

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 8-9 a.m.
8:30-9:30 a.m.	Class	Class 9:15	Class	Class 9:15	Class	Class 9-10 a.m.
9:30-10:30 a.m.		Class 10:00		Class 10:00		Open
10:30-11:30 a.m.		Adult BB @ 10:45		Adult BB @ 10:45		
11:30-12:30 p.m.	Open	Adult BB	Open	Adult BB	Open	Close @ 12:45 p.m.
12:30-5:25 p.m.		Open		Open		
5:25-6:30 p.m.		Class		Class		Closed
6:30-7:15 p.m.	Open	Open		Open		

\*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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-11:00 a.m.	Open	Open	Open	Open	Open	Open 8:00 a.m.
11:00-12:30 a.m.		Adult BB		Adult BB		Open
12:30-5:30 p.m.		Open		Open		Open til 12:30 p.m.
5:30-7:15 p.m.	Challenge	Challenge		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	
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		
3:45-5:30 p.m.	Open	Lessons & Lap Swim	Open	Lessons & Lap Swim	Open		
5:30-6:15 p.m.	Adult Lap	Lessons & Lap Swim	Adult Lap	Lessons & Lap Swim	Adult Lap		
6:15-7:15 p.m.	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim		

# 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	*Fun Club	*Fun Club	*Fun Club	*Fun Club	Closed	
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		
3:45-5:00 p.m.	Open	Open	Open	Open	Open		
5:00-6:00 p.m.	Lessons	Open	Lessons	Open	Open		
6:00-7:15 p.m.	Lessons	Open	Lessons	Open	Closed		

\*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 ..... 7:00 a.m. - 1:00 p.m.  
Sunday ..... Closed  
Facility Enhancement Week ..... August 13 - 21  
(Building repairs and major cleaning)

## Child Care Hours

### Mornings

Monday, Wednesday and Friday ..... 8:30 - noon  
Tuesday and Thursday ..... 9:00 - noon  
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 ..... July 4  
Labor Day ..... September 5

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

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