

SPIRIT MIND & BODY

November Edition

YMCA of Black Hawk County



"The Big Picture"

The YMCA will begin taking pictures for new computer bar-coded membership cards.

Starting **November 1, 1992** the YMCA will begin initiating new computer bar-coded membership cards to all members of the YMCA. The Y's goal is to complete all current member card changes by the end of November.

Current members are being asked to stop in at the Y during office hours (7 a.m. to 9 p.m. — Monday - Friday) to have their picture taken for the new card. To cover the cost of the new cards each member is asked to pay \$1.00. After your picture is taken a 24 hour period will be needed to allow YMCA office staff to process the information and make your new card. After that time you will be able to pick up your new card at the front desk.

The YMCA is very excited about this new membership card system. This system will allow the Y to monitor member and building usage; this information can then be used to make better decisions concerning the future expansion and program development at the YMCA.

Facility Open on Sundays Beginning November 8

The YMCA will be open on Sundays for the winter beginning on November 8. All the regular facilities, including child care, are open.

The building hours are 1-6 p.m.

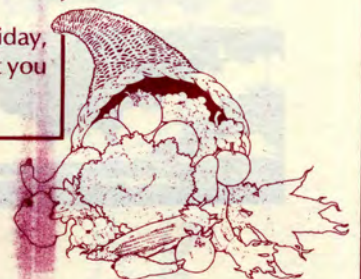
As is tradition, these are family Sundays for members only. You must be a member or with a member to use the Y, and youth under age 16 must be with an adult at this time.

Come enjoy yourself at the YMCA on Sundays.

Closed for Thanksgiving

The YMCA will not be open on Thursday, November 26, for Thanksgiving.

We will resume regular hours on Friday, November 27, at 5:30 a.m. We hope that you have a nice holiday.



From the Executive's Chair

This month, I want to ask you a favor. If you are involved with the youth of our community in any way — LET'S BE POSITIVE!

I hear it all the time "youth-at-risk." Dropouts, teen suicide, teens killing teens, teen moms, gangs, crack, alcohol, cigarettes, a lost generation. It all gets very depressing. I've been a part of task forces in our community that are addressing these very issues. These task forces continue to work very hard towards resolution and a better life for all.

In the midst of all this, we need to look for the positive side. It is not always on the evening news, or in the daily newspaper. It doesn't come from the government or all the private groups that collect information and provide us with the "statistics."

You almost have to get radical to see the other side of teen life. Sometimes you need to reverse the statistics that you read or hear about. Realize if 45% of teens do XYZ, then 55% DON'T!

Young people are doing good things — really! The majority don't drop out of school. The majority don't get pregnant. Most teens are drug free. They are not all gang members. Most are choosing life over death. Many teens even volunteer their time and money. Most importantly, the majority of our youth are polite and don't mind adults being around — as long as we know our place, of course.

All of this is to say let's be positive and supportive of youth. Let's:

- *Talk about youth development, youth at strength, or just plain youth — instead of "youth-at-risk."*
- *Recognize that young people have problems.*
- *Talk about the good things we see them do.*
- *Remove the barriers inside ourselves and in our buildings; create environments of openness and receptivity toward young people*
- *Smile instead of frown when they show up en masse.*

Remember "our" days as youth. I hope that we will begin to see youth as assets; asking how we can work with and for them to help create a better tomorrow.

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



YMCA Halloween Overnight Set for October 30

If you haven't registered for the Halloween overnight there's still time. It will be on October 30 for grades K-6th. Times will be from 8 p.m., Friday to 8 a.m., Saturday. For more details call the YMCA at 233-3531 and ask for Tom Sekeres.



YMCA offering GED, adult education classes

Free GED and Adult Basic Skills (ABS) classes for adults are offered Monday through Friday from 1 to 3 p.m. at the YMCA. Child care is provided at no charge.

GED classes are designed for adults who want to earn their high school equivalency diploma. There is no charge for instruction and books, but only a charge for a testing fee at the time of the first test.

