



YMCA UPDATE

At work for tomorrow ... today.

BLACK HAWK COUNTY FAMILY YMCA

NOVEMBER 1993

Are You a Slave to Time?

Are there so many demands on your time that you can't squeeze another second out of your schedule? If so, you have "timelock." Just as gridlock stops traffic, "timelock" stops productivity. Here's what to do to get unlocked:

Think of what you want out of life--not how much you can get done. Assess all your activities. If they add to your life, keep them. If not, eliminate them whenever possible.

Understand your body clock. It's irregular and not as uniform as time from a clock. Identify its peak time. That's when to schedule especially difficult work.

Don't crowd every minute with some task. If you do, tension rises and effectiveness declines.

Slow down. Don't be addicted to rushing. Ask, "Why am I rushing? What'll happen if I don't?" Know the difference between necessary haste and impatience.

Subtract an old activity when you add a new one.

This article was originally published in "Parade Magazine" then reproduced in the newsletter "communication briefings".

The Family YMCA is honoring all YMCA Presidents Club members over the next several months in the YMCA Update Newsletter. Members of the Presidents Club support the Family YMCA with a contribution or an in-kind gift of \$2500 or more. Look for President's Club members' advertisements in this issue and future issues of the YMCA Update. Thank you for your continuing support of the Family YMCA of Black Hawk County!

YMCA Parking Renovation Completed

There shouldn't be as much frustration finding a parking spot at the Family YMCA this winter! Why? Because 74 new stalls have been added as part of the Y board's decision to repair, replace, and expand its parking opportunities for easier accessibility to the Y facility.

All of our members and community participants need to be aware of the three areas to park when looking for your "space" in the upcoming months. Our main lot, which is now a new cement and curbed lot holds 169 cars. This is 32 more than the old lot had.

A temporary lot east of the facility by the outdoor playground and volleyball courts has also been set up with reground asphalt that will hold an additional 35 cars. Although this appears to many to look like black dirt, it is a hard packed surface that will stand up to snow and rain. It is OK to park there - you won't get stuck. For your information, this is the same surface the greyhound dog track put down over 7 years ago.

If these two lots are full, the back lot northwest of the building has 16 spaces available with a connecting sidewalk to the front of the building entrance for easy access. You won't have to walk around in the street anymore.

All in all, the YMCA is pleased to be able to provide the solution to a frustration that has plagued us for the past several years. Yet another example of the YMCA working to serve you better. **Thanks for your patience and understanding!**

Wanted - A Place to Keep Warm

The local Y service club (Y's Men/Women) is looking for anyone who has a small hardtop camper that the club could borrow during the annual Christmas Tree sales. The camper is used to house the volunteers while they are waiting for customers. Usually, no more than 2-3 persons use the vehicle at any one time.

From the Executive's Chair

I'd like to devote my column this month to welcome and congratulate three groups in regards to our YMCA. Someone once said "change is inevitable, it's direction that counts". I think you can feel good about the direction the Family YMCA is headed because of these people I mention below.

First, I'd like to welcome four new members to our corporate board of directors. Ernie Boykin, Tim Brodahl, David Lenz, and Dan Watters have all said yes to accepting a leadership role with the YMCA and the challenge of moving the organization forward. I congratulate all of them on their commitment and dedication in seeing that the YMCA is here for another 125 years.

Second, my congratulations to Dave Peters of our Y staff who just attained his YMCA Senior Director's Certification from the YMCA of the USA. This association has placed a high emphasis on staff development and skilled employees and Dave's recent completion only demonstrates the high level of competence I have surrounding me as we seek to accomplish our mission. For your information, four of our six professional staff have attained this special status in the YMCA movement.

Third, I'd like to welcome the 200 + new YMCA members that have joined the YMCA over the last 60 days. Some of you have come as a result of the recent closing of a local racquet club in town. Others for various reasons. For whatever reason, I am extremely glad you have chosen the Family YMCA as your "2nd Home".

