

SPIRIT MIND & BODY

August, 1991

Newsletter of the YMCA of Black Hawk County

SPECIAL FALL MINI-SESSION STARTS SEPTEMBER 3

The YMCA knows that fall is a busy time. The lazier days of summer melt away and everyone makes plans to get "back in the swing" for the upcoming months. If you have kids, you're busy preparing for the school year.

As a result, we've designed a special fall session of classes just for you, in an effort to help meet your needs.

Starting the Tuesday after Labor Day, you can take advantage of a special introductory "mini-session" of YMCA classes that will be held just during the month of September.

The Y is offering this opportunity for two main reasons: to give you a chance to "sample" our class offerings and to help us

re-arrange our annual schedule so that classes run more smoothly around holidays (for example, all classes ending **before** Christmas instead of taking a two-week break in the middle of a session).

Along with having the opportunity to commit to fewer classes, you will enjoy **reduced fees** for this shorter-length session.

If you don't register for something during the special four-week session, you can get involved starting **September 30**, when we will resume with regular six-week sessions of activities.

Reduced Rates For All Youth

Due to a lot of hard work done by valuable YMCA fund raising volunteers, and a special emphasis being placed on involving young people, the prices for all youth classes have been reduced effective September 1.

This includes dance, gymnastics, youth sports clinics, swimming, overnights and karate. We want to encourage everyone who can get involved to do so.

The YMCA is committed to serving young people!

Back to School Overnight

We're getting the activities ready! Come join us for an overnight of fun that includes swimming, gym games, movies, popcorn and more! For boys and girls, grades K-6, 8 p.m. Friday, September 13 to 8 a.m. the next morning.

Kids will spend time with others their age in activities. YMCA overnights are well-supervised and a lot of fun! Save a space for your child now by calling 233-3531. Enrollment is limited. Advance registrations are required.

Members:	\$ 9
General Public:	\$13

From the Executive's Chair

Wow, has the summer of '91 been busy for the YMCA! I cannot recall in my fifteen years of YMCA work seeing so much participation, enthusiasm and support during what has, in the past, been our "slow time." It is truly gratifying to know that the organization is serving so many — all year long — and making a difference for our community. Please, keep coming back!

The summer has given our YMCA the chance to begin some strategic planning as we focus on the next decade. Two projects have been completed which will aid our volunteers in the planning process.

In July the YMCA of the USA conducted an appraisal of our local Y. Eight areas identified and researched in the study were membership, facilities, leadership, program, community relations, association relationships, finance and corporate management. Twenty-eight interviews were conducted with a formal written report going to the corporate board of directors in September.

In early August a cost study was conducted, again by the YMCA of the USA, for the purpose of establishing a written strategy that will define the basis for future fee structure decisions. This will also be an important tool in the goal setting process that will certainly improve the financial management of your dollars.

The last project yet to be completed before goals are set involves **you**. In September-October, an extensive member and program participant survey will be conducted for the purpose of gathering information from a cross-section of our user population. All will have a chance to participate in this project. When notified, please take a few moments to respond. The future of your YMCA is in your hands and we value your input.

As you can see, some important work is being done by your YMCA and the volunteers who help share its future. I'm excited about what the Family YMCA can be in the 90's and hope you are too. We are and will be a force for the future!

Parting thought: Be careful what you say and do. You may be the only Bible someone ever reads.

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

Registration Information

Register by phone: 233-3531

FALL 1 SESSION (Four week mini-session) September 3 - September 28

Registration begins for —
YMCA members enrolled in Summer classes Monday, August 26
YMCA members Tuesday, August 27
General Public Wednesday-Friday, August 28-30

Four Week Fees for Romp & Stomp, Gymnastics, Dance and Aquatic Classes

	Member	General Public
1 time/week	\$4	\$ 8
2 times/week	\$8	\$16

Four Week Fees for Fitness Classes

	Member	General Public
2 times/week	\$10	\$22
3 times/week	\$12	\$24
4 times/week	\$14	\$26
5 times/week	\$16	\$28

