

Y's

CRACKER

September 1987

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



WELCOME NEW STAFF

The Y.M.C.A. of Black Hawk County is gearing up for a big fall and winter season. Many new staff have been hired over the summer, and they are all anxious to serve you through the many programs and services offered by the Y.M.C.A.

Peggy Schuler

Peg is a familiar face to many Y.M.C.A. members, as she has been around all summer working with the Day Camp program. Peg is the new Youth Sports Director. Peg is from Evansdale, and is a UNI grad from the Community Recreation Department. Peg's new office is near the gym, where you can find her busy at work on fall youth sports programs and Racquetball League.

David Phelps

David may also be a familiar face to many Y.M.C.A. members, as he has spent time previously working on the Aquatic Staff at the Y.M.C.A. Dave is a Bayard native (near Carroll), also a UNI grad. Dave was lured away from the Walnut Creek YMCA in West Des Moines and also the West Des Moines Park and Recreation Department. Dave is getting ready to serve your aquatic needs for the fall and winter. Dave's office is located adjacent to the small instructional pool. We welcome Dave to the our Y.M.C.A.

Julie Mitchell

Julie is our new Outreach Program Director. Julie is new to the BHC Family Y. Julie has been working at another United Way agency in Waterloo for the last four years. Julie is a Des Moines native, and is our third new employee to have graduated from UNI with a degree in Community Recreation. Julie is busy getting to know the routine at Courtesy Center and says she is ready to arrange your fall and winter rental reservations. Julie's office is adjacent to the Welcome Center.

Kathy Sweet

The Y.M.C.A. is welcoming Kathy as our fall Student Intern from UNI. Kathy is from Durand, Illinois, and is planning to graduate in December. Kathy is having fun

getting to know about the Y.M.C.A. You will see Kathy in many places at the "Y" as she learns what a career in this field might be like. Kathy's main post is also adjacent to the Welcome Center.

Kathy Bullis

Kathy has been hired as our full-time secretary. Kathy is married and has two children. She lives in Janesville. Be sure to stop in and introduce yourself, she is anxious to meet all of you.

Kristee McDermott

Kristee will be transferring to the front office as a part-time receptionist. Kristee has worked in the Child Care Center for the past five years and has recently graduated from high school and will be attending Hawkeye Tech this fall.

Mike Johnson

Mike will be returning to work part-time at the Welcome Center this fall. Mike helped out last year during our busy season and is "ready to go" again this year! Mike is married, has two children and is a student at UNI.

NEW FACES IN THE FITNESS DEPARTMENT

Barb Iverson is our newest addition to our Fitness staff. She will be teaching the Intro to Aerobics on T-Th at 5:30 p.m. Barb is a certified N.D.E.I.T.A. in Aerobics. Barb is married and has three small but very energetic boys.

John Voelz is the newest addition to our Nautilus staff. You will be seeing him on Fridays and Saturdays in September and eventually on a regular basis. John is a trained instructor for Nautilus and is very excited about working here at our Y.M.C.A. John is a student at the University of Northern Iowa.

CATCH THE CAMPAIGN FEVER!

The 1987 YMCA Building Membership Campaign is just around the corner and already the excitement is starting to build. This is **your invitation** to join the 'Y' Team in this worthwhile endeavor. At the same time **HAVE FUN — MEET NEW PEOPLE and EXPERIENCE THAT THE 'Y' IS TRULY AN ASSOCIATION OF PEOPLE HELPING PEOPLE.**

This is an organized campaign that runs from **October 1st thru November 13th** (6 weeks). The campaign team consists of members and staff who help recruit new members and call renewal members on continuing their membership. During the campaign, there are special incentives for both the new and renewal members as well as all workers on the campaign team.

Make no mistake — the campaign is work and commitment — but if you enjoy being with people, introducing your friends and neighbors to our YMCA and making new acquaintances — it will also be self fulfilling and rewarding.

Sound interesting? To get involved or to answer questions that you might have, simply contact Scott Bradfield, campaign chairman (236-1099) or Jim Weaton, Executive Director (233-3531) to start you on an exciting experience that will benefit both you and the Family YMCA.

FROM THE EXECUTIVE'S CHAIR

Fall is an exciting part of the calendar year. Children heading back to a much anticipated school year, leaves turning their beautiful colors, football games to attend, getting back to a 'regular' routine and seeing old friends that have been busy or gone during the summer months. In any case, I hope the YMCA is in your fall plans — WELCOME BACK!

