

Y's Cracker

March 1990

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



Race Weekend is Coming It's Getting Bigger and Better Every Year!

You may want to save May 11 and 12 on your calendar for some community-wide excitement that will be originating at the YMCA!

As many of you know, that is the customary time for our 8K Y Run. A committee of hard-working volunteers has been busy planning the events and activities, and the results are unbelievable. The event has grown to major proportion.

First of all, the biggest news of the weekend is that Frank Shorter, '72 Olympic Gold Medal Winner (Marathon) will be on hand for the weekend to make sure the run goes smoothly.

But it doesn't stop there. Another '72 Olympic Gold Medal Winner — Dan Gable — (Wrestling) will be on hand too. That means we will have double the excitement.

Plans for the weekend at this time include:

Friday

Press Conference — Gable and Shorter
Spaghetti Feed — Open to All — Fundraiser
Fitness Fair — Open to All
Family Fun Fest — Open to All
Clinics and Speeches — Gable and Shorter



YMCA Lifeguarding Class

The YMCA is scheduling a YMCA Lifeguarding class for April. Participants must be age 16 or over to receive YMCA certification.

This class requires good swimming skills and CPR/first aid certification, which needs to be completed by the end of the course. For more information, call the YMCA today, 233-3531.

Saturday

ISS-Y 8K Run — 8:30 a.m. start — Open to All
Awards Ceremony — Open to All
Fitness Fair and Fun Fest Continue

This year's main corporate sponsor is Iowa Sports Supply. ISS - Y 8K (pronounced ISSY) evolved as a natural title for the race. Other sponsors this year include NSA, The Brown Bottle and KOKZ.

If you or anyone you know would like to volunteer to help with the run or any of the events being held over the weekend, call the YMCA. We need all sorts of volunteers to help us handle what we expect will be our biggest weekend ever.

You might want to invite your out-of-town friends to attend this up-and-coming Iowa race event. For more information on race weekend, call the YMCA, 233-3531.



Day Camp Gearing Up for a New Season

Plans are in the works for the 1990 edition of YMCA Summer Day Camp.

Eight weeks of activities are being planned between June 18 and August 18. A lot of new programs are being organized by Camp Director Dave Phelps.

The YMCA Summer Day Camp flier is sent out through the schools in March. Plan now to attend. It will be a very rewarding experience.

From The Executive's Chair

I was reading a USA Today poll recently that listed the top personal goals for US adults. They were, in order: get more exercise, improve family life, more time with family, lose weight, more balanced diet, work harder, medical check up, stop smoking, and reduce drinking.

As I scanned that list, my thoughts shifted to how well our YMCA is doing in addressing those personal goals. I have to say I feel pretty good about what we're attempting to do!

Certainly there's plenty of opportunity to get exercise, either as an individual or in a group setting, at the Y. Our Weight Management class currently being held and new programs being initiated (stress management, stop smoking and healthy back) offer specific opportunities for everyone.

The fact that all persons need regular medical check-ups has been no secret to most, and such exams are always encouraged by our staff to our fitness participants.

The YMCA is also proud of the fact that we really are the only full, family-oriented recreation/leisure service organization in our community. Our parent-child programs like Waterbabies and Y-Indians Guides and Princesses offer parents a real opportunity to spend quality time with their children.

New programs in '90 to look for in this area also include 123 Grow and Fathers Only. Don't forget we are also dedicated to providing opportunities for our families to recreate together aside from the regular open times of the week. Saturday nights and Sunday afternoons through Easter offer special times to be together at the Y. It's very true, and you've heard it many times before — "a family that plays together..."

The last goal to think about is to work harder. You might wonder how the YMCA impacts an individual to work harder. I believe it is merely by the very purposes the Y has existed from the very beginning. We really do have an agenda for each and every person that walks through our doors.

We offer an opportunity for you to grow personally; to clarify your values; to improve your personal and family relations; to appreciate diversity; to become better leaders and supporters; to develop specific skills... and to just plain have fun! If we can accomplish some or all of these objectives, then we think you're really working hard without knowing it. And at the same time, feeling pretty good about yourself. That's a great feeling.

The next time you have a little extra time, look beyond our facility, its equipment and programs. Look at the faces — of the people being served at the Family YMCA — faces of people who are trying to be a little better when they leave than when they came. And accomplishing these top personal goals I've mentioned. Believe me, it's an exhilarating feeling just to be a part of it!

In the "spirit" of the Y,

*Jim Weaton
YMCA Executive Director*



A Y Thought To Ponder

"At the heart of this organization, at the heart of its heritage of mind, body and spirit, there is that little element of love that transforms routine work into meaningful activity, that makes a person feel important even when they don't think they are.

