

SPIRIT MIND & BODY

October Edition

YMCA of Black Hawk County

Blood Lipid Testing

Blood Lipid tests will be offered at the YMCA on Wednesday, October 7 from 6:00 - 8:00 a.m.

The testing includes 23 different parameters including all electrolytes, glucose, triglycerides, uric acid, cholesterol and more. Each participant receives a computer printout of the results.

Having a lipid profile done is important because the results will give pertinent information regarding proper functioning of the kidneys, liver, coronary arteries and also diabetic indications.

The profile is offered through Allen Memorial Hospital personnel at the YMCA. Those participating must fast following the previous evening's meal (please skip breakfast).

The cost is \$15 for YMCA members and \$20 for the general public. A special "cholesterol only" test is available for \$5.

To make an appointment for the screening, call the YMCA at 233-3531.



YMCA to Offer Back Program

The Black Hawk County Family YMCA is offering "The Y's Way to a Healthy Back" program beginning September 28.

This program is specifically designed for those who suffer discomfort and pain in their lower back. Participants learn how to relieve back pain, nervous tension, increase back flexibility and muscle strength. The class also serves as a good build-up for the beginners fitness program.

"The Y's Way to a Healthy Back" will be offered on Monday and Wednesday evenings at 5:30 p.m. For more information about the class, contact Tom Sekeres at the YMCA, 233-3531.

Corporate Challenge

The YMCA is proud to announce its sponsorship of a new community event, the Corporate Challenge. The Corporate Challenge is a series of athletic and recreational events where local businesses compete against one another.

Some of the events include volleyball, swimming relays, 3 on 3 basketball, tug-of-war, etc.

The Corporate Challenge is scheduled to take place October 23-25, 1992. For more information regarding the Corporate Challenge, call Tom Sekeres at the YMCA, 233-3531.

Fitness Assessments

If you didn't already know it, our YMCA offers the "Y's Way to Physical Fitness" test battery. The test includes measurements of strength, flexibility, body composition and cardio-respiratory endurance. Those tested receive computer printouts of their results.

This test is a great starting point for those who are interested in getting back into shape and are unsure where to begin. For the seasoned athlete, the test provides a set of standards to which results can be compared.

The fitness assessment is available to members at a cost of \$10 per test. To arrange an appointment to have your analysis done, contact Tom Sekeres at the Y, 233-3531.



From the Executive's Chair

Greetings,

By now many of you have seen the fruits of our staff's labor relating to the facility enhancement week. The facility enhancement week was conducted the 2nd week in August. I hope you are pleased with the results of a very long and hard week!

Our projects included:

- *Painting all the walls in the building (you may need sunglasses)*
- *Re-doing racquetball courts number 3 and 4*
- *Patching holes in the parking lot (10 tons of asphalt)*
- *Re-varnishing the gym floor*
- *Painting all the lockers in the locker rooms*
- *General cleaning, stripping, waxing of all floors*
- *Re-carpeting of the office and front foyer areas*
- *New access area constructed*
- *All carpet cleaned and disinfected*

As you can see, there is a lot that goes on in the space of a week to make this building one in which we can all continue to be proud of.

Another interesting fact is the majority of these projects were done with our own current full and part time employees. I continue to be so very proud of our staff here at the YMCA. They truly go the "extra mile" and do whatever it takes to get the job done.

Many things were accomplished, yet many things remain. But that's what makes the YMCA so fun and interesting. There will never be a dull moment at the Family YMCA — at work for tomorrow, TODAY!

Enjoy and welcome back!

*In the 'Spirit' of the 'Y',
Jim Weaton
YMCA Executive Director*

Cedar Valley United Way Drive Underway

On September 24, the Cedar Valley United Way will kick off its annual campaign to raise money to meet the needs of 29 agencies it serves. This year's goal will be \$2 million plus.

Again it will be an option for any United Way donor to designate all or part of their pledge to a specific agency (or agencies) of choice. Minimum donation for this option is \$25.

To do so, the donor must request a special pledge card from their employer or from the United Way. The dollar amount you designate will be added to the amount being given to the agency, less 14% for administrative costs.

Whether you choose to designate all or a portion of your gift to one of the 29 agencies (of which your Family YMCA is one) comprising United Way, or whether you prefer the traditional method of giving one gift and letting the citizen review process determine your allocation, the most important point remains: **SUPPORT YOUR UNITED WAY!!!**

Last year 5% of the YMCA's budget came from United Way. The United Way is currently the largest single contributor to our organization. So please give generously when asked. Thank you!

