

SPIRIT MIND & BODY

December Edition, 1992

YMCA of Black Hawk County

The Best Gift of All

This Christmas, like all others, we will ponder on how much money to spend on gifts, who to buy gifts for, and when we will be able to pay off our bills for them. We will decorate a Christmas tree, listen to carolers, go to parties, make cookies and candy, and take children to visit Santa Claus.

With all of these holiday traditions we sometimes forget the true meaning of Christmas. Even though we don't want to admit it we may have even forgotten God. The most celebrated event of Christmas and the Christian faith is the birth of one special baby — Jesus.

Two thousand years ago when He was born there was no room for Him in the inn. Have we made room for Him in *our* lives today? Jesus Christ was born for us. His gift to us all year round is Himself. He has given His children an abundant life here on earth and eternal life in heaven. He is our source of sunshine, rain, food, shelter, clothing and life itself. He has made us who we are.

The best gift you can give this Christmas is yourself. Things you can take pictures of and purchase are not lasting. **You are.** Give of your time, your talents, your love. Christ's gift to you was himself. What will you give back to Him and others? Your commitment to Christ — *the best gift of all.*



From the Executive's Chair

Through three-quarters of 1992, I would have to say that we are, **AGAIN**, having a very great year at the Black Hawk County Family YMCA. Why? Because you continue to support and participate at higher levels than ever before.

THANKS!

Some statistics that might be of interest to you:

- College Membership are up 65% over a year ago.

More young people being served.

- Program participation is up 24% over a year ago.

More people are taking advantage of the diverse offerings by the 'Y' to meet needs.

- Collaboration and usage by outside groups with the YMCA is up 12% over a year ago.

The YMCA continues to help ALL people help themselves.

- Volunteers helping shape and make policy on behalf of our YMCA increased by 34% over last year.

Ownership of the YMCA continues to be in the right hands — YOU.

The quality of life for all involved continues to improve because of your efforts and because there is a YMCA in this community. Feel good about it and pat yourself on the back. You deserve it!

The last quarter promises to be equally as successful. Our annual **"Sign A Member In November"** membership campaign will bring new faces to our organization. Our youth work initiative takes us back into four schools this fall in Waterloo with our new **"PrYme Time After School Activity Club Program."** The **35th Annual Christmas Tree Sale** is just around the corner.

Yes, the Family YMCA continues to be **"At Work For Tomorrow — Today!"** Stay with us and Stay Tuned . . . you'll be glad you did.

Parting Thought: If you can't be generous when it's hard, you won't be when it's easy.

In the 'Spirit' of the 'Y'

Jim Weaton

YMCA Executive Director



YMCA Gift Certificates

The YMCA has a gift to fit everyone in your family.

You can purchase a gift certificate or any of the YMCA sports attire or equipment for even the hardest-to-please person on your list this year.

The YMCA offers gift certificates (any dollar denomination) that can be used for memberships, classes or merchandise.

Wouldn't it be great to see grandma participating in a water exercise class, or maybe your favorite cousin would love to learn how to swim. Would someone at your office like a certificate that is equal to the first month free at the Y? When people start to ask you what you want for Christmas, remember the YMCA.

Whatever your needs are, stop at the YMCA Welcome Center and purchase a Y Gift Certificate today.



New Year's Eve Overnight

This popular overnight is back and better than ever. The New Year's Eve Overnight will begin at 8 p.m. on Thursday, December 31 and will conclude at 8:30 a.m. on Friday, January 1, 1993.

Kids in grades K-6 will enjoy games, swimming, snacks, wallyball, a celebration of the New Year and breakfast. Those attending should bring a swimsuit, towel, pillow, sleeping bag, gym shoes and comfortable clothes.

Fees are \$10 for YMCA members and \$14 for the general public.

Anyone interested in volunteering to help with the overnight activities should contact Tim Moses at the Y.

Pre-registration is required. Call the YMCA, 233-3531.

The YMCA Presents PrYme Time, an after school activities program

The PrYme Time program began November 4 and 6 and will operate every Wednesday and Friday through May 26 and 28 for a total of 23 weeks. The PrYme Time program begins at 4:00 p.m. and concludes at 6:00 p.m.

Cost for the PrYme Time program is a \$1 per week for YMCA members and the general public. Waterloo Schools that are participating include: Kittrell, Kingsley, Roosevelt and Lincoln.