ABS classes offer adults of all ages an opportunity to improve basic reading, writing and math skills at their own pace in an adult setting.

New students may enroll during any scheduled class period during the regular school year. For more information call Beth Hanisch, 233-2895, or the Hawkeye Institute of Technology Success Center, 234-5745. Classes are co-sponsored by HIT and the YMCA.



New Shampoo/Soap Being Used In Shower Dispensers

The YMCA is now providing a new shampoo/soap product in the locker room shower areas. HB220 by Midlab, Inc. is an all over body shampoo/soap conditioner that contains an aloe vera gel. The shampoo/soap is red in color and creates a thicker lather.

The YMCA made the switch to this product because it can be used as a body soap and shampoo. This shampoo/soap is also stamped with an "environmentally friendly" seal of approval.

New Classes Start on November 9

The next session of YMCA aquatics, gymnastics, dance and health enhancement classes is set to begin Monday, November 9. Members and the general public are welcome to participate in the classes.

This is a six week session.

Registration Information

Members enrolled in Fall 2

Other YMCA Members

General Public

Monday, November 2

Tuesday, November 3

Wednesday-Friday, November 4-5

All swimming and gymnastics classes that fall on Thursday, November 26 (Thanksgiving Day) will be made up on Friday, November 20. Classes will meet at their normal times on that Friday.

Health Enhancement — Winter One

Class	Time	Day
Freestyle Aerobics	6:00 a.m.	M-W-F
Hip & Tummy Trimmer	10:30 a.m.	T-Th
Teen Aerobics	4:30 p.m.	M-W
Live "Y"ers	8:30 a.m.	M-W-F
Step Aerobics	4:30 p.m.	T-Th
Step Aerobics	5:30 p.m.	T-Th
Step Aerobics	10:30 a.m.	M-W-F
Y's Way to Aerobics	9:25 a.m.	M-W-F
Y's Way to Aerobics	5:30 p.m.	M-W
Y's Way to Walking	8:30 a.m.	T-Th
Y's Way to A Healthy Back	5:30 p.m.	M-W
You & Me, Baby (Pre-Natal)	5:30 p.m.	T-Th
Weekend Workout	10:00 a.m.	Sat.
Romp and Stomp (ages 3-6)	9:30 a.m.	T-Th

Water Exercise

Y's Way to Water Exercise	7:30 a.m.	M-W-F
Y's Way to Water Exercise	8:30 a.m.	M-W-F
Y's Way to Water Exercise	9:30 a.m.	M-T-W-Th-F
Y's Way to Water Exercise	6:30 p.m.	M-W-Th

Jazzercise

YMCA member \$15, general public \$20 (for an 8 class punch ticket).

Jazzercise	9:30 a.m.	T-Th
Jazzercise	6:45 p.m.	T-Th
Jazzercise	8:30 a.m.	Sat.

Strength Training

Y's Way to Strength Training	9:30 a.m.	T-Th
Y's Way to Strength Training	6:30 a.m.	T-Th
Youth Strength Training	4:15 p.m.	M-W-F

Karate

Karate (Adult)	7:30 p.m.	M-W
Youth Karate Beg. (ages 6-15)	4:30 p.m.	M-W
Youth Karate Beg./Intermed.	5:30 p.m.	M-W
Youth Karate Advanced	6:30 p.m.	M-W

Fees for Health Enhancement Classes (Six Week Session)

If you sign up for	Members	General Public
Two days/week	\$16.00	\$34.00
Three days/week	\$19.00	\$36.00
Four days/week	\$22.00	\$38.00
Five or more	\$25.00	\$40.00

Y's Way To A Healthy Back costs \$35 for members and \$60 for the general public.

Romp and Stomp (ages 3-6) and **Teen Aerobics** (ages 10-18) classes cost \$12 for members and \$24 for the general public.

Adult Strength Training costs \$15 for members and \$25 for the general public.

