



# YMCA UPDATE

*At work for tomorrow ... today.*

Black Hawk County Family YMCA

April 1993

## Get Your Running and Walking Shoes Ready 9th Annual ISSY-8K Run/Walk

Our 9th annual ISSY-8K Run/Walk is right around the corner, so mark May 15 and 16 on your calendar - and get ready for fun. Our weekend of events provides fun and fitness for runners and walkers of all ages and all abilities. We invite you to come and be part of the entire weekend and enjoy our wonderful community.

Friday, May 15 we kick things off with a "Fleagle Foods" spaghetti dinner at the YMCA from 4:00 - 8:00 p.m. A Family Fun Fest including carnival booths and prizes for children of all ages, and live entertainment are also part of the Friday night festivities. Bring the whole family out for a great evening together at the YMCA.

Saturday, May 16 is race day with the walkers beginning at 8:00 a.m. and runners at 8:30 a.m. The ISS-Y 8K offers several different award divisions including age, corporate team and parent/child.

Entry fee and registration information will be available at the YMCA front desk the beginning of April. Also, volunteers will be needed to make this race weekend a success, if you are interested in being a race volunteer please contact Tom Sekeres at the Y, 233-3531.



### INSIDE:

'93 Spring Two  
Class Schedule  
and Registration  
Information

### YMCA OVERNIGHT

The next YMCA overnight for children in grades K-6th is set for April 24. The overnight will begin at 8 p.m. Saturday and conclude at 8 a.m. Sunday. **Registrations will be taken April 12 - 22nd.** For more information contact Dave Peters at the Y, 233-3531.

### From the Executive's Chair

*There are **two** seas in Palestine. One is fresh and fish are in it. Splashes of green adorn its banks. Trees spread their branches over it and stretch out their thirsty roots to dip of its healing water. Along the shore the children play.*

*The river Jordan makes this sea with sparkling water from the hills so it laughs in the sunshine. And men build their houses near to it, and birds their nests; and every kind of life is happier because it is there.*

*The river Jordan flows on South into the sea. Here is no splash of fish, no fluttering leaf, no song of birds, no children's laughter. Travelers choose another route unless on urgent business. The air hangs above its waters and neither man or beast nor fowl will drink.*

*This is the difference...*

*The sea of Galilee receives but does not keep the Jordan. For every drop that flows into it, another drop flows out. The giving and receiving go on in equal measure.*

*The other sea is shrewder, hoarding its income jealously. It will not be tempted into any generous impulse. Every drop it gets, it keeps. The sea of Galilee gives and lives. This other sea gives nothing. It is named the dead sea. Yes, there are **two** seas in Palestine.*

*There are **two** kinds of people in the world. Which kind are we?*

In the 'Spirit' of the 'Y'

*Jim Weaton*

Jim Weaton  
Executive Director



# YMCA

## Spring Two Session

## April - May 1993

### HEALTH ENHANCEMENT

Class	Time	Day
Freestyle Aerobics	6:00 am	M-W-F
Hip & Tummy	10:30 am	T-Th
Teen Aerobics	4:30 pm	M-W
Live "Y"ers	8:30 am	M-W-F
Step Aerobics	4:30 pm	T-Th
Step Aerobics	5:30 pm	T-Th
Step Aerobics	10:30 am	M-W-F
Y's Way to Aerobics	9:25 am	M-W-F
Y's Way to Aerobics	5:30 pm	M-W
Y's Way to Walking	8:30 am	T-Th
Healthy Back	5:30 pm	M-W
You & Me, Baby (Pre-Natal)	6:30 pm	T-Th
Weekend Workout	10:00 am	Sat
Romp and Stomp (ages 3-6)	9:30 am	T-Th

### Water Exercise

#### Y's Way to Water Exercise

7:30, 8:30 am	M-W-F
9:30 am	M-T-W-Th-F
6:30 pm	M-W-Th

### Jazzercise

\*\*\*\*\*

Member cost: \$20 for an eight-class punch \$15 if all classes are taken at the Y.

