

Y's CRACKER

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



FAMILY SUNDAY 1986 HAS A NEW TWIST

Your YMCA will once again offer it's "Family Sunday" program beginning December 1, 1985 and continuing every Sunday thereafter through March 30, 1986. Family Sunday is a time set aside by the YMCA for 1:00 - 5:00 PM for families of our YMCA membership to enjoy a Sunday afternoon **together** using the physical facilities as a vehicle for family fun and entertainment. This program year for Family Sunday will also include one major monthly event for families to participate in together. They are as follows—

Sunday, December 22nd — YMCA Family Christmas Party

Sunday, January 26th — YMCA Family Sunday at the Movies

Sunday, February 16th — YMCA Family Wet & Wild Day

Also, other special events are being planned to further promote family participation and togetherness such as; Family Aerobics, Family entertainment shows (puppet show, magician, etc.), cross-country skiing lessons, educational seminars (child abuse/neglect, nutrition, etc.) and more!

Further details and schedules on the monthly special events will be available December 8th, 1985.

Participation in "Family Sunday" is for the following:

1. Husband/Wife/Children
2. Husband/Wife
3. Father/Children
4. Mother/Children

Single adult members must bring a family member to participate in "Family Sunday".

Fee: YMCA Members — No Charge

Non-YMCA Members — \$2.00 per person adult
(Must be accompanied by a member)

\$1.00 per person youth

In addition, child care will be provided by the YMCA for children 6 years of age and under for a nominal fee. For more information, contact Bob Hoffmann, YMCA Program Director at 233-3531.

ATTENTION ALL YMCA MEMBERS!

Due to the increased participation in facility usage during the holiday season beginning Monday, December 23rd thru Saturday, January 4th, 1986 — **NO GUEST PASSES WILL BE SOLD UNLESS ACCOMPANIED BY A YMCA MEMBER.**

If you are planning on having your guest meet you at the "Y" please make the arrangements to meet them in the lobby OR leave their name at the front desk.

All members and guests are required to wear appropriate athletic attire and bring a pair of gym shoes other than those worn into the facility. No dark soled gym shoes will be allowed in the gym area or on the racquetball courts. Please help to preserve our fine facility by abiding by these policies.

FOR THE HOLIDAYS:

December 24th, Christmas eve the YMCA will be closed at 2:00 p.m. and all day Christmas Day.

January 31st, New Year's Eve the YMCA will be closed at 2:00 p.m. and all day New Year's Day.

Happy Holidays.



FROM THE EXECUTIVE'S CHAIR

This month, I would like to spend a few moments and challenge each of us with three thoughts . . .

*The **first** thought is this: Where are each of us in relation to a balance in our lives?*

- Have we taken the time to enhance our spirit — our mind — our body?*
 - Have we balanced our work — our family — our leisure?*
 - Have we put God first — others second — ourselves last?*
 - Have we committed ourselves to the fact that there is more to life than money?*
 - If we haven't done these things — are we willing to accept that fact and look for change?*
- Someone once said that change is inevitable but it's the direction of change that counts.*

— Will that change be a positive change or negative.

*The **second** thought would be how we might perceive ourselves as individuals — Are we winners or losers?*

God created us all to be winners. Winners are people who feel good about themselves. They take care of themselves. Winners set goals and accomplish them. They are able to look people in the eye and smile. Winners have friends and care about others. It is inconceivable to think that God would create a loser. Yet there are a lot of people who are losers because of what families, society, friends, and community put on people.

A loser is someone who says he/she is not "OK", is friendless, has little to smile about, doesn't like his or her body and is unable to do anything about weight, fatigue or lack of coordination, feels little in the way of accomplishment, and lives in the past.

Although we may be losers right now, each of us and each of our children were born to be WINNERS. We have the capabilities to do something about it!

*The **last** thought that I would challenge each of us with this month would be in how we account for our faith. I might pose this to you as it was simply put to me once . . . Is our faith a religion . . . or a relationship?*

- Do we practice our faith seven days a week or only on Sundays?*
- Do we take the time to share our faith with others?*
- Is there a reason why the Bible is the world's most bought book but the world's least read?*

Take some time to develop — or re-develop that relationship with your God and remember that our children are a product of their environment — does that environment include God?

As we approach this blessed Christmas Holiday — Let us all remember that "Jesus" is the reason for the Season!"

May I take this opportunity on behalf of our staff, Board of Directors and myself to wish you a most joyous Christmas and happiness in the New Year.

Jim Weaton

YMCA Executive Director



FITNESS UPDATE . . .

FITNESS OPEN HOUSE

The YMCA aerobic staff will hold a free open house on Saturday, December 14th at 10:00 AM in the multi-purpose room. Child care is available for children up to age 7, for a small fee. After class we will have refreshments and door prizes.

BACK BY POPULAR DEMAND

The Y's Way to Physical Fitness will return in the second Winter session. Class is on Monday and Wednesday evenings at 6:30 PM. Registration for members is Monday, January 20th, and class starts the night of January 27th. This class is FREE to members. This class is for any level of fitness, so come on in for fun and fitness!

Y SPORTS SHORTS

News from the Youth Sports Department:

The YMCA Youth Basketball Clinic is at the midway point after four weeks of fundamentals and start of four weeks of games.