Four Week Fees for Youth Karate

	Member	General Public
1 time/week	\$ 7	\$12
2 times/week	\$12	\$22

Four Week Fees for Adult Karate

	Member	General Public
1 time/week	\$10	\$16
2 times/week	\$16	\$30

FALL 2 SESSION (Regular six week session) September 30 - November 9

Registration begins for —
YMCA members enrolled in Fall 1 classes Monday, September 23
YMCA members Tuesday, September 24
General Public Wednesday-Friday, September 25-27

Six Week Fees for Romp & Stomp, Gymnastics, Dance and Aquatic Classes

	Member	General Public
1 time/week	\$ 8	\$16
2 times/week	\$12	\$24

Six Week Fees for Fitness Classes

	Member	General Public
2 times/week	\$16	\$34
3 times/week	\$18	\$36
4 times/week	\$22	\$38
5 times/week	\$24	\$40

Six Week Fees for Youth Karate

	Member	General Public
1 time/week	\$10	\$18
2 times/week	\$18	\$36

Six Week Fees for Adult Karate

	Member	General Public
1 time/week	\$15	\$25
2 times/week	\$25	\$42

Facility Enhancement Week Reinforces that "Lookin' Good" Philosophy

It seems like yesterday, not last year, that we unveiled a new gym floor, finished major tiling in the Women's Fitness Center, enhanced our track area with graphics, painted the upper eight feet of the gym wall and relocated the universal equipment to create a more even flow in the building. This, added to our normal cleaning, patching, repairing, upholstering, painting and scrubbing of the facility and equipment, made for a very busy enhancement week '90.

We've done it again! You won't believe what was on the list this time. Major projects (along with our normal cleaning, patching, repairing, upholstering, painting and scrubbing) included:

— Redoing our office/reception area to enhance our ability to better serve you. Along with this will be the addition of some "much-needed" display cases.

— Resurfacing the bottom of the small pool and returning the large pool to the beautiful state it was in prior to our backwash malfunction (and subsequent staining) in mid-February.

— Repainting the basic locker room floors to reduce the danger of slipping.

— Cleaning and restriping the parking lot with additional stalls for handicapped parking.

— Repainting and refinish racquetball courts #1 and #2.

Our list was an ambitious one and one that, at times, seemed overwhelming to our Y staff. With a commitment to our members and program participants, we want to provide a facility that you can continue to be proud of, a YMCA that is clean and safe and one of the finest in the area.

Youth Aquatics

Waterbabies

Mon. & Wed. 10:30 a.m., 5:45 p.m.
Tues. & Thurs. 6:45 p.m.
Sat. 10:30 a.m.

Tadpole I

M & W 9:30 a.m., 4:15 p.m., 6:15 p.m.
T & Th 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.
Tues. & Thurs. 9:30 a.m., 4:15 p.m.
Sat. 9:00 a.m.

Tadpole III

Mon. & Wed. 9:00 a.m., 4:45 p.m.
Tues. & Thurs. 9:00 a.m., 5:15 p.m.
Sat. 10:00 a.m.

Polliwog I (small pool)

Tues. 10:30 a.m., 5:45 p.m., 7:45 p.m.
Thurs. 10:30 a.m., 5:45 p.m., 7:45 p.m.
Sat. 11:00 a.m.

Polliwog I (large pool)

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

Polliwog II

Mon. 4:15 p.m., 5:00 p.m.
Tues. 5:45 p.m.
Wed. 4:15 p.m., 5:45 p.m.
Thurs. 5:00 p.m., 5:45 p.m.
Sat. 9:00 a.m.

Guppy

Tues. 5:45 p.m.
Wed. 4:15 p.m., 5:00 p.m.
Thurs. 4:15 p.m.
Sat. 9:45 a.m.

Minnow I

Mon. 5:45 p.m.
Tues. 4:15 p.m.
Thurs. 5:00 p.m.
Sat. 9:00 a.m.

Minnow II

Mon. 5:00 p.m.
Tues. 4:15 p.m.
Thurs. 5:45 p.m.
Sat. 10:30 a.m.

Fish

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

Flying Fish

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

Shark

Thurs. 5:45 p.m.

Porpoise

Mon. 5:45 p.m.

Synchronized Swimming

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

Adult Aquatics

Adult Beginning Swimming

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

Adult Intermediate Swimming

Thurs. 7:00 p.m.