New Access Center

As many of you have noticed, there is a new counter area in the front lobby of the YMCA. This area is our new check-in location — a place where all members and guests must stop to gain access to the YMCA facilities. We are distributing locker keys from this desk and are also scanning membership cards on our new computerized YMCA Access system.

Fitness Center members now have to show their cards at this Access Center. Basic and Youth members need to stop and get their lockerroom keys at this check-in location.

Immediate access to membership questions, better security of the building, as well as putting the majority of the membership services at the upper level are only some of the benefits we hope to provide through this Access Center. This move will also streamline the operation of the courtesy center and help us achieve our desired end result, better customer service.

Beginning in November, we will be implementing the access system. The access system includes new memberships (with picture ID), a bar code on each membership card, a permanent membership card (you will not get a new card each year), as well as our ability to monitor member and building usage. This information will help us make better decision concerning future expansion and program development.

New Faces at YMCA

Many new faces are spread throughout the YMCA this fall. A warm YMCA welcome (or welcome back) to all YMCA staff, which will now include:

Jeff Neuendorf will become a familiar face to the early morning crowd on Tuesdays and Thursdays. A Senior at UNI majoring in Recreation, Jeff is an intern student completing the requirements for his BA. Jeff is very familiar with the YMCA and has been involved with the youth wrestling clinic for the past 3 years.

Julie Walther is a student from the Design Family and Consumer Sciences department at UNI. Through the YMCA, she is completing coursework toward a BA in Family Services. Julie will be working two nights a week and on the weekends throughout the fall.

Kristin Humphries comes to us from the Scott County YMCA in Davenport. Kristin is a transfer student from Mary Crest College and will begin attending UNI in the fall. Kristin will be working in the new Access Center beginning in September and will be opening the YMCA on Mondays, Wednesdays and Fridays.

Registration Information

The next set of YMCA aquatics, gymnastics, dance and health enhancement classes is set to begin on Monday, September 28.

This is a six week session.

The days you can register are shown below.

Members enrolled in Fall Mini-Session	Monday, Sept. 21
Other YMCA Members	Tuesday, Sept. 22
General Public	Wed.-Fri., Sept. 23-25

Youth Aquatics

Shrimp/Perch (Waterbabies)

(six months through 2 years)

Monday & Wednesday 10:30 a.m., 5:45 p.m.

Tuesday & Thursday 6:45 p.m.

Saturday 10:30 a.m.

Tadpole I (Pike)

(ages 3-4)

Monday & Wednesday 9:30 a.m., 4:15 p.m., 6:15 p.m.

Tuesday & Thursday 10:00 a.m., 4:45 p.m., 7:15 p.m.

Saturday 9:30 a.m.

Tadpole II (Eel)

(ages 3-4)

Monday & Wednesday 10:00 a.m., 5:15 p.m.

Tuesday & Thursday 9:30 a.m., 4:15 p.m.

Saturday 9:00 a.m.

Tadpole III (Ray)

(ages 3-4)

Monday & Wednesday 9:00 a.m., 4:45 p.m.

Tuesday & Thursday 9:00 a.m., 5:15 p.m.

Saturday 10:00 a.m.

Polliwog I (small pool)

(ages 5 & up)

Tuesday 5:45 p.m., 7:45 p.m.

Thursday 10:30 a.m., 5:45 p.m., 7:45 p.m.

Saturday 11:00 a.m.

Polliwog I (large pool)

(ages 5 & up)

Monday 5:45 p.m.

Tuesday 5:00 p.m.

Wednesday 5:00 p.m.

Thursday 4:15 p.m.

Saturday 10:30 a.m., 11:15 a.m.

Polliwog II

Monday 4:15 p.m., 5:00 p.m.

Tuesday 10:30 a.m., 5:45 p.m.

Wednesday 4:15 p.m., 5:45 p.m.

Thursday 5:00 p.m., 5:45 p.m.

Saturday 9:00 a.m.

Guppy

Tuesday 5:45 p.m.

Wednesday 4:15 p.m., 5:00 p.m.

Thursday 4:15 p.m.

Saturday 9:45 a.m.

Minnow I

Monday 5:45 p.m.

Tuesday 4:15 p.m.

Thursday 5:00 p.m.

Saturday 9:00 a.m.

Minnow II

Monday 5:00 p.m.

Tuesday 4:15 p.m.