9:30 am	T-Th
8:30 am	Sat

### Strength Training

#### Y's Way to Strength Training

9:30 am	T-Th
6:30 pm	T-Th
4:15 pm	M-W-F

### Karate

#### Youth Karate

Beginning (ages 6-15)  
4:30 pm M-W

Beg./Intermed.  
5:30 pm M-W6

Advanced  
6:30 pm M-W

#### Adult Karate

7:30 pm M-W



### PUNCH TICKET FEES

#### 15 PUNCH TICKET

Members	\$15
General Public	\$30

#### 30 PUNCH TICKET

Members	\$28
General Public	\$56

### Health Enhancement Class Fees (six week session)

**Y's Way To A Healthy Back** costs \$35 for members and \$60 for the general public.

**Romp and Stomp** (ages 3-6) and **Teen Aerobics** (ages 10-18) classes cost \$12 for members and \$24 for the general public.

**Adult Strength Training** costs \$15 for members and \$25 for the gen. public. **Youth Strength Training** (ages 9-13) is \$15 for members and \$25 for the gen. public.

**Adult Karate** is \$16 for members who take the class once a week; \$26 for twice a week. The general public pays \$25 for classes if they attend once a week and \$42 for twice a week.

**Youth Karate** is \$12 for members who take the class once a week; \$20 for twice a week. The general public pays \$20 for classes if they attend once a week and \$36 for twice a week.

## SPRING TWO

April 12, 1993 - May 22, 1993

Registration Information (6 Week Session)  
Members enrolled in Spring One  
Other YMCA Members  
General Public

Monday, April 5  
Tuesday, April 6  
Wed. - Fri., April 7-9



# AQUATICS

## Spring Two

### Fees

#### Preschool Swim Classes (Shrimp - Tadpole III)

	Member	Gen. Public
1 time/week	\$6.50	\$12.50
2 times/week	\$13	\$25

### Fees

#### Progressive Swim Classes, Gymnastics and Dance

	Member	Gen. Public
1 time/week	\$9	\$17

### ◆ Youth Aquatics ◆

#### Shrimp/Perch (Waterbabies) (6 mos. through 2 years)

M-W	-	10:30am, 5:45pm
T-Th	-	6:45pm
Sat	-	10:30am

#### Tadpole I (Pike) (ages 3-4)

M-W	-	9:30am, 4:15pm, 6:15pm
T-Th	-	10am, 4:45pm, 7:15pm
Sat	-	9:30am

#### Tadpole II (Eel) (ages 3-4)

M-W	-	10am, 5:15pm
T-Th	-	9:30am, 4:15pm
Sat	-	9am

#### Tadpole III (Ray) (ages 3-4)

M-W	-	9am, 4:45pm
T-Th	-	9am, 5:15pm
Sat	-	10am

#### Polliwog I (small pool) (ages 5 & up)

Tues	-	5:45pm, 7:45pm
Thurs	-	10:30am, 5:45pm, 7:45pm
Sat	-	11am

#### Polliwog I (large pool) (ages 5 & up)

Mon	-	5:45pm	Wed	-	5pm
Tues	-	5pm	Thur	-	4:15pm
Sat	-	10:30am, 11:15am			

#### Polliwog II

Mon	-	4:15pm, 5pm
Tues	-	10:30am, 5:45pm
Wed	-	4:15pm, 5:45pm
Thur	-	5pm, 5:45pm
Sat	-	9am

#### Guppy

Tues	-	5:45pm
Wed	-	4:15pm, 5pm
Thur	-	4:15pm
Sat	-	9:45pm

#### Minnow I

Mon	-	5:45pm
Tues	-	4:15pm
Thur	-	5pm
Sat	-	9am

#### Minnow II

Mon	-	5pm
Tues	-	4:15pm
Thur	-	5:45pm
Sat	-	10:30am

#### Fish

Mon	-	4:15pm
Wed	-	5:45pm
Sat	-	11:15am

#### Flying Fish

Tues	-	5pm
Sat	-	9:45am

#### Shark

Tues	-	5:45pm
Thur	-	5:45pm

#### Porpoise

Mon	-	5:45pm
Wed	-	5:45pm

#### Synchronized Swimming

(Minnow II swimmers or above)  
Fri - 4:15 - 5:45pm

### ◆ Adult Aquatics ◆

#### Adult Beginning Swimming

Tues	-	11:15am, 7pm
------	---	--------------

#### Adult Intermediate Swimming

Thur	-	7pm
------	---	-----

#### Arthritis Water Exercise

Mon, Wed, Fri	-	10:30 am
---------------	---	----------

Adult aquatics classes cost the same as youth aquatics (shown above) with the exception of Arthritis Water Exercise, which is \$13 for members and \$25 for the general public.