What a great summer we've had. I have never seen participation and usage at such a high level in the 12 years I have been a part of this YMCA. My thanks to all of you who continue to support us and to the fine staff that I'm surrounded by in providing these quality programs to you.

Heading into the final quarter of the year, there are still many things yet to accomplish. The annual United Way campaign, our own building membership campaign, continued program opportunities and the ongoing enhancement of our facilities. Never a dull moment at the 'Y'!

Remember the Y is dedicated to the task of providing meaningful adventures and experiences that help persons grow to be responsible citizens with positive values. But we can't do these things without YOUR INVOLVEMENT. So do what the generations before you have done and what the generations after you will do by becoming a piece of the YMCA. Make your life count — either by volunteering or by actual participation. I guarantee that if you do, you will come to know the magic I call the Family YMCA.

HOMEWORK ASSIGNMENT: Go out and do or try something different today. Take the risk that you have always wanted to take but were afraid to because of failure. Remember — out of some of our failures come our greatest successes!

Thanks for caring & sharing,

Jim Weaton

YMCA Executive Director

Y-INDIAN GUIDES/Y-INDIAN PRINCESSES

Starting soon!

Dads, want to spend some valuable time with your K-3rd Grader? Join this Father/Child program that will allow you to do just that.

The Y-Indian Guide/Y-Princess program purpose is to foster the companionship and understanding of the father to his child. The program plan is drawn from the tradition of some American Indian culture groups where the child learns directly from their father.

Y-Indian Guide and Princess participants form a group of between six and nine families that meet on a rotating basis in the member's homes. They work on crafts, songs, stories, and games relating to the American Indian theme. They also have special Nation events where all the tribes come together and participate in special activities such as bowling, sledding, camp-outs, and more. In general, they just have FUN! — TOGETHER!

If you are interested in learning more about this rewarding Father/Child program, contact David Phelps at the Y.M.C.A.

Dates for YIG/YIP informational meetings:

Monday, September 14	7 p.m. @ YMCA
Tuesday, September 15	7 p.m. @ YMCA
Wednesday, September 16	7 p.m. @ YMCA
Thursday, September 17	7 p.m. @ YMCA

Meetings will last only ½ hour in length and you only need attend one of the four meetings.

ATTENTION PARENTS OF WATERBABIES & TADPOLE I, II & III SWIMMERS

Waterbabies and tadpole classes for the fall session will be 4 weeks in length. Waterbabies cost \$15.00 per 4 week session. Tadpoles cost \$10.00 for members and \$23.00 for Non-members. The session dates for Waterbabies and Tadpoles for Fall session will be: Sept. 8-Oct. 3, and Oct. 5-Oct. 31. Since we don't have class Monday, Sept 7th, we will be making that day up on Friday, Sept. 11, 1987.

Registration for Oct. 5 classes will be held for currently enrolled YMCA members on Thursday, Oct. 1, 9:00 a.m. to noon. Regular YMCA members may sign up Thursday, Oct. 1 from 1 p.m. to 5 p.m. Non-YMCA members may sign up on Friday, Oct. 2 between 9 a.m. and noon.

Saturday classes will run once a week beginning September 12th, and run through October 31. (8 weeks)

Y.M.C.A. OFFERS Y'S WAY TO WEIGHT MANAGEMENT

This class is centered around weight loss — not related to the Weight Room. This is a new class for our Y.M.C.A. It is a national Y.M.C.A. program, taught by certified instructors. The class is a comprehensive approach to help you develop a lifestyle that will lead to permanent weight loss and life-long weight management. This class is for anyone interested in learning about eating behaviors, food choices and exercise habits. The class is ten weeks long and each week there

is a new topic. The class starts September 16 at 6:45 p.m. at the Y.M.C.A. if you are interested, please register by September 4 at the Front Desk (Welcome Center). The instructors will be Nancy Winchip, Fitness Director, and Pam Carlson, Fitness Instructor.

CHILD CARE WINTER HOURS

Starting September 8, our Child Care room will be open as follows:

Monday, Wednesday, Friday	AM 8:30-Noon
Tuesday, Thursday	AM 9:00-Noon
Saturday	AM 9:30-11:30
Monday, Wednesday	PM 4:30-8:00
Tuesday, Thursday	PM 4:30-7:30

Fees:

Fitness Center Members	No Charge
Y.M.C.A. Member	\$1.00/hr. 1st child .50/hr. 2nd child
Non Y-Member	\$1.50/hr. 1st child .50/hr. 2nd child

Age limit for child care room is 6 years and younger. List of rules and guidelines available from child care attendant. If time changes are needed, a two week notice will be posted.