Our members continue to be the backbone of the organization. Our strong member base of 9,100+ allows us to stay mission focused and mission driven in this community. A portion of all memberships go to support financial assistance, youth, health enhancement, collaboration, camping and new at-risk initiatives. You all should feel good that you, not only can "play" on your membership, you can "help someone else too".

Good things continue to happen at the YMCA because of the above mentioned people. Please take time to recognize, welcome, and help them as we continue to
(continued on back page)

36th Annual Christmas Tree Sale

The YMCA's Adult Service Club (Y's Men/Women's Club) will once again be selling Christmas trees at the Family YMCA. The tree lot (stationed at the YMCA parking lot) will officially open on Friday, November 26. Regular hours will be 11am - 9pm Monday through Friday and 9am - 9pm Saturday and Sunday.

Scotch and White pine trees will be sold. Trees will range in height from 5 1/2 to 8 feet. Wreaths, tree stands, tree food, roping and removal bags will also be available for purchase.

As an added feature this year, hot apple cider and hot chocolate will be available at no cost to all tree shoppers. This year's rate also will include discounts for YMCA members.

Proceeds from the Christmas tree sales are used by the club to benefit the youth of our community.

RACQUETBALL SEASON

So that we may better serve you in the future, here is a list of our racquetball rules and procedures.

Reservations can be made in person or by phone up to one week in advance. Reservations are good up to ten minutes past court time. Cancellation of a court reservation must be made at least four hours prior to court time. Members failing to cancel or check in at the desk will be charged a \$4.00 no-show fee. Future reservations will not be accepted until the fee is paid.

It is the member's responsibility to check in (by name) to the lower level desk staff to claim their court. Use of the courts is reserved for YMCA members and their registered guests. Only members may reserve courts and are limited to one court time per day.

Courts 1,3 and 5 are available for use for 1 hour on the hour. Courts 2 and 4 are available for use for 1 hour, at half past the hour. Walleyball is available on courts 4 and 5.

Proper gym attire is required while on the courts. Court shoes that have **not** been worn outside must be used. Black-soled shoes are not allowed. Eyeguards are mandatory for all youth players and highly recommended for adult players.

All players names must be entered on the reservation sheet. We ask that only YMCA staff write on the reservation sheet.


COVENANT
MEDICAL CENTER

Large Pool

YMCA POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00-7:00 am	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Closed	Closed	
7:00-7:30 am						Youth & Adult Lap		
7:30-8:00 am	**Water Ex		**Water Ex		**Water Ex	**Water Ex		Adult Lap
8:00-8:30 am								
8:30-9:00 am								
9:00-10:00 am		**Water Ex		**Water Ex				
10:00-10:30 am	Open Adult Lap	Open Adult Lap						
10:30-11:30 am	Open Adult Lap	Open Adult Lap	Open Adult Lap					
11:30-Noon	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap		
Noon-1:00 pm								
1:00-4:15 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
4:15-4:45 pm	*Lessons	*Lessons	*Lessons	*Lessons	Adult Lap			
4:45-5:45 pm					Synchro Swim	Closed	Closed	
5:45-6:30 pm					Open Swim			
6:30-7:30 pm	Water Ex Adult Lap	***Adult Lap	Water Ex Adult Lap	***Water Ex Adult Lap	Adult Lap Open Swim			
7:30-8:45 pm	Open Swim	***Open Swim	Open Swim	***Open Swim	Open Swim	Closed		
8:45-9:45 pm					Closed			

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*Lessons -- One adult lane will be open during youth lessons.

Open Swim -- At least two lap lanes will be available during Open Swim.

**Water Exercise -- Lap swimming will be allowed in 1-2 lanes.

Arthritis Water Exercise -- Will use one lane MWF 10:30-11:15 am.

