

# Y's CRACKER

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

**December 1987**



## YEAR END CONTRIBUTIONS AND SUPPORT VITAL TO YOUR FAMILY Y.M.C.A.

Ninety-five percent of the Y.M.C.A.'s operational budget comes from the following: memberships, 65%; program fees, 20%; and United Way allocations, 10%. Five percent or \$30,645 this year must come from the contributed dollar. That is where you can help!

Your voluntary financial support is a vital element in keeping the Y.M.C.A. at such a high level of service. Most of us as members know that the focal point of this Y.M.C.A. is its physical facility, which is second to none in our community. However, through your participation as members, you also allow the Y.M.C.A. to meet human service needs that are just as important to the total success of the organization.

Are you aware that:

+++Forty-one community-based human service organizations utilize the Y's services/facility and time to enhance their program, bringing in a total of 2,800 participants.

+++The Y.M.C.A. continues to work with the unemployed and their families in an organized program designed to lessen stress and anxieties in their current situations, with a total of over 660 participants.

+++The Y.M.C.A. states that, "no one be denied the benefit of a membership or program participation due to financial limitations." As a result of this continued policy and commitment, over 750 participants were able to benefit from a Y.M.C.A. experience last year.

These are but a few examples of the human service side of the Y.M.C.A. Something you and your dollars should feel good about, participating in helping the Y.M.C.A. to help some of those less fortunate than you. An experience that definitely lasts a lifetime.

If every membership unit in our Y.M.C.A. would contribute an additional \$25, our potential would be over \$62,500!



To make that appreciated contribution, simply make out a check to "Y.M.C.A. Current Support" and mail it to the Y.M.C.A. (669 S. Hackett Road, Waterloo, IA 50701). The Y.M.C.A. will be better off because of your year end gift.

Think about it. No gift is too small, because we're all in this together. Remember that, "The Y.M.C.A. is for you, my friend, and I know that it's for me. Because we're here to help each other along — all things great and small. And we do it for children — and the little piece of children in us all."



## FROM THE EXECUTIVE'S CHAIR

This month, as Christians, we continue the holiday season with a new church year — our Advent season. It is a time of joy — a time of celebration — and a time of **PREPARATION**.

We can, if we wish, continue to be swept up in the materialistic aspects of Christmas. Or, we can be willing to allow ourselves alternatives for our Christ — mas Celebration. For example, we may want to cut down on gifts for our family and sponsor a less fortunate family.

Another form of **preparation** would be more personal, as it follows closely with that which the Scriptures teach us concerning our own repentance of sins. The way of honest confession and an openness to the future.

There may be a need in our lives for an honest assessment of where we may have failed to be the persons we could or would want to be. Advent may be that special occasion to put the past behind us and re-dedicate ourselves to what lies ahead and what we want to do differently to get there.

So may I suggest that our **preparations** for Christmas are just as important as our celebration of it. How we choose to spend our days and weeks getting ready may, in fact, say more about our observance of the coming of the Christ Child than anything we could possibly do on December 24 and 25.

If we listen carefully to our hearts, we may find ourselves quite prepared to sense the joyous wonder of the Christmas message.

On behalf of my wife Nancy and our two children, Nathan and Heather, may I extend to you and your precious family a most blessed Christmas season and a most productive new year in 1988.



In the Y's Way,  
Jim Weaton  
Executive Director



## WINTER II SESSION BEGINS SOON

On Monday, January 4, the Winter II session of classes will begin. Winter II is an 8 week session lasting until February 27. Be sure to register on one of the following days:

Current Y.M.C.A. Class Participants ..... Friday, Dec. 18

Y.M.C.A. Members ..... Monday, Dec. 21

Non-Y.M.C.A. Members ..... December 22-27

## CHRISTMAS FITNESS OPEN HOUSE



On Saturday, December 12 you are invited to bring a guest and attend a special Y's Way to Aerobics class.

The Y.M.C.A. fitness instructors will take turns in leading you through a "Wintery Workout." This class will be held in the gym at 11:00 a.m.

After the workout, there will be refreshments and door prizes. Child care is available for children ages six and under for a nominal fee.

This aerobics class is FREE to any Y.M.C.A. member or guest.

## HOLIDAY COLLEGE BREAK MEMBERSHIP OFFERED

Over the years, many of you have had children go off to college, who return each holiday season excited to share with family and friends their experiences and back-home memories of days gone by. Hopefully the Y.M.C.A. has been part of those memories.

To help out with the holiday budget and to get our community kids back to the Y, we are offering any college student with proper college I.D. an opportunity to purchase a special college break membership for only \$25 for 30 days.

That's right! For a mere 83¢ per day your college student, home for the holidays, can enjoy using the Y.M.C.A.'s facility for recreational activities during their vacation time. Any membership purchased between December 15 and December 24 will be good for 30 days from date of purchase.

For more information, call the Y.M.C.A. Welcome Center at 233-3531.