FACILITY ENHANCEMENT WEEK SUCCESSFUL

During the week of August 17 there were a lot of things happening at the Y.M.C.A.! Even though the doors were locked to our members, our Facility Enhancement crew was inside getting a workout!

Take a look at all the things we had on our list to do:

- Tile Women's Fitness Center shower area
- Spot paint all locker room floors
- Replace sand in spa/small pool pits in Aquatic Mechanical Room
- Dump small pool and spas and clean
- Lower pool level and clean gutters
- Replace all lights out in the building
- Paint Jacuzzi area in Women's Fitness Center
- Spot paint Women's Fitness Center shower wall — Upper south above showers
- Put up bulletin boards on all locker room doors/Child Care/Weight/Nautilus Room
- Take all signs not on bulletin board down
- Re-do Weight Room walls — Paint and repair holes in wall
- Clean all carpets in building
- Patch Men's Steam Room wall
- Spot paint around drinking fountain in Gym/Fix fountain
- Touch up Exercise Room wall
- Bike repair on all bikes
- Touch up back stairway — orange
- Replace ceiling tile in Racquetball viewing hallway/Women's Fitness Center
- Put Masonary boards on wall for Miler's Charts — 3
- Put in step for drinking fountain in main lobby
- Re-do front entrance area with indoor/outdoor carpet
- Doors planed
- Privacy stall/Fitness Center fixed
- Waxed all floors
- Yard work around entire building
- Painted Child Care Room
- Cleaned/Restriped parking lot

- Fix door on Courtesy Center
- Light bulbs in Racquetball Courts
- Cleaned Racquetball Court floors
- New lights in pool
- Painted railing going downstairs
- Cleaned Nautilus equipment
- Cleaned all furniture

Thanks to all who worked so hard to enhance our Y.M.C.A.!

Y.M.C.A. FITNESS STAFF NEWS

This past June our Y.M.C.A. fitness staff put on an Open House Extravaganza at the University of Wisconsin at LaCrosse during the Mind Over Management Workshop. The workshop is one of the largest in the midwest, with trained leadership in all aspects. Y.M.C.A. fitness staff included Tammy Bakken, Mary Jo Klatt, Linda Mumm, Sandy Maidan and Sally Yakish.

Other summer news: Nancy Winchip and Pam Carlson presented a Basic Leaders Fitness Workshop this past summer at the Davenport Family Y.M.C.A.

NEW NAUTILUS HOURS

Starting September 8, the Nautilus Program Center will be open at 6 a.m. Monday through Friday. Also, with the new winter hours, the Center will be open until 9 p.m. Monday through Thursday and until 8 p.m. on Fridays. Saturday hours are 8 a.m. to 4 p.m.

If you are not a member of the Nautilus Program and would like more information about Nautilus, please stop by the Welcome Center.

RACQUETBALL LEAGUE

When considering your fall recreation options, why not look into the Y.M.C.A. Racquetball League? Our fall racquetball program is for non-competitive players, with an emphasis on fun rather than on stressful high-intensity play. Participants play opponents at comparable ability levels.

League play begins the week of September 21. Stop by the Welcome Center or the Courtesy Center and pick up a sheet listing the league guidelines. For more information about the Fall Racquetball League, contact Peggy Schuler at the Y.M.C.A.

VOLUNTEER COACHES NEEDED

Our Youth Sports Department needs volunteer coaches for Flag Football and also the Cheerleading Clinic. Contact Peggy Schuler if you are interested in helping. The Y.M.C.A. depends on volunteers to run successful, cost-effective program. Please help if you can!

MASTERS SWIMMING

The Y.M.C.A. will be starting a Masters Swimming program for all Y.M.C.A. members on Monday and Wednesday nights from 8:00-9:30. Workouts will range from 1500 to 3500 yards. You are free to swim the workouts or just swim laps. Program is free to members and will cost Non-Y Members \$5.00 for the Guest Pass fee.