Thursday 5:45 p.m.

Saturday 10:30 a.m.

Fish

Monday 4:15 p.m.

Wednesday 5:45 p.m.

Saturday 11:15 a.m.

Flying Fish

Tuesday 5:00 p.m.

Saturday 9:45 a.m.

Shark

Tuesday 5:45 p.m.

Thursday 5:45 p.m.

Porpoise

Monday 5:45 p.m.

Wednesday 5:45 p.m.

Synchronized Swimming

(Minnow II swimmers or above)

Friday 4:15-5:45 p.m.

Six Week Fees for Preschool Swim Classes

(Shrimp through Tadpole III)

	Member	General Public
1 time/week	\$ 6.50	\$12.50
2 times/week	\$13.00	\$25.00

Six Week Fees for Progressive Swim Classes, Gymnastics and Dance

	Member	General Public
1 time/week	\$9.00	\$17.00

Adult Aquatics

Adult Beginning Swimming

Tuesday 11:15 a.m., 7:00 p.m.

Adult Intermediate Swimming

Thursday 7:00 p.m.

Arthritis Water Exercise

Monday, Wednesday, Friday 10:30 a.m.

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)

Monday 9:30 a.m.

Tuesday 10:15 a.m., 4:15 p.m.

Thursday 5:00 p.m.

Preschool Gymnastics

(ages 3 & 4)

Monday 10:15 a.m.

Tuesday 9:30 a.m., 5:00 p.m.

Thursday 4:15 p.m.

Youth Progressive Gymnastics (Beginning)

(ages 5 & up)

Tuesday 5:45 p.m.

Friday 5:00 p.m.

Saturday 9:00 a.m.

Youth Progressive Gymnastics (Intermediate)

Thursday 5:45 p.m.

Friday 5:45 p.m.

Saturday 9:45 a.m.

Youth Progressive Gymnastics (Advanced)

Friday 6:30 p.m.

Saturday 10:30 a.m.

Dance

Youth dance classes are for boys and girls ages 7-15. Adult dance is for 16 and up.

Beginning Ballet

Monday 4:15 p.m.

Ballet (Level 2)

Wednesday 5:45 p.m.

Beginning Jazz

Monday 5:45 p.m.

Jazz (Level 2)

Wednesday 5:00 p.m.

Popular Dance

Wednesday 4:15 p.m.

Tap Dance

Monday 5:00 p.m.

Adult Dance

Monday 7:15 p.m.

Wednesday 7:15 p.m.

Halloween Overnight Promises Fun

It's coming . . . the Halloween overnight! Sign up to take part in all the fun and activities at the YMCA on Friday, October 30.

This overnight is for boys and girls, grades 1-6. An evening snack is provided on Friday and breakfast will be served on Saturday morning before the kids go home.

Kids will enjoy swimming, games in the gym, a movie and more.

The overnight begins at 8 p.m. on Friday and ends at 8 a.m. on Saturday. The cost for the overnight is \$10 for members and \$14 for the general public.

Look for more details coming soon or call the YMCA at 233-3531 and ask for Tom Sekeres.

Teen Aerobics

The newest YMCA program is an aerobic fitness class designed specifically for 10 - 18 year olds called Teen Aerobics.

Classes will consist of a warm-up, an easy-to-follow cardiovascular section, muscular endurance (floor exercises) and a cool down. A freestyle format will be used for this new YMCA program that promises to be fun for all participants.

During our fall session Teen Aerobics will be held on Mondays and Wednesdays at 4:30 p.m.



Basic Lifeguarding Class

Learn basic assists and rescues, defenses and releases, plus how to handle aquatic emergencies in this four week class.

Registration begins October 1 and runs through October 23 at the YMCA.

Participants must be at least 15 years old and have obtained or currently working toward CPR and first aid certification (must have both certificates by the last class day).

Classes will be held on Monday and Wednesday evenings, November 2-23, from 6:30 to 9:30 p.m.

Cost for the class is \$30 for YMCA members and \$40 for the general public.

All participants must pre-register and pay at the YMCA before the first class.

If you're interested, or need more information, call Dave Peters at the YMCA, 233-3531.



Health Enhancement Classes Begin September 28

Members and non-members alike who are interested in getting or staying in shape will be interested in checking out our Fall YMCA Fitness Classes.

Pick up a schedule at the YMCA Front Desk for a complete listing of the classes, including Karate.

Black Hawk County Family YMCA

669 South Hackett Road
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