Joint Mobility

M, W, F 10:30 a.m.



Gymnastics and Dance

Gym Tots

Mon. 9:30 a.m.
Tues. 10:30 a.m., 4:15 p.m.
Thurs. 5:00 p.m.

Preschool Gymnastics

Mon. 10:30 a.m.
Tues. 9:30 a.m., 5:00 p.m.
Thurs. 4:15 p.m.

Youth Progressive Gymnastics (Beginning)

Tues. 5:45 p.m.
Fri. 5:00 p.m.
Sat. 9:00 a.m.

Youth Progressive Gymnastics (Intermediate)

Thurs. 5:45 p.m.
Fri. 6:00 p.m.
Sat. 10:00 a.m.

Youth Progressive Gymnastics (Advanced)

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

Beginning Ballet

Mon. 4:15 p.m.

Ballet (Level 2)

Wed. 6:15 p.m.

Beginning Jazz

Mon. 6:15 p.m.

Jazz (Level 2)

Wed. 5:15 p.m.

Popular Dance

Wed. 4:15 p.m.

Tap

Mon. 5:15 p.m.

Adult Dance

Mon. 7:15 p.m.

Wed. 7:15 p.m.



Aerobics/Health Enhancement

Y's Way to Aerobics

M, W, F 9:35 a.m.
Mon. & Wed. 5:30 p.m.

Free Style Aerobics

M, W, F 6:00 a.m.
Tues. & Thurs. 5:00 p.m.

Step Aerobics

Mon. & Wed. 10:40 a.m.
Tues. & Thurs. 5:30 p.m.

Live Y'sers

M, W, F 8:30 a.m.

You & Me Baby

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

Hip & Tummy Trimmer

Tues. & Thurs. 10:40 a.m.

Y's Way to Walking

Tues. & Thurs. 8:30 a.m.

Water Exercise

M, W, F 7:30 a.m., 8:30 a.m., 9:30 a.m.
Tues. & Thurs. 9:00 a.m.
M, W, Th 6:30 p.m.



YMCA Current Support Effort Shows 65% Increase to Date

Fifty-three volunteers have demonstrated that the YMCA continues to be mission-focused and mission-driven. \$75,574 has been raised during our summer fund raising event, compared to \$49,123 a year ago. 228 contributors have participated which is also up 69% from last year.

"The objective of this campaign is to raise money to continue to expand programs and services to meet local needs and, in particular, the needs of youth," states Tom Porth, campaign chairman.

"It has been and will continue to be a responsibility of this organization to help be a part of the solution to our youth-at-risk problems facing the community, and that takes financial resources from those who are capable of helping."

Membership and program fees cover 83% of the total operational costs of the YMCA. The YMCA receives 5% of its operation budget from United Way and the remaining 12% from this fund raising campaign, interest and miscellaneous income. **The Y is not a tax-supported organization.**

According to Jim Weaton, YMCA director: "49% of our 7,200 members are under the age of 18, a fact that we're very proud of. What we do for them when they come through our doors is important.

"As a result of this year's campaign success, the opportunities for increased programs and services based on Christian values will begin to impact our youth immediately. All youth program fees have been lowered beginning this September and we're looking at some definite collaborative efforts with other agencies in the community."

Porth says the goal of the campaign effort this year was set at \$100,000 for one reason — need. "It's time that, for the sake of our children, we get out of our comfort zone and raise what is needed to begin the process of a strong youth development program and not merely repeat what we did last year or raise what we 'think' we can raise. I'm confident that when finished, we will feel great about the results and the good it will do for our community."

The YMCA wishes to recognize the following volunteers who played a part in the active solicitation of donations: Phil Wilson, Tom Barbatti, Scott Bradfield, Chris Champ, John Deery Jr., Sue Fletcher, Art Klingenberg, Dave Lipinski, Dave Phelps, Ross Schoonover, Randy Snyder, Tim Staley, Fred Timson, Pam Edwards, Don Bergan, Harold Bigelow, Jerry Den Herder, Mike Fereday, Fred Miehle, Geoff Mills and Dick Paulsen.