WE WELCOME OUR NEW MEMBERS —

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

Kevin Irwin	Thomas Young & Family	Brett Shollenbarger	Robin Mixdorf
Kim Rosel	Seth Bockes	Stan Shollenbarger	Diane Monroe
Brian & Jason Sbiral	Sara Fogdall	Travis Wilharm	Amy Schmadeke
Keith Barghahn	Marjery Schlichtmann & Family	Mr. & Mrs. Earnest Bean	Julie Schoonover
Eric Barkau	Mike Byersdorfer	Donald Duke	Carla Darrow
Jeff Barkau	Kathy & Shannon Galer	Mr. & Mrs. John Harrington	Kim Edwards
Chris Larson	Matt Hilliard	Bill Schuerman	Lonna Mohlis
Gene Michael	Bruce Rockers	Craig Wehr Family	Tim Freeland
Dusty Bush	Matt Simmons	Rev. & Mrs. Dennis	Joey Snyder
Diane Edgar	Karen Kayser	Listermann-Vierling	Douglas Freeland
V. K. Sarin & Family	Morgan Brown	Mark Keele	Keith Benjamin
Joe Phillips	Bill Henriksen	Matthew Osgood	Daniel Berray
Mark Doll	Brian Henriksen	Kristin Blum	Leane Decker & Family
Sue Moore	David Hoskinson	Nicholas Burdette	Randy Hansen
Mr. & Mrs. Thomas	John Nichols Family	Bruce Egloff	Elaine Hartnett
VanVeldhuizen	Merilyn Van Sant	Laura Hanken	Louis Hott
Mitzi Billings	Courtney Winninger	Sigmund & Ellen Hillmer	Rick Maddux
Jack Crossman	Lachelle Anderson	Philip Jamieson Family	Mr. & Mrs. B. Tim Waite
Tony Heizler	Mr. & Mrs. Mike Howell	Carol Kauten & Family	Walter Broten
Joe Maser	Sheri Rucker & Family	Thomas Frost	Resa Kelly
John Woods & Family	Alex & Chris Syhlman	Connie Pedersen	Scott Leis
Troy Breckunitch	Dale Bruns	Mark Scribner	Matthew Machula
Kent Guild	DeLoy Hilmer & Family	Belva Strain	Joi Lin Mosbarger
Evelyn Szary-Glasrud	Ben Kutz	Jennifer Suiter	Robert Craft & Family
Jill Hatcher	Ramesh Shah & Family	Laurence Wilhite	Kris Kimball
Kelli Sue Norris	Larry Albers	Denise Bentrin	Michael Hayes
Kent Steffy	Steffenie & Tony Rocca	German David Camacho	John Marquis
Kenneth Trevey	Amy & Brian Mahan	Kate Fereday	Lois Detlefsen
Scott Cooley	Douglas Westhoff	Denise Geiben	Ron McInroy & Family
Robert Hauptly	Tim Godfrey	Denise Grovo	Candace Rockers
Robert Kersten	Todd Gosden	Kara & Kyle Langenberg	Stephen Timmons & Family
Jeffery Wyborney	Mr. & Mrs. Eldred Harman	Darla Van Ellen	Lyle Butler
Connie Hughes	Christian Petersen	Amber Whitehead	Tony Donlea
Keith Irwin	Jay Smelcer	Drew Whitehead	Tracy Cherney
Richard Pierce	Mr. & Mrs. Russell Templemire	Bertelsen Family	Dean Petersen
Craig Schmadeke	Josef Vich Family	Bill Brustkern	Mr. & Mrs. Luverne Schuerman
Michelle Byersdorfer	Mark Freiberg	Robert Kerson	Mr. & Mrs. Rick Christy
Connie Gabbard	Mr. & Mrs. Jerry Dove	Howard Hall	Mike Cuvelier
Jane Haigh	Russel Fagel	Nona Nordman	Ryan McCalley
Jim & Greg Halsor	Mary So Sires Family	Steve Pape & Family	Brian VanderPlaat
Agatha Roberts-Kohn	Tresa Chambers	Harry Simpson	Brian McCullough
Rodger Smith & Family	Brice Nelson	Mike Walker	Chris Iehl
Gary Swinton	Lorie Taylor	Robert Woock	Judith Long
Danny Yegge	Sonja Kay Weedman	Kevin Wright	Brian Avis
Emily & Molly Charley	Christine Jennings	Joy Jacobs	Lisa Beckmann
Mr. & Mrs. David Hartman	Lawrence Betts	Curits Wilkes	Steve Hill
Stacie Hileman	Betsy & Colin Betts	Wendy Kimm	Bart Huff
Mr. & Mrs. Dennis Koch & Family	Jeff & Spence Rubendall	Susan Lewis	Warren Ross

We have so many New Members that we are out of space to list their names! Look for a continuation of our New Members list in next month's Y's Cracker.

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

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