

Y's CRACKER

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

August 1988



Register for Fall Classes Soon

A wide variety of classes are available for both members of the Y and non-members beginning on Monday, August 29.

In the next few days the YMCA will be sending out its 1988-1989 Program Brochure with complete listings of activities planned throughout the year. Registrations for the fall classes will take place at the Y between 9 a.m. and 5 p.m. on the dates listed at right.

YMCA members currently in Y classes	Monday, August 22
YMCA members	Tuesday, August 23
Non-members	Wednesday and Thursday, August 24 & 25

Highlights of some of the fall programs are included in this newsletter. For information about YMCA classes please check the listings in the new Program Brochure or call the YMCA, 233-3531.

Don't Weight Around for Winter

Join Nautilus Today

After 14 months of operation the YMCA is proud to announce that the Nautilus program is still growing strong.

Seventy-eight individuals and 17 families joined Nautilus for the one-year program during our highest month, which was April 1987. By the end of the Center's first calendar year more than 370 had been served through program purchases and memberships. Since that time we have obtained our goal of 400 members.

Nautilus is a relatively unique type of weightlifting program that offers a variety of advantages to people of all ages and sizes. For more information about Nautilus please check the information in the 1988-89 Program Brochure or stop by for a tour. The Nautilus Center is located in the northwest corner of the lower level of the YMCA.

Back to School Overnight

The YMCA has become famous for its youth overnights, and on September 9 the Y staff is offering a special Back to School Overnight for youngsters ages 6-12.

Fun and games, swimming, watching movies, and making new friends are a big part of each of the overnights. Children attending need to bring a sleeping bag, swimsuit, towel, gym clothes and tennis shoes other than those worn into the building.

YMCA Overnights begin at 7:30 p.m. and end at 8:00 a.m. An evening snack and breakfast are provided. Sign up soon by stopping by or calling the YMCA, 233-3531.

Fees for YMCA Overnights are:

Members	Non-Members
\$10.00	\$14.00
9.00	13.00
8.00	12.00

From The Executive's Chair

*Heading into the fall of 1988, this YMCA's future has never been more exciting. Exciting because a group of persons dared to care and cared enough to get a **BIG** job done.*

*At this writing, I can almost say that we have reached our goal of raising \$1.5 million for the elimination of our facility debt. By the end of this month it **WILL BE A REALITY!***

So many things have been accomplished as a result of this project. Certainly the fact that our operational budget won't be burdened by this financial albatross is an over-riding reason to be excited. But, there were so many more residuals from this campaign.

*Our YMCA enjoys a more positive image in our community. We got out and told the Y story and people responded. **THAT** is gratifying.*

We worked with more volunteers in this project than in any program the Y has ever run previously. My thanks for their tremendous efforts.

A number of our key leaders from the YMCA's past came together to help in this project. We now can be proud of the linkage — the past with the present — a great combination of knowledge and enthusiasm.

And we can now look to our future with renewed optimism that the YMCA will be ever on the cutting edge of new and exciting program and facility thrusts that will, indeed, take us to tomorrow.

*Yes, the Black Hawk County Family YMCA can stand tall this fall of 1988. Because you cared, and isn't that what our Family YMCA is all about — **Caring and Sharing.***

*In the Y's Way,
Jim Weaton
YMCA Executive Director*



Pool Program Planned

Registration will begin on August 22 for fall aquatic classes. Classes begin the week of August 29. Our Aquatic Department offers something for everyone: young, not-so-young, fit, not-so-fit, active and not-so-active. If you have any interest at all in getting involved in a YMCA swimming program then it'd be worth your time to read the program listings in our new YMCA brochure.

Classes are offered at a variety of times and on a variety of days, fitting into most schedules. Besides the usual youth progressive swimming programs that we have, we are offering an expanded adult program this fall. Programs to look for include Adult Beginning and Intermediate Swim Lessons, Aquatrim, Aqua Dance, Advanced Aquatrim, Arthritis/Joint Mobility and Masters Swimming.

We also are pleased to announce the return of the Splash and Dash program to the YMCA this fall. Splash and Dash is a preschool gym and swim program that is run in conjunction with area preschools and day care centers. If you are interested in Splash and Dash, contact your local preschool or day care to see if they participate.



Lettuce Improve Your Level of Fitness

Members of the YMCA Fitness Staff are geared up and ready to start this fall with a **BANG!**

Having just returned from Y fitness workshops in LaCrosse, Wisconsin, the staff is planning to enhance their fall class offerings with a variety of innovative ideas. Look especially in the areas of use of free weights during exercise, more interesting use of interval training (classes featuring varieties like aerobics **and** floor exercise) and new open house ideas.

The YMCA offers various classes for all levels of fitness. Our five aerobic instructors have 19 years of combined experience, helping the YMCA offer the best classes possible. Please check the new Program Brochure for details. Classes begin the week of August 29.

ATTENTION WALKERS: Watch for details on the Hartman Reserve/YMCA Volksmarch which is scheduled for October 9.

Fall Rentals and Birthday Parties

The YMCA wants you to remember to plan early for fall rentals and birthday parties. Dates go quickly as we move more and more into the "indoor season."

Renting the Y for your group or organization can be economical and time-saving. A variety of facility options are available at reasonable prices.

Make reservations to have your child's birthday celebration at the Y. There's plenty to do and best of all there's no mess left over when the gang's gone home.

