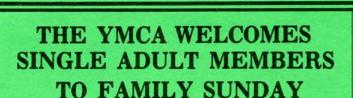


Black Hawk County Family YMC/ 669 South Hackett Waterloo, Iowa 50701 (319) 233-3531



On Sunday, February 23rd the YMCA invited single adult members to participate as "Family Units" in the Family Sunday Program. This revision in policy will allow any single adult YMCA member the opportunity to participate in Family Sunday activities.

It is important to note that youth coming to the Family Sunday Program must continue to be with an adult in order to utilize the YMCA facility. Guests must also be accompanied by a YMCA member in order to participate in the Family Sunday Program.

Even though adult YMCA members have been invited to use the YMCA facilities on Family Sunday, the main emphasis of Family Sunday will continue to be toward family participation. Thus family activities provided will take priority throughout the building.

The addition of single adult members to Family Sunday will enhance the participation and usage of our facility as well as offer families the opportunity to spend quality time together in a positive, healthy environment.

The YMCA staff will continue to monitor the usage and participation of the Family Sunday program in order to make decisions regarding the Family Sunday format for the 1986-87 YMCA program year.

The Family Sunday Program will continue the entire month of March with the exception of Easter Sunday. The YMCA will be closed on Easter Sunday. The last day of the Family Sunday Program will be Sunday, April 6th.

Please take the time to enjoy the quality YMCA opportunities offered on Sundays from 1:00 until 5:00 p.m. It will be an experience both you and your family need and deserve.

UNIVERSITY MOTORS — YMCA RUN 8K

University Motors and the Black Hawk County Family YMCA will be holding its second annual 8 kilometer run on Saturday, May 3rd. This year's event will feature a variety of activities in addition to the 8 kilometer road race.

Those of you who participated in last year's event are aware of the quality of the race. This year's event will be bigger and better. First, but not least is the fact the race will be FREE! That's right, there will be no entry fee for those who pre-register. Second, the race will feature a Pancake Breakfast and Hot-Air balloon rides prior to the race (weather permitting for balloon rides.) Also included will be a fun and fitness fair, including local merchants who will be displaying some of the current trends in the fitness market.

Entry forms will be available soon at the YMCA front desk and in other locations throughout the community. Please put Saturday, May 3rd on your calendar and plan to participate in this years special event.

Saturday Morning Fitness "A HUGE SUCCESS"

Valentine's Day was the theme for the 4th annual Family YMCA aerobics Open House, led by the YMCA fitness instructors. An enthusiastic group of over 50 adults attended the Open House Saturday, February 15th. In honor of the Valentine's Day theme, class participants were treated to cherry punch and chocolates donated by American Black Hawk. The following were door prize winners: Arlene Gunhus, Deb Benedict and Larry Wilhite — T-Shirt; Renee Tedlie and Carmen Mass — 2 hours of free child care; Karen Seeger and Sue Strever — YMCA gym bag. The next Open House is scheduled for April 12th. Feel free to come join the fun and bring a friend.

Y.M.C.A. MEMBERSHIP INFORMATION REMINDER: — For the purpose of preserving your Y.M.C.A., all members and guests are required to wear appropriate athletic attire and bring a pair of gym shoes other then those worn into the facility. No dark soled gym shoes will be allowed in the gym area or on the racquetball courts.

1. Gym shorts, shirts, wrestling or sweat suits in physical area.

2. Regular swimsuits, no cut-offs, gym shorts or wrestling togs in the pool area.

FROM THE EXECUTIVES CHAIR

The statistics for 1985 have been completed and because of your membership and program participation — our organization continues to be a very successful entity within our community.

199,589 persons walked through the YMCA's doors this past year! 4,146 members; 7,598 program participants; 7,386 guests; \$36,234 worth of volunteer hours; 1,197 thru our unemployment program. For these reasons, 1986 becomes an enthusiastic opportunity to reach greater heights than ever before.

1986 also holds the key to eliminating our present facility debt so that dreams may again be dreamed, and facilities and services may again be constructed to meet the ever-changing needs of our community.