For more information about the YMCA PrYme Time program please contact Tim Moses at the Y, 233-3531.

Free Blood Pressure Screening

The American Red Cross will conduct free blood pressure screening at the YMCA on Wednesday, December 9 from 11:30 a.m. - 1:30 p.m. Cholesterol screening tests will also be available. There is a \$5 charge for the cholesterol screening.

Reminder to all YMCA Members

If you have not had your picture taken for the new YMCA membership cards we ask that you do so as soon as possible. We are planning to implement this system within the next few weeks and all members will be required to have a membership card with picture i.d. and computer bar code. For more information call the YMCA at 233-3531.

Child Care Bake Sale

The YMCA Child Care staff will be holding a bake sale to help raise money for Child Care supplies. The sale will take place on December 8 and 9, 1992. Anyone who is interested in helping with the sale (making goodies or volunteering to sell items) may contact Tom Sekeres or Thelma Aneweer at the YMCA.



New Faces

Mary Shoever is a co-op student from UNI. She had been working for the YMCA health enhancement program this semester. Mary is a Corporate Fitness major and will be doing her student internship next semester at the Rockwell Corporation in Cedar Rapids, Iowa. During her stay at the YMCA, Mary has been involved with Fitness Assessments, instructing fitness classes, working with the YMCA/John Deere Wellness Center, and various other administrative duties.

Aquatic News

The winter two session for swimming, gymnastics and dance classes will start on January 11, 1993 and continue through until February 20, 1993. Registrations for this six week session will begin on Monday, January 4.

Holiday pool schedule. The large and small pools will be open for lap swimming and open swimming during the YMCA holiday hours. The last day of the current swim lesson session is Saturday, December 19. After the 19th the pools will have more open time to allow families to swim and play together during the holidays. Come on in and have some fun!



The entire YMCA staff would like to wish our members and community a Merry Christmas and Happy New Year.

Thanks to everyone who has participated in our programs. We look forward to seeing you during the holiday season!

35th Annual Christmas Tree Sales To Begin!

That's right! For 35 years, a group of dedicated volunteers from our YMCA Adult Service Club (**Y's Men's/Women's Club**) have been spending from the day after Thanksgiving until Christmas selling thousands of trees to benefit the youth of our community. This year will certainly be no different.

Scotch pines (5½ ft. to 8 ft.) at \$4 per foot and White pines (same size as the scotch) at \$4.75 per foot will again be offered, along with decorated and undecorated wreaths at \$10 and \$15. Tree stands are available for \$16, tree food at \$1 per pack, tree removal bags at \$2 and roping for \$.75 per foot.

The tree lot opens Friday, November 27, with regular hours from

11:00 a.m. to 9:00 p.m.

Monday through Friday and

9:00 a.m. to 9:00 p.m.

Saturday and Sunday.

All proceeds from these sales have been donated back to the YMCA to support youth activities and the purchase of youth related equipment. The club has purchased vans, a bus, tents, youth sports equipment and canoes to name a few of the items.

Please consider buying your tree this year from a **Y's Man or Woman Volunteer**. You not only will be doing something "real" for yourself, but you will be helping someone else too. And there's nothing "artificial" about that!



Holiday Hours

The YMCA will be open regular hours during Christmas/New Year's season except on the following days:

Thursday, December 24	Christmas Eve	closed at 5 p.m.
Friday, December 25	Christmas Day	closed all day
Thursday, December 31	New Year's Eve	closed at 5 p.m.
Friday, January 1	New Year's Day	closed all day

Happy Holidays!



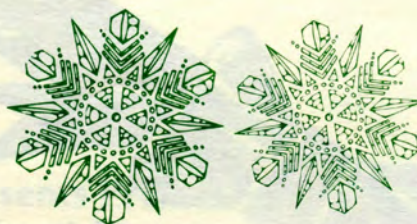
After the Holidays . . .

The next session of YMCA aquatics, gymnastics, dance and health enhancement classes is set to begin on Monday, January 11, 1993.

Class registration begins for —

Members enrolled in Winter One	Monday, January 4
Other YMCA members	Tuesday, January 5
General Public	Wednesday - Friday, January 6 - 8

Registrations are taken by the phone and in person at the YMCA, 233-3531.



Black Hawk County Family YMCA

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