Also involved were Dave Peters, Jim Sweeney, Lowell Walker, Ethel Washington, Renee Wilkie, Mark Tink, Bob Bowlsby, Lorelie Darrah, Wes Hogeland, Jeff Jensen, Wayne Lichty, Larry Miller, Julie Mitchell, Joe O'Brien, Mark Schreiner, George Scully Jr., Jim Seeley, Bob Tonkin, Steve Boyd, Brian Brown, Jack Bullock, Scott Cessna, Don Duncan, Jim Egli, Todd Hunemuller, Curt Klatt, Marc Lattin, Bob Manning, Cathy Schwake and Tom Sekeres.

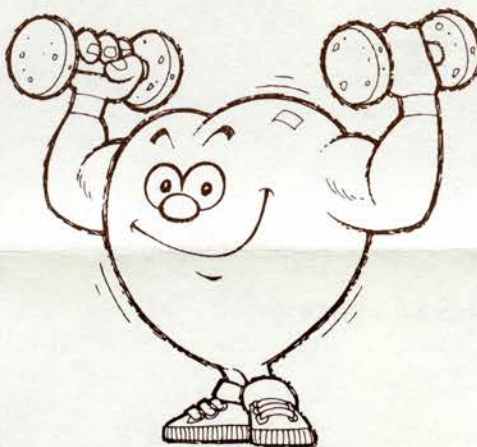
If you would like to help the Y reach the \$100,000 goal, please contact Jim Weaton, 233-3531.

Classes

Strength Training Continues

The Y's Way to Strength Training will be offered this fall during our four week mini session beginning Tuesday, September 3. This program offers instruction on proper use of different types of weight training equipment including Universal, free weights and Nautilus.

A variety of training techniques will be introduced. Classes are held twice a week for one hour. Strength Training meets Tuesday and Thursday from 9:30-10:30 a.m. and 6:30-7:30 p.m. For more information contact the Health Enhancement Director.



Y's Way to Weight Management

This educational program begins on Tuesday, September 17. Weight Management is a ten week program, with a variety of topics presented including modification of eating behaviors, exercise habits and food choices. The class fee includes the cost of a textbook and before and after body composition testing. Classes are held Tuesdays from 6:45 to 8 p.m.



Free Blood Pressure Check

The American Red Cross will conduct free blood pressure checks on Monday, September 16 from 4-6 p.m. Cholesterol screening tests will also be available at the same time for \$5.

Blood Drive

The YMCA, in conjunction with the American Red Cross, will be conducting a Blood Drive on Thursday, September 5 from 3-6 p.m. in the Multi-Purpose Room. Giving blood is safe and simple. Anyone who is 17 or older, weighs at least 110 pounds and is in good health can donate. To set up an appointment to donate, call the YMCA at 233-3531.

Youth Clinics and Classes

SHINKYUDO KARATE

Our youth and adult karate programs at the YMCA combine modern techniques with a traditional karate philosophy. Stances, strikes, blocks and kicks are taught as fundamental self-defense methods. Students can expect improved coordination, self-esteem and discipline. Karate is offered at the following times this fall:

Youth Beginning Karate

Mon.	4:30, 5:30 p.m.
Wed.	4:30, 5:30 p.m.

Youth Advanced Karate

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

Adult Karate

Mon.	7:30 p.m.
Wed.	7:30 p.m.



ROMP AND STOMP RETURNS

This preschool fitness program for 3-5 year olds will be included in our new mini four week session beginning September 3.

Body awareness is the focus of this program. Preschoolers will be introduced to different movements and motor skills via fun physical activities and games.

Pam Carlson, a veteran YMCA employee and originator of the program, returns to lead this class.

Romp & Stomp meets:

Mon. & Wed.	9:30-10:15 a.m.
Tues. & Thurs.	9:30-10:15 a.m.



REDUCED FEES FOR YOUTH SPORTS

Due to successful summer fund raising and an emphasis on youth involvement, the YMCA has lowered all youth activity fees for '91-'92. Register now for any of the clinics listed by calling the YMCA at 233-3531. All youth sports clinic fees are:

Member:	\$ 5
General Public	\$15

FLAG FOOTBALL

For boys and girls, grades 3-6. Develop football skills including passing, catching, kicking and running. Work on coordination and physical endurance.