Youth Strength Training (ages 9-13) is \$15 for members and \$25 for the general public.

Adult Karate is \$16 for members who take the class once a week; \$25 for twice a week. The general public pays \$26 for classes if they attend once a week and \$42 for twice a week.

Youth Karate is \$12 for members who take the class once a week; \$20 for twice a week. The general public pays \$20 for classes if they attend once a week and \$36 for twice a week.



Aquatics — Winter One

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

Fees for Progressive Swim Class, Gymnastics and Dance

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

Youth Aquatics

Shrimp/Perch (Waterbabies)

(6 mos. 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.
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Adult Aquatics

Adult Beginning Swimming

Tuesday	11:15 a.m., 7:00 p.m.
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Adult Intermediate Swimming

Thursday	7:00 p.m.
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Arthritis Water Exercise

Mon., Wed., Fri.	10:30 a.m.
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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)

(ages 5 & up)

Thursday	5:45 p.m.
Friday	5:45 p.m.
Saturday	9:45 a.m.

Youth Progressive Gymnastics (Advanced)

(ages 5 & up)

Friday	6:30 p.m.
Saturday	10:30 a.m.

Dance

Beginning Ballet

(ages 7 - 15)

Monday	4:15 p.m.
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Ballet (Level 2)

(ages 7 - 15)

Wednesday	5:45 p.m.
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Beginning Jazz

(ages 7 - 15)

Monday	5:45 p.m.
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Jazz (Level 2)

(ages 7 - 15)

Wednesday	5:00 p.m.
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Popular Dance

(ages 7 - 15)

Wednesday	4:15 p.m.
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Tap

(ages 7 - 15)

Monday	5:00 p.m.
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Adult Dance

(ages 16 & up)

Monday	6:30 p.m.
Wednesday	6:30 p.m.

Shinkyudo Karate

Shinkyudo Karate (new and old style) incorporates proven traditional forms and techniques with a modern philosophy of life.

The emphasis, throughout all phases of training, is on personal growth. Through vigorous physical training and a teaching philosophy that encourages self-esteem, each student has the opportunity to develop his/her own self-discipline.

Traditional forms are taught at each level. These forms are a key part of the advancement process. The "Kata" (formal exercise) that are used incorporate chosen techniques which are applied progressively. These Kata allow the student to further develop the techniques that are necessary to advance to the next belt level. Belt levels include: white, yellow, blue, green, purple, brown, and black.

Self defense tactics and offensive counter moves are demonstrated and practiced. These sparring techniques include: blocks, strikes, kicks, sweeps, and judo. Tournament oriented instruction is optional.

The YMCA Karate staff includes instructors of various ranks and diverse backgrounds who bring with them a broad range of knowledge and experience. They are committed to helping each student to grow spiritually, mentally, and physically in accordance with YMCA principles.

Class Times

Youth Karate Beg.	4:30 p.m. M-W
Youth Karate Beg./Intermed.	5:30 p.m. M-W
Youth Karate Advanced	6:30 p.m. M-W
Adult Karate	7:30 p.m. M-W

Class Fees

Adult Karate is \$16 for members who take the class once a week; \$25 for twice a week. The general public pays \$26 for classes if they attend once a week and \$42 for twice a week.

Youth Karate (ages 6-15) for members once a week, \$12; twice a week \$20. General public pays \$20 for Youth Karate once a week; \$36 for twice a week.



Racquetball Lessons

Registrations are being taken for an upcoming session of racquetball lessons. These sessions are held on Tuesday nights beginning November 3 and run for four weeks.

Beginners are provided with an explanation and demonstration of racquetball rules, basic skills and safety tips.

The cost for lessons is \$15 for members and \$35 for the general public. For more information call Tom Sekeres, 233-3531.



Basketball Clinics

Men's Basketball League

The YMCA is currently forming a Men's 5-on-5 Basketball League. The league games will be held at Peet Junior High School beginning Monday, November 9 from 6:30 - 9:30 p.m. Games will continue through January 25, 1992. Rosters need a minimum of six players and a maximum of nine players. Referees will be provided. For more information about the league contact Tom Sekeres at the YMCA.