## Y.M.C.A. YOUTH "STOCKING STUFFER" A MUST!

Looking for that special gift for your son or daughter this Christmas? A gift that will not be worn out or broken by January? A gift that you do not have to stay up until 3:00 a.m. to put together?

Well, look no further! The Family Y.M.C.A. has the answer — a Y.M.C.A. Christmas Gift Certificate. The gift that always fits.

A Y.M.C.A. Gift Certificate fits **all** kids and comes in all sizes, from an annual membership to a one day program. You will find opportunities for fun, fellowship, fitness, faith and learning — all at affordable prices.

As an added incentive, all youth memberships purchased between December 1 - 24 will be reduced \$5.00. You can not beat it — so come join it!

For more information contact the Welcome Center today!

## NAUTILUS CHANGES

As time has progressed in our new Nautilus Center, we have gradually gathered an idea of the overall usage of the facility. We have been taking attendance every half hour since opening in June 1987 and our attendance numbers have led us to make a few schedule changes.

The Nautilus Center will be closed Monday through Friday from 1:00-3:00 p.m. and Saturdays from 1:00-5:00 p.m. The Center will be open on Sundays from 1:15 to 4:15 p.m. for Family Days.

The following new prices will also be in effect:

	1st 8 week session	2nd 8 weeks & on
Adult Y.M.C.A. members	\$14.00	\$20.00
Youth Y.M.C.A. members	\$10.00	\$14.00
Adult Non-Members	\$30.00	\$36.00
Youth Non-Members	\$25.00	\$29.00

### Yearly Nautilus — Members Only

	New	Renewal
Adults	\$ 72.00	\$ 60.00
Youth	\$ 54.00	\$ 42.00
Family	\$120.00	\$102.00



## BODY COMPOSITION

On Tuesday, December 8 you can have your body composition tested by Bioelectrical Impedance Technology at the Y.M.C.A. This is a safe, scientific way of figuring percentage of fat with no pinching or water weighing.

After the testing, those who participated will be given a profile of information regarding percent of fat, fat weight, percent of body water, total body water, muscle weight (lean body tissue), recommendations, and exercise guidelines.

Sign up at the front desk now for an appointment. Times of the testing are from 12-6 p.m. The testing takes about 10 minutes. Those who are scheduled for the testing should not eat or drink 2 hours before their appointment, and should not drink any alcohol for 24 hours prior.



## BEGIN TO LEARN TO SWIM IN '88

The Y.M.C.A. Progressive Swim Lessons will start a new 8-week session on January 4, 1988. This would be a perfect time to begin to learn to swim at the Y.M.C.A.

The Y.M.C.A. has been offering swimming lessons for over 100 years and we have a well-trained, certified swim staff who really care about your child's well-being.

Tadpole and Waterbabies classes will run twice a week for 4 weeks, and then begin another set of lessons for the second half of the session. The cost for Waterbabies is \$15.00 for the 4 week session, and Tadpoles will follow the Progressive Swim Fee schedule.

### Progressive Swim Fee Schedule:

Members	Non-Members
\$10.00	\$23.00

## SWIM CLASS UPDATES

A few noteworthy changes have been made in regard to the following Aquatic Programs, beginning during Winter II, January 4 -February 27, 1988.

1) The Porpoise class has been changed to Mondays instead of Saturdays. The class time on Mondays is 5:30-6:30 p.m.

2) We will again be offering Synchronized Swimming during Winter II on Fridays from 4:00-5:30 p.m.

3) Masters Swimming will be adding a new Friday practice in addition to their Monday and Wednesday meeting times. This new Friday practice will start weekly at 7:30 p.m.

If you have any questions or concerns about the Aquatic program at the Y.M.C.A., please feel free to call David Phelps at the Y at any time.



## WHAT'S NEW??!

Beginning in January the Y.M.C.A. will have a display case of merchandise on the landing between the upper and lower levels, near the entrance to the running track. We will be selling items such as t-shirts, sweats, tote bags, key chains, travel bags, and much more.

All purchases will be made through the front desk, including items previously purchased at the Courtesy Center.

If you have any ideas or suggestions of items you'd like to see us offer, please stop in and see Nancy Winchip, Y.M.C.A. Fitness Director.

## ROCKIN' NEW YEARS EVE PARTY

Hey, kids, this is your chance to have a Rockin' good time on New Year's Eve. Mom and Dad will be at home or with friends so why shouldn't you get away and have a good time, too?

Movies, games, swimming, a party to bring in the new year, snacks, and breakfast are all included in the overnighter. We will be doing activities in the game room, gymnastics room, pool gym, and racquetball courts.

This will be our 6th Annual Rockin' New Years Eve Party for any boy or girl in the 1st-6th grade. The activities start at 8 p.m. on Thursday, December 31 and won't stop until early Friday morning.