This year there are 286 kids participating, making up 34 teams. I would like to thank all of the coaches who have volunteered their time to this year's clinic.

The YMCA Youth Wrestling Clinic will begin Saturday, January 18th and continue through March 8th, culminating with a tournament at the YMCA on March 8th. The clinic is open to all kids in 2nd-6th grades. Participants will be taught the fundamentals of wrestling with emphasis placed on participation rather than competition.

"ROCKIN'" NEW YEARS EVE — KIDSTYLE

Why should mom and dad have all the fun on New Year's Eve? Well, here's your chance! The YMCA is hosting the 4th Annual "Rockin'" New Year's Eve Party for any boy or girl in the 1st thru 6th grade.

We will be having fun in the gym, pool, game room and gymnastics room. Activities will be planned throughout the evening. The new year will be brought in with surprises, party hats, and horns — just like the big folks! The YMCA will also provide a movie, snacks, and breakfast.

Children need to bring a sleeping bag, swimsuit, towels, gym clothes and tennis shoes (other than those worn into the building). The PARTY begins at 8:00 PM sharp and all children must be picked up by 8:30 AM on the morning of January 1st, 1986.

The fee is as follows:

Members		Non-Members
\$15.00	1st child	\$20.00
10.00	2nd child	\$15.00
5.00	3rd child	10.00
Free	4th child	Free

And finally, you can put Mom and Dad's fears to rest knowing there will be one adult for every 7 children present. A pretty comforting thought knowing you're hav-

ing fun in a heathy environment hoping Mom and Dad have the same kind of safe fun.

Only one hitch. There is a limit of 150 participants so early registration is advised. Here's how to register:

YMCA Members & Their Guests — Monday, December 9th - 18th

Non Y Members — Thursday, December 19th - 27th

Mom, Dad and kids having fun on New Years Eve! Isn't that what life is all about?

COME JOIN THE FUN!!!

FOR SALE!

The YMCA will be replacing all bicycles in our Exercise Room on January 1st! The old bikes are being sold to anyone interested on a first-come-first-served basis for \$100.00 per bike.

If you or someone you know is interested, please stop by the YMCA and see Jim Weaton. There are only six bikes available so act soon if interested.

HOLIDAY GYM SCHEDULE — December 23rd - January 5th

During the Holiday Season the YMCA will be operating under revised gym and pool schedules. There will be no classes scheduled in the gymnasium or pool with the majority of the gym time scheduled for open use.

The following rules will be in effect during all gym open times.

1. The north court will be reserved for ADULTS with the south court being reserved for YOUTH members.
2. Basketball games will be restricted to ½ court play when more than two teams are waiting to play (10 players).
3. Players who are not in the game being played must remain off the court until the game is finished.
4. All games will be played to 7 points. The winning team is the first team to score 7 points, games do not have to be won by two points.
5. People waiting to play must have the opportunity to play the next game, before the losers of the previous game are asked.



GYM SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-8:00 am		Open	Open	Open	Open	Open	Open
8:00-9:00 am			Open		Open		Open
9:00-10:00/ 9:30-10:30		Open	Open	Open	Open	Open	Open
10:00-11:00/ 10:30-11:30		Open	Open	Open	Open	Open	Open
11:00-11:30 am		Open		Open		Open	Open
11:30-Noon		Open		Open		Open	Open
12:00-12:30 pm		Open		Open		Open	Open
12:30-1:00 pm		Open Recreational Volleyball	Adult Recreational Basketball	Open Recreational Volleyball	Adult Recreational Basketball	Open Recreational Volleyball	Open
1:00-2:00 pm		Open/ Recreational Volleyball	Open	Open/ Recreational Volleyball	Open	Open/ Recreational Volleyball	Open
2:00-Close		Open	Open	Open	Open	Open	Open



LARGE POOL SCHEDULE

HOLIDAY POOL SCHEDULES DECEMBER 23RD - JANUARY 5TH

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:00 am	Youth & Adult Lap	Youth & Adult Lap	CLOSED	Youth & Adult Lap	Youth & Adult Lap	CLOSED	CLOSED
8:00-9:30 am	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	CLOSED	CLOSED
9:30-10:30 am	Open	Open	Open	Open	Open	Open	CLOSED
10:30-11:30 am	Open	Open	Open	Open	Open	9:00-12	CLOSED
11:30-1:00 pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap Noon-1:00 pm	CLOSED
1:00-1:30 pm	Open	Open	Open	Open	Open	Open 1:00-4:45 pm	Family Swim
1:30-3:30 pm	Open	Open	Open	Open	Open		1:00-4:45 pm
3:30-4:00 pm	Open	Open	Open	Open	Open		
4:00-6:10 pm	Open	Open	Open	Open	Open		
6:10-7:00 pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap		
7:00-8:00 pm	Open	Open	Open	Open	Open		
8:00-9:00 pm	Open	Open	Open	Open	Open		

SMALL POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-8:00 am	Closed	Closed	Closed	Closed	Closed	Closed	
8:00-9:00 pm	Open	Open	Open	Open	Open	Closed	
						Open	
						9:00-12	
						Open Swim 12:00-4:45 pm	Family Swim 1:00-4:45 pm

During the open swims there will be at least one lap lane available for lap swimmers.

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

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