5 on 5 Girls and Boys Basketball

Registrations are being taken for both boys and girls 5 on 5 basketball to be held at three locations in the metro area beginning November 13 and 14.

The basketball season will be eight sessions in length with clinics not being held the weekends of November 27 and 28, and December 25 and 26.

Any boy or girl in grades 3-6 is invited to register. Clinic fees, locations and times are listed below. On January 17, the final basketball jamboree will be held in the PEC, adjacent to the UNI-Dome on the UNI Campus. Game schedule and maps will be distributed throughout the clinic.

Cedar Heights		Friday Evenings
Girls	Grades 3-6	5:30-6:30 p.m.
Boys	Grades 3-4	6:30-7:30 p.m.
Boys	Grades 5-6	7:30-8:30 p.m.
Hansen Elementary		Saturday Mornings
Girls	Grades 3-6	9:30-10:30 a.m.
Boys	Grades 3-6	10:30-11:30 a.m.
YMCA		Friday Evenings
Girls	Grades 3-6	5:30-6:30 p.m.
Boys	Grades 3-6	6:30-7:30 p.m.
YMCA		Saturday Mornings
Girls	Grades 3-6	9:30-10:30 a.m.
Boys	Grades 3-6	10:30-11:30 a.m.

Fees:

Members \$6	General Public \$16
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For information call Tim Moses at the Y, 233-3531. Hurry and call to reserve your spot on a YMCA youth sports 5 on 5 basketball team.

Sign a Member in November

It's back, and it's better-than-ever! Our annual "Sign a Member in November" campaign.

Any member can participate. All you need to do is bring in one new member to the YMCA who joins at the basic adult membership level or above (\$254/year or more).

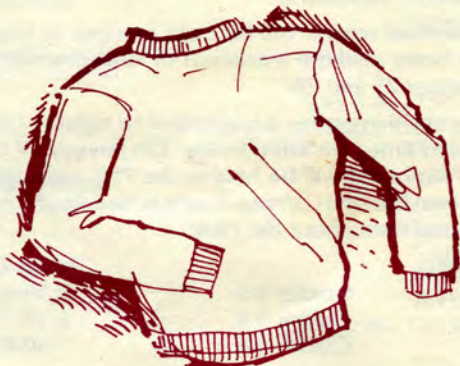
Your new member needs to sign up for the full year membership and pay either the annual fee or at least one month down to go on our automatic checking program.

When they join, if you are not there to collect your sweatshirt on the spot, the new members must mention that you were the one responsible for recruiting them.

This year's sweatshirts are light grey colored, with a new design, and they come in sizes S, M, L and XL. There are only a limited number, and when they are gone, the campaign will be over.

Talk to your neighbors and friends, and get credit for the good you do for the YMCA!

Check with the YMCA staff for more information. If you earn more than \$254 in credit, you can earn up to four sweatshirts per household. Or, you can combine amounts from youth memberships to earn one. Let us know if you have any questions about the campaign.



New Outdoor Playground at the YMCA

Thanks to a thousand dollar donation from the Y's Men Club and additional funding by the YMCA a new outdoor playground has been constructed on the south end of the sand volleyball court.

The new playground will be used by the YMCA daycare and other youth programs. It is also available for public use.



Y's Men Club

The Y's Men Club is a co-ed volunteer service organization for the Black Hawk County YMCA. The club helps organize and run various activities for the YMCA. Examples include the YMCA Christmas tree lot, lemonade stand for the Sturgis Falls weekend, and the YMCA youth wrestling tournament.

Y's Men Club volunteers meet the second Monday and last Tuesday of each month from September through May. If you would like to get involved or find out more information about the Y's Men Club contact Dave Peters at the Y, 233-3531.



Black Hawk County Family YMCA
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