### ◆ Gymnastics ◆

#### Gym Tots (ages 3 & 4)

Mon	-	9:30am
Tue	-	10:15am, 4:15pm
Thur	-	5pm

#### Preschool Gymnastics (ages 3 & 4)

Mon	-	10:15am
Tue	-	9:30am, 5pm
Thur	-	4:15pm

#### Youth Progressive Gymnastics (Beginning) (Ages 5 & up)

Tues	-	5:45pm
Fri	-	5pm
Sat	-	9am

#### Youth Progressive Gymnastics (Intermediate) (Ages 5 & up)

Thur	-	5:45pm
Fri	-	5:45pm
Sat	-	9:45am

#### Youth Progressive Gymnastics (Advanced) (Ages 5 & up)

Fri	-	6:30pm
Sat	-	10:30am

### ◆ Dance ◆

#### Beginning Ballet (Ages 7 - 15)

Mon	-	4:15pm
-----	---	--------

#### Ballet (Level 2) (Ages 7 - 15)

Wed	-	5:45pm
-----	---	--------

#### Beginning Jazz (Ages 7 - 15)

Mon	-	5:45pm
-----	---	--------

#### Jazz (Level 2) (Ages 7 - 15)

Wed	-	5pm
-----	---	-----

#### Popular Dance (Ages 7 - 15)

Wed	-	4:15pm
-----	---	--------

#### Tap (Ages 7 - 15)

Mon	-	5pm
-----	---	-----

#### Adult Dance (Age 16 and up)

Mon	-	6:30pm
Wed	-	6:30pm

## SPRING RACQUETBALL LEAGUE

Keep the edge on your game, play in the Y's Spring Racquetball League. League play begins Monday, April 19, and will continue for ten weeks.

Entry forms are available at the YMCA front desk or in the flyer rack located in the front lobby.

Member fee is \$10. The general public fee is \$25. Please register for the Racquetball league by Wednesday, April 14.

For more information about this league contact Tom Sekeres at the YMCA, 233-3531.





# YMCA Spring Youth Sports

## Volleyball Clinic

Learn the fundamentals of volleyball including bumping, setting, serving, teamwork and team strategies. Girls and Boys will play on the same teams. Clinic is for boys and girls grades 3-6.



Dates: April 2 - May 21  
Day/Time: Friday, 6:00 - 8:00 p.m.

## Golf Clinic

Learn technique, safety and rules for game play. Boys and girls participate together. A game will be played on the last day of the clinic. All participants will need to bring clubs for the final game (site to be determined). Clinic is for boys and girls grades 3-6.

Dates: April 13 - May 18  
Day/Time: Tuesday, 4:30 - 6:30 p.m.

## Track Clinic

Learn the high jump, long jump, shuttle relay, 50, 100 and 220 yard dash, softball throw and several other running events. Clinic emphasis is on technique, form and having a balanced outlook on competition. Track clinics are all held at the Central Intermediate track. Clinic is for girls and boys grades 3-6.



Dates: April 17 - May 15  
Day/Time: Saturday, 9:30 - 11:30 a.m.

## Pee Wee Soccer Clinic

Learn the fundamentals of soccer including physical skills, coordination, teamwork and fair play. Clinic is structured so that the first three weeks are practice sessions and the last three weeks are games. Boys and girls participate together. Clinic is for grades K-2nd.

Dates: May 10 - June 7  
May 11 - June 3  
Days/Times: Mon & Wed, 4:30 - 5:30 p.m.  
Tues & Thur, 4:30 - 5:30 p.m.

**For more information about fees and registration  
contact Tim Moses at the YMCA, 233-3531.**



**Black Hawk County Family YMCA**  
669 South Hackett Road  
Waterloo, Iowa 50701