Children who attend the overnight party should bring a sleeping bag, swimsuit, towel, gym clothes, and tennis shoes (other than those worn into the building and **not** dark soled). The evening starts with check-in at 7:30 p.m. and the doors to the Y will be locked at 9:00 p.m. Parents must pick up their children between 7:30 and 8:30 a.m. the morning of January 1.

Fees are as follows:

Members		Non-Members
\$10.00	1st child	\$14.00
\$ 9.00	2nd child*	\$13.00
\$ 8.00	3rd child*	\$12.00

\* must be same family

Registration dates: Members December 7-16  
Non-members December 17-29



## LOST AND FOUND POLICY

You might be surprised to see the kinds of things that people leave at the Y.M.C.A. that we eventually end up giving to Goodwill. Whenever possible, we try very hard to return items that have names in them or are otherwise easy to distinguish.

If you lose something while at the Y.M.C.A., here are a few suggestions that might lead to a rapid recovery of the item(s):

— As soon as you think you may have lost something, call or stop by and ask our office staff if anyone turned in what you lost. Be prepared to have a fairly accurate description of the item. Try to let them know where and when you left it. It's very important that you check with us **right away**, because that way we can attach your name to the item. Always leave your phone number with us, in case the item turns up.

— If we do have your lost item, try to set a time soon to come in and pick up whatever it is. We don't have a lot of storage space available.

— Courtesy Center generally has items left on the lower level; to be sure, you should check at both desks for items lost on the lower level.

— Money and all valuable items are kept in the front office.

— If a lost item doesn't turn up right away, check back with us in a week. Often, something you're missing may have been misplaced by maintenance workers or by another member. Our building is just big enough that lost items frequently surface a day or two after they were left.

— Most importantly, avoid bringing items of great value with you to the Y!



## IT ALL COMES OUT IN THE WASH . . .

Here are a few facts about the Y.M.C.A. laundry system:

— All items are washed in **hot** water for health reasons. Items that are not colorfast, like new t-shirts, will probably fade and may even color the other clothes being washed at the same time as yours.

— All the clothes are dried on normal to high heat, and some items may not react well to these temperatures. An example is vinyl running suits. When in doubt, read the label.

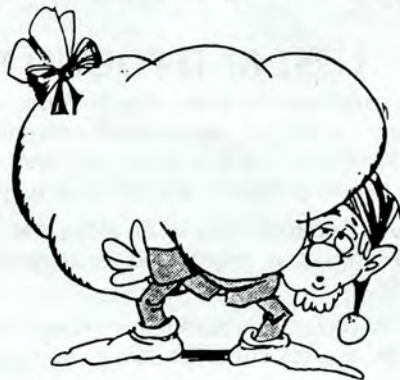
— Your laundry pin is your best safeguard against laundry loss. If your pin does not close your bag securely, loss of some kind is almost guaranteed. If you have questions regarding how to pin your bag, ask any Courtesy Center Staff member. They'd be glad to help. Even a very small hole can make a big difference.

It is the Y.M.C.A.'s goal to get laundry washed, dried, and put away in approximately **six** hours. It's a rather cumbersome process at times, due to the amount of things we have to wash and our somewhat limited laundry facilities. You could help us have an easier time by remembering the following suggestions:

— Pin your bag as close to the bag opening as possible. This allows the items in the bag to get more air when drying.

— Make sure that all items are untwisted and untangled going in to the bag. Socks that are in a ball and t-shirts with their sleeves twisted inside are especially difficult to dry.

— Have your items washed each time you come — don't "save" a bag full!



## NOTICE TO FITNESS CENTER MEMBERS

In order to help us serve you better, the Courtesy Center has three notes to pass along. If you have Fitness Center Membership, please read on!

First of all, many Fitness Center lockers are full or overfull — leaving few options for Courtesy Staff when they put your laundry away. It would be of great value to us if the next time you're in to workout you take home any old shoes, clothes, and equipment that you don't use or rarely use.

Secondly, when you come in to the Y, if you know that you will not be needing a mesh bag, please don't take one. If you aren't sure, you are welcome to take one, but we'd like it if you'd return it if you decide **not** to use it. We really depend on having our bags circulate!!!

Lastly, you could help us greatly by not storing any towels in your locker. We depend on having them to circulate, too!!!

## A CHRISTMAS TREE REMINDER

The Y's Men's Coed Adult Service Club of our Y.M.C.A. is selling Christmas trees in the back parking lot of the Y.M.C.A facility, just off South Hackett Road.

The tree lot hours are 11 a.m. to 9 p.m. on weekdays, and 9 a.m. to 9 p.m. on Saturdays and Sundays.

This year the Y's Men are selling scotch pines for \$3.00/ft and white pines for \$3.50/ft. They are also selling wreaths, roping, and tree stands.

The money collected through this project goes to support youth programs and purchase new equipment for the Y.

We thank you for your continued support.

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

BULK MAIL  
NON PROFIT ORG.  
U. S. POSTAGE  
PAID  
PERMIT NO. 1611  
WATERLOO, IOWA

