

Newsletter of the YMCA of Black Hawk County
669 South Hackett Road
Waterloo, Iowa 50701
(319) 233-3531

August 1990

FALL CLASSES BEGIN SEPT. 4 PLAN YOUR SCHEDULE NOW!

ATTENTION MEMBERS!

Because you get priority in registering for all YMCA classes, you should mark the following dates on your calendar:

Members enrolled in Summer

Session Mon., Aug. 27

YMCA Members Tues., Aug. 28

General Public Wed.-Fri., Aug. 29-31

The material in this month's newsletter is a summary of our fall program information. To register for any of the classes on the day or days that are applicable, or to obtain additional information about any of the classes listed, call the YMCA at 233-3531.

For the first time we are listing our Y classes in age group divisions. There are three primary sections: preschool classes, youth classes/clinics and adult classes. We hope that it helps you in making selections. Please refer to the last page of this newsletter for a handy registration section.

Your comments are always appreciated on how newsletter information is presented. Please let us know if you have any suggestions by stopping at the YMCA Welcome Center or by calling Julie Mitchell, Membership and Public Relations Director, 233-3531.

FALL PROGRAM BOOKLETS DUE ON SEPT. 15

Those of you who look forward to the information provided in our annual program booklet should be watching your mailboxes sometime around September 15.

This annual program brochure contains information about the wide variety of classes and clinics that are available at the YMCA. It also contains policies and other information. The booklet would be a great gift for friends and neighbors who might be interested in knowing more about the YMCA.

The YMCA would appreciate help in distributing the booklet to any office lobbies or waiting areas where it can be seen by the public. Please stop at the YMCA Welcome Center and get additional copies of the YMCA annual program booklet if you can help spread them around.

Preschool Classes

Fees for all preschool classes are:

	YMCA Members	General Public
First child*	\$9	\$26
Second child*	\$8	\$24
Third child*	\$7	\$22
*same family		

SWIMMING

Classes that are held twice a week meet for four weeks, starting the week of September 4 and ending the week of September 29. Saturday classes meet for a total of eight weeks, starting the week of September 4 and ending the week of October 27.

Waterbabies

(1 & 2 year olds)

Mon. & Wed.	9:00 a.m., 5:45 p.m.
Tue. & Thu.	6:45 p.m.
Sat.	10:30 a.m.

Tadpole I

(3 & 4 year old beginners)

Mon. & Wed.	9:30 a.m., 4:45 p.m., 6:15 p.m.
Tue. & Thu.	10:00 a.m., 4:45 p.m., 7:15 p.m.
Sat.	9:30 a.m.

Tadpole II

Mon. & Wed.	10:00 a.m., 5:15 p.m.
Tue. & Thu.	9:00 a.m., 4:15 p.m.
Sat.	9:00 a.m.

Tadpole III

Mon. & Wed.	10:30 a.m., 4:15 p.m.
Tue. & Thu.	9:00 a.m., 5:15 p.m.
Sat.	10:00 a.m.

GYMNASTICS

7 week session (September 4 - October 20)

Gym Tots

(3 & 4 year olds)

Basic gymnastics skills.

Mon.	9:30 a.m.
Tue.	10:30 a.m.
Tue.	5:30 p.m.
Thu.	6:30 p.m.

Preschool Gymnastics

(4-6 year olds)

Tumbling, floor exercise.

Mon.	10:30 a.m.
Tue.	9:30 a.m.
Tue.	6:30 p.m.
Thu.	5:30 p.m.

PRESCHOOL FITNESS

Classes meet twice a week for four weeks starting the week of September 4.

Romp & Stomp

Coordination, following instructions, rhythm, movement skills.

Mon. & Wed.	9:35 a.m.
Tue. & Thu.	9:35 a.m.



Youth Clinics and Classes

Except for Karate, the fees for youth clinics and classes are:

	YMCA Members	General Public
First child*	\$9	\$26
Second child*	\$8	\$24
Third child*	\$7	\$22
*same family		

SPORTS CLINICS

The YMCA offers numerous fall youth sports clinics at a variety of locations in the metropolitan area. These programs are promoted heavily through the schools.

Advance registrations are taken two weeks before clinics begin. If you're interested in a clinic, be sure to check the following dates closely and be alert for reminders of the programs to come out through the schools.

Flag Football

Boys and girls, grades 3-6. Blocking, passing, catching, kicking, running. Sites in Waterloo, Cedar Falls, Denver, Evansdale and New Hartford.

Sat. mornings, Sept. 15 - Oct. 27

Dyna-Mites Flag Football

Boys and girls, K-2. Football fundamentals using nerf footballs. Sites in Waterloo and Cedar Falls.