Our YMCA currently is in need of eliminating a \$1,568,985 facility debt thru a three-year pledge period. To date we have raised \$476,125 in donations and \$264,140 in projected Capital Development Fund and Racquetball Fees which currently go directly towards the debt payment and does not go into operation. These figures total \$740,265.

The balance of \$828,700 represents 53% yet to be raised.

- Until this money is raised, our facility growth potential is at a stand-still.
- After the debt is paid off the CDF and Racquetball Fees could go directly towards capital redevelopment (a figure which totals approximately \$53,000 per year).
- Until this money is raised our continuing expansion of services to the community is stifled.
- After the debt is paid off the member or constituent becomes the priority—not the banks.

You can help. If you would like to know how, I would be appreciative of the opportunity to spend some time with you on this topic.

Think about it — The future of this YMCA is in our hands. This is not a bad dream — it won't go away — unless we make it go away — AND TOGETHER WE CAN!

Jim Weaton YMCA Executive Director

2nd ANNUAL — BABY IT'S COLD OUTSIDE: INDOOR TRIATHLON

The Family YMCA along with co-sponsor Allen Memorial Hospital held it's second annual Baby It's Cold Outside: Indoor Triathlon on Saturday, February 8th. This year's event featured 46 competitors who swam 500 yds., bicycled for 15 kilometers and ran 4 miles. WOW!

The men's division was won by Kevin Sullivan with a time of 53:21. Kevin is a YMCA member and past YMCA student intern. The women's winner was Shawn Magnall with a time of 1:00:32. Others competing included YMCA staff members Jill Dzikonski and Jim Weaton. Jill placed 3rd in the women's division while Jim was 21st in the men's.

Listed below are the top finishers in each division.

MALES

MALES	
19 & Under	
1st Place — Ben Greenwood	1:18:57
20-29	
Overall Winner — Kevin Sullivan	53:21
1st Place — Tim Klatt	53:34
2nd Place — Steve McCoy	57:05
3rd Place — John Bostwick	57:06
30-39	
1st Place — Todd Hunemuller	57:08
2nd Place — Douglas Balvanz	1:00:02
3rd Place — Mike Skopec	1:00:26
40 & Over	
1st Place — Carl Randall	58:07
2nd Place — Barry Haskins	1:04:53
3rd Place — Walter Verduyn	1:07:25
FEMALES	
19 & Under	100
Overall Winner — Shawn Magnall	1:00:32
20-29	
1st Place — Becky Lang	1:01:28
2nd Place — Jill Dzikonski	1:03:50
3rd Place — Lori Meyer	1:12:20
30-39	
1st Place — Kay Covington	1:11:55
2nd Place — Julia Wallace	1:18:02
3rd Place — Patti Schmitz	1:19:18
40 & Over	
1st Place — Carol Osborn	1:22:59
2nd Place — Del Wright	1:34:59
m,	

The YMCA staff would like to take this opportunity to thank all the volunteers who helped make this year's event a success. Also, a special thanks to all those who participated in the grueling endurance event.

SPORTS SHORTS "NO MORE TEARS"

One of the most unique qualities of any YMCA Youth Sports program is that all participants play at least half of every contest. Along with that the Y.M.C.A. deemphasizes winning and emphasizes participation and trying your best. Obviously we do not tell the kids to go out and lose, but we also do not tell them they have to win or else. We attempt to help the kids feel that win or lose, something can be learned from the experience.

I realize that it is exciting to win and everyone should want to win, the attitude the Y.M.C.A. is trying to diminish is that of winning at all cost, especially when this attitude is found primarily within the adults who endeavor to push this upon their children. It becomes embarrassing for all involved when a child, who is trying his or her best during a football game, basketball game, wrestling match, etc., is confronted by their parent, in view of everyone else, complaining that the child did not try hard enough. The child, feeling they had done well, is hurt by the parental response, tears roll down the cheeks and this child may never want to participate in a sport again because they feel however well they do, they will not be able to please their parent.

Unfortunately, some people do not stop and realize these are only young children. They participate in sports to learn and have fun, they do not try to lose a game. They try to do their best in order to please their parents, but when their parent comes down on them for losing or not trying, their confidence is crushed.