Rental and birthday party information can be found in the '88-'89 Program Brochure which will be arriving soon. Call the Y at 233-3531 if you have questions or want to discuss rental dates.

Fall Sports for Youth and Adults

Here are some of the sports highlights for this fall:

Youth

Flag Football Clinic, Sept. 17
Dyna-Mites Flag Football Clinic, Sept. 13
Cheerleading Clinic, Sept. 10
Pee Wee Cheerleading Clinic, Sept. 10
Progressive Gymnastics, Aug. 29
Karate, Aug. 29
Judo, Sept. 1

Adults

Racquetball Lessons, Sept. 27
Racquetball Lessons, Sept. 26
Karate, Aug. 29

For more information about any of the sports activities listed above check the complete listings in the 1988-89 Program Brochure or call the YMCA, 233-3531.



Fall and Winter Building Hours Something New for Early Risers

Monday-Thursday	5:30 a.m. to 9:30 p.m.
Friday	5:30 a.m. to 9:00 p.m.
Saturday	7:00 a.m. to 5:00 p.m.

Please note: The YMCA will be closed all day on Monday, September 5, for Labor Day.

Pick Up Current Schedules at the Welcome Center

Although our schedule varies only slightly from session to session and even from year to year, if you'd like a copy of open swimming and open gym times please stop at the YMCA Welcome Center and pick one up.

The fall schedule will be available after August 22.



Becoming "Pals Forever"

The YMCA offers a special program during the school year that helps enable fathers and their sons/daughters have a chance to get to know one another better and to remember to set aside times to be together.

The program is called Y Indian Guides and Y Indian Princesses. Fathers and their children, grades K-3 are given the opportunity to study Indian lore and apply Indian theories to their own lives. For example during the activities children learn how to do things directly from their fathers.

Upon joining Indian Guides/Indian Princesses each family unit is placed with 6-8 other family units to form a "tribe." Tribes generally meet every other week in a tribe member's home. Each month a larger "nation" event is planned. These events include lock-ins, bowling parties, roller-skating and camp-outs.

For more information about joining Y Indian Princesses/Y Indian Guides, read the full description in the Y Program Brochure or call Dave Phelps at the Y, 233-3531.

Welcome New Office Staff

The YMCA is proud to introduce to our members three new office staff employees:

Marilyn McCool, Secretary/Computer Operator
Judi Jaehrling, Membership Secretary
Denise Givens, Daytime Receptionist

We are excited to welcome them to the YMCA and are looking forward to a lengthy and prosperous association.

NEW MEMBERS

The YMCA is happy to announce the addition of the following people into its membership:

Ronald Wion & Family
 Connie Betherds
 Heinz Westphal & Family
 Ben, Kate, & Chris Judas
 Monica Owens
 Aaron Petersen
 Ronald Coussens
 Adam Jay
 Eric Kolbeck
 Lisa Bindert
 D. Keith Carlson & Family
 Dennis Gilbertson
 Timothy Wirtjes
 Corey Moritz
 Harlan Smith
 Mr. & Mrs. Charles Campbell
 & Family
 Mr. & Mrs. Richard Kipp & Family
 Lela Flourmay & Family
 Michael Maxson & Family
 Theresa Koob
 Cindy Schweitzer & Family
 Rajni Nakhasi
 Jason Zilk
 Mike Hasstedt
 Brenna & Michael Lewis

Andrea Taylor
 Alexis Hanson
 Jim & Nicholas Benson
 John Graham
 Leonard Miller & Family
 John Paulsen
 Mark Young & Family
 Kim & Jamie Vandendriessche
 Sheryl Yaggy & Family
 Carl Hall & Family
 Andy Newton
 Brooks Martin
 Vickie Morris & Family
 Glen Smith Sr & Family
 Terry & Tyson Lichty
 Zachary J. Sweeney
 Merrill & Carol Oster
 Roxanne Westhoff
 Thomas McGraw
 Blaine Luck
 Bryan Kuenning
 Brian Foreman
 Sam Burns
 Andy & Bryan Barlow
 Michael Rekers
 Chris Kolling

Nancy Homann
 Betty Jean Frieling
 Donna Dravis
 Jerry & Angela Davis
 Gloria From & Family
 Robert Hoppenworth
 Richard J. Lown
 David A. West
 Ron Friedley
 Danielle & Ramez Rifai
 Willie Washington
 Paul Koch & Family
 Matthew Poock
 Kelsey Wilson
 Rachael Weber
 Bruce & Lynn Mowatt
 Ben Wagner
 Pricilla Meyermann & Kurt
 Kelly Fauser
 Sherwin Buls Family
 Joseph Brudnak
 Brian Henriksen
 Richard Brandenburg Family
 Tony Wilber
 Paula Jones Family
 Jordan Zuputil

Paul Schou
 Alexa Dolleslager
 Adam Philpps
 Bryan Knox Family
 Deb Mohr
 Heather Kahler
 John Hays
 Adusumalli Family
 Sara Knott
 Dustin Weber
 Robert Kettman
 Mark Wright
 Mildred Miller
 A. Don Smith Family
 Sean Abbas & Kim Wightman
 Larry Wheelock
 Sarah Somerfeldt
 Kirk J. Schaefer
 Ashley Loper
 Jason Hatton
 Kevin & Janell Hoey



BLACK HAWK COUNTY FAMILY YMCA
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