Mon. & Wed. or Tues. & Thurs., Sept. 10/11 - Oct. 3/4

Cheerleading Clinic

Girls grades 3-6. Cheers, jumps, pompon routines. Class meets at the YMCA.

Sat. mornings, Sept. 15 - Oct. 27

Volleyball Clinic

Boys and girls grades 3-6. Bumping, setting, serving, teamwork, strategies. Boys and girls play on the same teams.

Fri. nights, Sept. 14 - Nov. 2

SWIMMING

Seven week session (week of Sept. 4 - week of Oct. 20)

Polliwog I

(small pool) (Beginning — 5 yr & older)

Tue.	5:45 p.m., 7:45 p.m.
Thu.	10:30 a.m., 5:45 p.m., 7:45 p.m.
Sat.	11:00 a.m.

Polliwog I

(large pool) (Beginning — 5 yr & older)

Mon.	5:45 p.m.
Tue.	5:00 p.m.
Wed.	5:00 p.m.
Thu.	4:15 p.m.
Sat.	10:30 a.m., 11:15 a.m.

Polliwog II

Mon.	4:15 p.m., 5:00 p.m.
Tue.	10:30 a.m., 5:45 p.m.
Wed.	4:15 p.m.
Thu.	5:00 p.m., 5:45 p.m.
Sat.	9:00 a.m.

Guppy

Tue.	5:45 p.m.
Wed.	4:15 p.m., 5:00 p.m.
Thu.	4:15 p.m.
Sat.	9:45 a.m.

Minnow I

Mon.	5:45 p.m.
Tue.	4:15 p.m.
Thu.	5:00 p.m.
Sat.	9:00 a.m.

Minnow II

Mon.	5:00 p.m.
Tue.	4:15 p.m.
Thu.	5:45 p.m.
Sat.	10:30 a.m.

Youth Clinics and Classes

Fish

Mon.	4:15 p.m.
Wed.	5:45 p.m.
Sat.	11:15 a.m.

Flying Fish

Tue.	5:00 p.m.
Sat.	9:45 a.m.

Shark

Thu.	5:45 p.m.
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Porpoise

Mon.	5:45 p.m.
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Synchronized Swimming

Fri.	4:15-5:45 p.m.
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YOUTH PROGRESSIVE GYMNASTICS

Ages 6 and up. Advanced tumbling, floor exercise, balance beam.

Seven week session starting the week of Sept. 4 and ending the week of Oct. 20.

Beginner

Fri.	5:00 p.m.
Sat.	9:00 a.m.

Intermediate

Fri.	6:00 p.m.
Sat.	10:00 a.m.

Advanced

Fri.	7:00 p.m.
Sat.	11:00 a.m.

DANCE CLASSES

All classes meet once a week for weeks, beginning the week of Sept. 4 and ending the week of Oct. 20. Classes are for boys and girls ages 7-15.

Ballet

Beginning

The five positions, basic steps, floor combinations.

Mon.	4:15 p.m.
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Level 2

Continuation of ballet skills and floor routines.

Wed.	6:15 p.m.
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Modern Dance

Beginning

Tradition, application of dance to performance.

Mon.	5:15 p.m.
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Level 2

Further development of skills and knowledge.

Wed.	4:15 p.m.
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Jazz

Beginning

Dance movements, posture, alignment, turns, jumps, body isolations.

Mon.	6:15 p.m.
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Level 2

Continuation of jazz dance skills, endurance, coordination.

Wed.	5:15 p.m.
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SHINKYUDO KARATE

For boys and girls ages 6 and up. Seven week session, begins week of Sept. 4 and ends week of Oct. 20. Session fees are listed below.

Classes per week	Member	General Public
1	\$10	\$18
2	\$18	\$45

Beginner Karate

Mon.	5:30 p.m.
Wed.	5:30 p.m.

Advanced Karate

Mon.	6:30 p.m.
Wed.	6:30 p.m.

Adult Classes

ADULT SWIM CLASSES

Seven week session, classes beginning the week of Sept. 4 and ending the week of Oct. 20. Members, \$9; general public, \$26.

Adult Beginning

Tue.	11:00 a.m., 7:00 p.m.
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Adult Intermediate

Thu.	7:00 p.m.
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Joint Mobility

Mon., Wed., Fri.	10:30 a.m.
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ADULT DANCE

Ages 16 and up. Modern, jazz and ballet. Work on endurance, flexibility and rhythm. Class runs for seven weeks beginning the week of Sept. 4 and ending the week of Oct. 20. Fee is \$9 for members and \$26 for the general public.

Mon.	7:15 p.m.
Wed.	7:15 p.m.

ADULT KARATE

Session fee based on number of classes per week.