This type of attitude is much too prevalent in our society today. Fans criticize their favorite high school or college teams because they fail to win, they should just acknowledge the fact that those young people want to win as badly as anyone and play their hearts out trying to do so. Those people could keep their criticisms for their favorite professional teams who are paid millions of dollars to win, and let the kids be kids.

I have only been around for 24 years but I have already seen too many tears in the eyes of young children who were yelled at by a parent for making a mistake in a sports contest. I read a poem that I think is very appropriate here, hopefully, it can cause a few less tears.

HE MEANS A LOT TO ME

Please don't curse that boy down there. He is my son, you see. He's only just a boy, you know. He means a lot to me. I did not raise my son, dear fan, For you to call him names. He may not be a superstar, Besides, it's just a game. So please don't curse those boys down there. They do the best they can. They never tried to lose a game. They're boys and you're a man. The game belongs to them, you see. You are just a guest: They do not need a fan like you, They need the very best. If you have nothing nice to say Please leave the boys alone. And if you can't enjoy the game Why don't you just stay home? So please don't curse those boys down there. Each one's his parents son. And win, or lose, or tie, you see To us they're number one!

UPCOMING EVENTS:

April 12 - May 8 — Soccer Clinic April 12 - May 10 — Track Clinic

Anyone interested in volunteering for either clinic please contact Mark Singsank at the "Y" at 233-3531.

SPRING FEVER ALREADY?

Before we know it, we will be shedding our winter coats, sweaters, hats, gloves, etc. and stepping into all the latest spring styles. What better time to join a YMCA Health Enhancement class?

Your children have a little "spring fever" too! There's a variety of youth programs being offered in our Spring Session. Progressive swim lessons, progressive gymnastics, Judo, Soccer and NEW THIS SPRING TRACK!

Spring Session IV begins Monday, March 31st and runs through May 24th.

Registration is as follows:

Current YMCA members participating in Winter II

session				000	-			Fri., March 21st
YMCA Mer	nbers							. Mon., March 24th
Non-YMCA	Memb	ers						
Von may re	gictor	oith	O	ir	n	or	col	n or by telephone bet

You may register either in person or by telephone between the hours of 9:00 AM - 9:00 PM each day.

Please refer to your 1986 Y.M.C.A. Program Brochure for a complete listing of a class right for you.

NEW Y.M.C.A. RACQUETBALL PROGRAM

The Y.M.C.A. will soon be marketing a new and improved racquetball program for the entire Y.M.C.A. membership. The program will offer an unlimited play membership to frequent users of the racquetball/handball courts and also provide a punch card system to make the current system more convenient for all.

Here's how the new program will work:

Members will have the option of purchasing one of three types of cards for racquetball usage. The choices will be the following:

- 1. a \$6.00 card entitles the bearer to 3 singles plays or 6 doubles plays.
- 2. a \$20.00 card entitles the bearer to 10 singles plays or 20 doubles plays.
- unlimited play card \$180.00 this member can play an unlimited amount of singles or doubles play.

Cards will go on sale on Monday, March 10th at the YMCA front desk. A list of policies and guidelines will be issued with the purchase of each card. As of April 1st, no money will be accepted at the Lower Control desk for racquetball court fees.

AQUATIC NEWS... SENIOR LIFESAVING...

Do you want a summer job on a sandy beach, where you can get a tan and make money at the same time? Make yourself marketable by receiving your Advanced Lifesaving certificate.

We are offering our YMCA Senior Lifesavings (Red Cross Advanced Lifesaving) in the month of April. The class will meet every Saturday, 9:00 AM - Noon and every Monday, 4:00 PM - 7:00 PM in April. You must attend both classes. The fee for YMCA Members is \$12.00 and for Non-members \$26.00.

WATCH FOR MORE DETAILS . . .

For the first time the YMCA will be offering a new class "Lifeguarding". This is often a necessary requirement before being considered for a lifeguarding position. Check with the YMCA front office for more details, soon!

ATTENTION ADULTS!