Dates: September 14-October 27, Saturdays

Times: 9:00 a.m., 10:00 a.m.

Locations: Hansen, Peet, Greenbrier, Devonshire, Washburn, New Hartford

Schedule: All practices, September 14-October 5, are at sites listed above. Games will be played October 12-26 at the Intramural Fields behind the UNI-Dome. Final games will be played on Sunday, October 27 inside the UNI-Dome.



DYNAMITES FLAG FOOTBALL

For boys and girls, grades K-2. Develop football skills using nerf footballs. Basics of passing, catching, kicking, running and game play.

Dates: September 9-October 3, Mon./Wed. or Tues./Thurs.

Times: 4:30 p.m.

Location: YMCA Building

VOLLEYBALL CLINIC

For boys and girls, grades 3-6. Develop volleyball skills including bumping, setting, serving, rules/match play and rotation. Some advanced skills including blocking, spiking, and digging may be covered. Four weeks of practices and four weeks of games.

Dates: September 13-November 1, Fridays

Times: 6:00 p.m. (Grades 3-4)

7:00 p.m. (Grades 5-6)

Location: YMCA Building



CHEERLEADING CLINIC

For girls, grades 3-6. Cheers, routines and jumps. All who attend will receive a set of shakers to keep. Show your spirit!

Dates: September 14-October 27, Saturdays

Times: 9:00 a.m. (Grades 3-4)

10:00 a.m. (Grades 5-6)

Location: YMCA Building

Schedule: All clinics will be held as usual, with the final session being held on Sunday, October 27 in the UNI-Dome at the Flag Football season finale.



Water Leak Up-Date

You have, no doubt, seen a lot of digging going on around the YMCA facility during the month of July. We hope that you will also begin to see the solution of a long-standing problem we've had since we opened this YMCA building NINE years ago — ground water leaks.

As is usually the case with water leaks, there is some uncertainty of whether or not we are doing the correct thing in attempting to solve the problem. The building and facilities committee of the YMCA feels confident that this project was certainly worth the risk and will be fairly inexpensive (if it DOES work), compared to the price of the new gym floor (\$65,000) and pool renovation project (\$40,000) of the past two years.

The Y gratefully acknowledges the volunteer efforts of Mark Tink and Young Plumbing who coordinated the effort and donated labor and equipment to help get this project completed. Also, the Y's Men's Club deserves recognition for the shoveling and raking that they did which helped tremendously. Thanks all!

Now, all that's left is to 1) keep your fingers crossed 2) knock on wood 3) carry that rabbit's foot and 4) look both ways before you cross traffic.

Aquatics Bake Sale A Success

On behalf of all the children involved in the YMCA Aquatics programs, we would like to thank all those who donated baked goods and volunteered to help with the Aquatics Bake Sale in July.

The fund-raiser was a success — we raised \$146.00 and we have been able to purchase six life jackets, seven balls, six bar floats and diving rings and sticks. These will all enhance our program greatly!

Thanks to Debby Miller

The YMCA would like to recognize and thank Debby Miller, the wonderful person who works the Courtesy Center desk every day at 5:30 a.m.! Debby does a terrific job and we know it takes a special person to be here at 5:00 a.m. each day to get things ready. Debby comes to work early and always has a big smile on her face. She has the morning people spoiled by her great service! Debby, thanks for everything!



A Note to Swimming, Gymnastics and Dance Participants

We hope you are ready for our Fall session of classes at the YMCA, which start on Tuesday, September 3. Our first session will be four weeks long to get everyone back in the groove (fees will be proportionately lowered).

All of the future sessions will be six weeks long. This will enable the classes to be done before Christmas and no new sessions will start until after the new year.

These new session dates will allow all preschool swim classes to start and end the same weeks as progressive swim lessons. Come on out and get in on the action!

Black Hawk County Family YMCA
669 South Hackett Road
Waterloo, Iowa 50701



BULK MAIL
NON PROFIT ORG.
U. S. POSTAGE
PAID
PERMIT NO. 1611
WATERLOO, IOWA