"That's the business of the YMCA. That's what you do when you give your skills and your talents to another generation."

Parking — It's That Time Of The Year Again

Every year, it seems our members always have the same difficult time finding a place to park at the YMCA from 4-7 p.m. Is there anything the Y can do to eliminate this problem?

Yes, let us explain...

We are currently limited in what we can do to expand our parking lot (which is what we intend to do) because of the recent (3 years) highway project around our area. The city has not completed all that it is going to do and actually still owns some of our current parking area. The bike trail and a fence line are major projects scheduled to be completed this spring/summer.

After the completion of the road/fence/trail project, the YMCA will be prepared to get back some land-locked area that's been tied up in all this mess. When this is all finished, we will be able to increase our parking area to accommodate more vehicles. Hallelujah!

In the meantime, we have been offering a convenient shuttle service between the YMCA front door and K-Mart Plaza. This service runs from 3:30-7:30 p.m. and is for members' use. If you drive to the Y lot and find it full, just go to K-Mart by the sign, park your car, and the Y shuttle service will pick you up and drop you off. The service runs back and forth every five minutes. Please take advantage of this service.

If you have any comments regarding our parking, contact Jim Weaton at the Y. We thank you for your continued patience with this concern.

The van that is being used for our Y shuttle is being provided by Dan Deery Motors —
Thanks Dan for your generous support!



Racquetball Challenge Matches Mixed Social Events

On Thursdays from 6:30 to 8:30 p.m. all Y members are invited to join in with other Y racquetball players to play challenge matches.

This social racquetball program is open to both men and women, members and guests. Cost to play is only \$1 (free to those with full-play racquetball).

So far there has been a great turn-out, come check out the fun. A racquetball instructor is available to help you with game tips.

All levels of players are welcome. Just meet in the racquetball court area on the bleachers if you want to join in.



Members Only Racquetball Tournament

Put it on your calendar! The annual Members Only Racquetball Tournament is scheduled for Saturday and Sunday, March 10 and 11.

The tournament is for any Y member who would like to participate. Watch the racquetball bulletin board for details on how you can register.

Attention Kids Gr. K-6 Spring Break Fun Days

Here's your chance to spend any or all of your spring break at the YMCA with your friends! Join us for rollerskating, bowling, canoeing, activities at Rotary Reserve, games, swimming and more!

All those who attend need to bring a sack lunch and drink, swimsuit and towel, and dress according to the weather outside for the time we will spend outdoors.

Register early at the Y Welcome Center. Many of the Fun Days we've been having lately have been full with waiting lists, so call soon. Fees are:

	1 day	2 days	3 days	4 days	5 days
Members	\$ 8	\$16	\$23	\$29	\$35
General Public	\$12	\$24	\$34	\$42	\$50



New Summer Programs to Be Watching For

Preschool Day Camp — your 3, 4 or 5 year old will have the opportunity to explore the out-of-doors with trained leaders. Camp will meet from 10 a.m. to 2 p.m. daily for 3-4 weeks this summer. Learn new things and meet new friends!

Teen Week — leadership development in an outdoor setting. This special opportunity will be held during the week of July 4. At the end of the program, the teens will have the opportunity to use their new skills.

Boundary Waters Canoe Trip — for 11-15 year olds who are interested in exploring Northern Minnesota. The perfect opportunity for young teens to learn about the out-of-doors, teamwork and group skills. A memorable experience.

YMCA Bike Trip — for 11-15 year olds who would like to bike and visit many tourist attractions in NE Iowa. This week-long trip will begin and end at the Y and will include overnights at a variety of campgrounds.

Swim Lesson Classes Full Register Soon for New Session

Our current session of swimming lessons is very full, and as a result all YMCA members are encouraged to take note of member registration dates for next session to avoid potential disappointment.

New classes will begin on April 9 and run for seven weeks. Registration for members currently enrolled is Monday, April 2, for other members Tuesday, April 3, and for the general public Wednesday and Thursday, April 4 and 5.

Dave Peters, the YMCA Aquatic Director, would like to thank all of those involved in the swimming program. Dave and his staff sincerely hope that all who participate in the program will find it to be an enjoyable experience.

One other swimming reminder — the next session of Preschool Lessons begins on March 5. It may not be too late to register. Contact the Y Welcome Center, 233-3531, for more information.

Next Dance Classes Begin on April 9



The new dance classes have gone well and the next session of classes is due to begin the week of April 9.

Youngsters ages 8-15 are welcome to join us for their choice of modern, jazz or ballet. Adults (16+) are invited to a special class that works on a combined set of dances from all three areas.

YMCA Dance Classes work on muscular development, flexibility and coordination, while giving you the opportunity to get in an extra workout.

For more information on how to get involved, call the YMCA, 233-3531.



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