It's time to learn to swim more efficiently and effectively. We are offering adult lessons on Tuesday and Thursday mornings at 10:30 AM starting March 4th thru March 27th. The fee for YMCA Members is \$10.00 and for Non-members \$22.00. Sign-up TODAY!

WELCOME NEW YMCA MEMBERS

On behalf of the Family YMCA we would like to welcome you into our YMCA Membership.

Jennifer Berkes Misty Chambers Kristi Chaplin Rob Ehrhardt Jay Laughlin Family Candice Reinemund Chris Ehrhardt **Justin Goeres** Amy Morningstar **Todd Bast** Erin Coen Scott Green Grant & Wayne Kilgard **Todd Winstead** Ellen Anderson Justin Bailey Julie Ferson Dan Hummel Amber Ingle Donald Lentz Family Dave Miner Laura Morgan Jesse McCunniff Elizabeth Peters

Scott Scholz Keevan Sweeney Ross & Martha Volgarino Ryan Wallace Lori Byford Kris Ellefson Jamie Frey Sherry Hauschild Lisa Hopkins **Rusty Leet** John Satre Dean Story Mitch Ubben Beth & Eddie Clark David Decker Steve Dix Scott Durscher Colleen McDonald Michael McGuire Tim Parker Sara Plum Larry Kuennen

Nikole Pattison David Allen Scott Neuendorf Gene Wandro Kevin Alexander & Family Kama Gunter Holly Pittman **Garry Stuber** Leslie Bramwell Ray Banwart Lisa DeBerg Randall Hammitt Gary Johnson David Koontz Mark DeGroote Sean Dengler Sarah Flynn **Bart Frey** Bill Guernsey Paul Hougen Jeff Joens Sandra Marovets Mark Stoll Tina Wyant

Kennedy Bahlmann Teri Goodell Sharon Pine Kelly Steffen **Brian White** Shon Young Jodi Dieken Scott Engen **Drew Ferguson** Scott Garrett Jason Koch Kathleen White Ronald Wion **Brian Brooks** David Brooks Mr. & Mrs. Warren Feller Carl Herold & Family Steve Miller & Family Linda Stober Linda Brenna Mike Olson Bill Schuerman Dan Traeger Jeffrey Hayes

John Hong **Thomas McIntee** Scott Sterrett Bridgette Butz Mike Geraghty Dave Hansen Lisa Luttrell Jeff Vaage Michael Bailey Dave Goodard Lauri Hughes Loni Koch Heidi Koester Nancy O'Connor Kathleen Haltmeyer Kariann Glasrud Steven Hurst David Krempasky Randy Lepsch Shelley McCombs Don McNanara Scott Swisher

CHILD CARE UPDATE

& Family

Since the bake/craft sale in December, the YMCA has been able to enhance the child care room with new toys, books, and more. Here's an idea of some things currently purchased: 5 Dr. Seuss books, a book of Fairy Tales, 2 set of Disney books and cassettes, Pull Turtle, Bristle Blocks, Chatter Telephone, Build-A-Ball, Creative Blocks, Kitty in Key, Form Fitter and material for arts and crafts. We still have money left to help buy more art materials for spring season. A big thanks goes out to all of you who helped support the bake/craft sale and the child care room. The children really appreciate the new toys and books.

MARCH MEMBERSHIP MADNESS

The YMCA is looking for new Fitness Center Members. If you like to run, or if you prefer to just eat, maybe you can help!

For the entire month of March, the YMCA will offer prizes to any member who helps us recruit new Fitness Center Members. Here's how it works:

- Any YMCA member who signs up a new Fitness Center Member, or convinces a current YMCA Adult Member to switch to the Fitness Center will receive their choice of the following prizes:
 - 1. A YMCA two piece nylon running suit.
 - 2. A dinner for two to the Brown Bottle Restaurant.
- If you can recruit five Fitness Center Members, you will receive an all leather carrying bag or a YMCA sweater.

The new YMCA Fitness Center Member will receive any 8 week program at ½ price and two complimentary guest passes to allow a friend free use of the YMCA.

If you think you can help, simply bring your new recruit to the YMCA front desk and sign 'em up!

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

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