for youngsters in grades 3 - 6. Basketball Clinic participants meet eight times, either on Friday evenings or Saturday morning, November 4 - January 14 (Thanksgiving, Christmas and New Year's weekends are excluded).

The clinics will be held at locations in both Cedar Falls and Waterloo. Participants are introduced to the fundamentals of dribbling, passing, shooting and defense throughout the clinics. The clinics emphasize participation, learning and having fun, rather than competition.

Register soon by telephone (233-3531) or in person at the YMCA. Clinic fees are shown below.

| Member | | Non-Members |
|---------|----------------|-------------|
| \$10.00 | first child | \$18.00 |
| \$ 9.00 | second child* | \$16.00 |
| \$ 8.00 | third child* | \$14.00 |
| | (*same family) | |

NEW MEMBERS

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

Shawn B. Chestnut
Rick Hansen
Brett Williams
Thomas Myles
Fred & Joan Walthour
Todd Hunter Family
Douglas Wightman Family
Judith Zacakowski
Gary M. Johnson
Karen Baxter

Harold Morgan
Jerry Bannerman Family
Julie M. Brouwer
Jason Sweet
Rick Crotty
Mark Lane
David Staver
Brian P. Ingram
Cory Johnson
Michael K. Klassen Family

Richard McGrane
Brian Unruh
Randall Chapman Family
Nicolas Moran
Barry E. Morgan
John Williamson
Shawn Havener
Jonathan Jansen
Beth Stoffregen
Jack C. Seals

New Family Sunday Programs

In an effort to give you the opportunity to spend time at the Y with your family, the Y staff members have teamed up this fall to offer you some new and different events on Sunday afternoons.

Be watching for announcements at the Y of events for each weekend. Activities for October include the Family Fun-Olympics (Oct. 9), Jim Weaton answers questions about the Y (Oct. 16), something of interest for dance fans (Oct. 23) and our first fall Family Pot Luck (Oct. 30).

We hope you'll take advantage of these times to do things together as a family, and we hope that you'll come get to know some other families at the Y!

Blood Lipid Test Offered

On Wednesday, October 26, personnel from the lab at Allen Hospital will be at the YMCA to collect samples for blood lipid testing between 6 and 8 a.m.

A blood lipid test is an analysis of various blood components. Included are measurements of blood sugar, triglycerides, cholesterol, uric acid, bilirubin and more. A computer printout of the various blood components is given to each person having the test done. A copy of the results will be sent to your doctor upon request.

The fee for blood lipid testing is \$12 for members and \$15 for non-members. A 12-hour fasting period before test time is necessary. Registration to have a blood lipid test is not required but it is recommended. For information or to make an appointment call 233-3531.

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

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