Classes per week	YMCA Member	General Public
1	\$15	\$25
2	\$25	\$50
Tue. 7:30 p.m.		Thu. 7:30 p.m.

EXERCISE CLASSES

Classes meet for seven weeks, beginning the week of Sept. 4 and ending the week of Oct. 20.

Fees:

Classes per Week	Member	General Public
2	\$16	\$34
3	\$18	\$36
4	\$22	\$38
5	\$24	\$40

Introductory Y's Way to Aerobics

A fitness class for those new to aerobics or for those who haven't done aerobics for a while.

Tue., Thu.	5:30 p.m.
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Y's Way to Aerobics

Warm up, aerobics, endurance, cool down.

Mon., Wed., Fri.	6:00 a.m.
Mon. thru Fri.	9:35 a.m.
Mon., Wed.,	4:45 p.m.
Tue., Thu.	5:30 p.m.

Y's Way to Fitness

Freestyle workout using aerobic movements, not dance movements.

Tue., Thu.	6:30 p.m.
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Live Y'ers

Ages 40+. Stretching, toning, conditioning.

Mon., Wed., Fri.	8:45 a.m.
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Hip & Tummy Trimmer

Muscle endurance for tummy, hips, thighs and arms.

Mon. thru Thu.	10:40 a.m.
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You & Me Baby

(Pre-natal Exercise)

Safely work on stomach, back, hips, legs, shoulders to maintain good fitness during pregnancy.

Mon., Wed.	5:45 p.m.
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Y's Way to Walking

Warm up, muscle endurance, flexibility. Walk at own speed.

Tue., Thu.	8:30 a.m.
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Water Exercise

Swimmers or non-swimmers. Warm up, aerobics, muscle endurance, strength, flexibility, cool down.

Mon., Wed., Fri.	7:30 a.m.
Mon., Wed., Fri.	8:30 a.m.
Tue., Thu.	9:00 a.m.
Mon., Wed., Fri.	9:30 a.m.
Mon., Wed., Thu.	6:30 p.m.

FALL CLASSES BEGIN SEPT. 4 PLAN YOUR SCHEDULE NOW!

PRESCHOOL CLASSES

SWIMMING

Day & Time

- ___ Waterbabies _____
- ___ Tadpole I _____
- ___ Tadpole II _____
- ___ Tadpole III _____

GYMNASTICS

- ___ Gym Tots _____
- ___ Preschool Gymnastics _____

PRESCHOOL FITNESS

- ___ Romp & Stomp _____

YOUTH CLINICS AND CLASSES

SPORTS CLINICS

- ___ Flag Football _____
- ___ Dyna-Mites Flag Football _____
- ___ Cheerleading Clinic _____
- ___ Volleyball Clinic _____

SWIMMING LESSONS — Youth Progressive

- ___ Polliwog I (small pool) _____
- ___ Polliwog I (large pool) _____
- ___ Polliwog II _____
- ___ Guppy _____
- ___ Minnow I _____
- ___ Minnow II _____
- ___ Fish _____
- ___ Flying Fish _____
- ___ Shark _____
- ___ Porpoise _____
- ___ Synchronized Swimming _____

Because you get priority in registering for all YMCA classes, you should mark the following dates on your calendar.

Members enrolled in Summer

Session Mon., Aug. 27

YMCA Members Tues., Aug. 28

General Public Wed.-Fri., Aug. 29-31

Members! Use this chart as a worksheet for selecting the fall classes of your choice. Then call the YMCA, 233-3531, and register on the date shown.

YOUTH PROGRESSIVE GYMNASTICS

Day & Time

- ___ Beginner Gymnastics _____
- ___ Intermediate Gymnastics _____
- ___ Advanced Gymnastics _____

DANCE CLASSES

- ___ Beginning Ballet _____
- ___ Level 2 Ballet _____
- ___ Beginning Modern Dance _____
- ___ Level 2 Modern Dance _____
- ___ Beginning Jazz Dance _____
- ___ Level 2 Jazz Dance _____

SHINKYUDO KARATE

- ___ Beginner Karate _____
- ___ Advanced Karate _____

ADULT CLASSES

ADULT SWIM CLASSES

- ___ Adult Beginning _____
- ___ Adult Intermediate _____
- ___ Joint Mobility _____
- ___ ADULT DANCE _____
- ___ ADULT KARATE _____

EXERCISE CLASSES

- ___ Introductory Y's Way to Aerobics _____
- ___ Y's Way to Aerobics _____
- ___ Y's Way to Fitness _____
- ___ Live Y's _____
- ___ Hip & Tummy Trimmer _____
- ___ You & Me Baby _____
- ___ Y's Way to Walking _____
- ___ Water Exercise _____

Black Hawk County Family YMCA

669 South Hackett Road

Waterloo, Iowa 50701



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