***Adult Swim Lessons -- will use one lane from 7-8 pm.

Small Pool

YMCA POOL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-7:00 am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Closed	Closed
7:00-9:00 am						Open Swim	
9:00-11:15 pm	Lessons	Lessons	Lessons	Lessons		Youth Lessons	
11:15-Noon	Open Swim	Open Swim	Open Swim	Open Swim		Open Swim	
Noon-1:00 pm							
1:00-4:15 pm							Open Swim
4:15-4:45 pm	Lessons	Lessons	Lessons	Lessons		Closed	Open Swim
4:45-5:45 pm							
5:45-6:45 pm							
6:45-8:30 pm	Open Swim		Open Swim	Open Swim			Closed
8:30-8:45 pm		Open Swim					
8:45-9:45 pm							

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All schedules subject to change with 2 weeks notice. Please check pool bulletin board regularly.

* Splash-n-Dash will use small pool on weekday afternoons. Times and days will be announced on Aquatic Director's bulletin board.

YMCA of Black Hawk County

669 South Hackett
Waterloo, IA
(319) 233-3531

WINTER ONE YOUTH ACTIVITIES

PRYME TIME ADDS NEW SITE

The Family YMCA of Black Hawk County is pleased to announce the addition of Lowell Elementary School to its list of PRYME TIME sites. The PRYME TIME program is an afterschool program for children in first through fifth grades. The Lowell program will be held on Tuesdays. In addition to Lowell Elementary School the PRYME TIME program is also offered at the following Waterloo Schools: Kittrell, Longfellow, Lincoln, Irving, Kingsley, and Roosevelt. There is a \$1 per day fee for participants.

This session of the PRYME TIME program lasts through November. PRYME TIME will resume in January with dates and times to be announced. Please call Tim Moses at the YMCA for more information, 233-3531.



NOVEMBER OVERNIGHT

The November overnight is scheduled for Saturday, November 20th beginning at 8pm. All youth kindergarten through sixth grade are welcome. The fun filled night includes gym games, movies, swimming and a pizza snack. Overnights are well supervised and lots of fun for kids.

Registration in advance is required. Registration will take place November 8 - 19th. Overnights fill up quickly, so register early. Fees for members are \$8.00 for the general public \$12.00. All children must be picked up between 7 and 8am on the morning of November 21st.

YOUTH 5 on 5 BASKETBALL

Lace up those high tops and put on those sweat bands--it's time once again for youth 5 on 5 basketball.

Clinics will begin November 12th or 13th, depending on the site you attend, and run for seven weeks. The clinics will culminate with the Basketball Jamboree, Sunday, January 16, from 1-4pm at the UNI-Dome in the Physical Education Center (PEC).

Clinics will be held at three locations this year: Hansen Elementary, Cedar Heights Elementary, and the Family YMCA. All youth third through sixth grades are encouraged to attend. Clinics will run for an hour each day.

The Hansen Elementary schedule is as follows all girls, Saturdays, 9:30am; all boys, Saturdays, 10:30am. Cedar Heights Elementary schedule is as follows all girls, Fridays, 5pm; boys, grades 3 & 4, Fridays, 6pm; boys, grades 5 & 6, Fridays, 7pm.

The Family YMCA will host clinics on both Fridays and Saturdays. All girls will be either Fridays at 5pm or Saturdays at 9:30am. All boys will be either Fridays at 6pm or Saturdays at 10:30am.

There will be no clinics November 26th & 27th (Thanksgiving weekend), December 24th & 25th (Christmas Eve and Christmas Day) and December 31st & January 1st (New Year's Eve and New Year's Day). However, there will be clinics on January 14th & 15th, with the Jamboree on the 16th.

Fees for YMCA members are \$6.00, for the general public \$16.00. Advance registration is required. Please call the YMCA, 233-3531, to register. Contact Tim Moses at the YMCA for additional information.



CareFree Banking

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Waterloo - Cedar Falls - Hudson
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Member FDIC

LATTIN LEADERSHIP



Lattin
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**BOOSTIN'
ATHLETES
TO THE
TOP!**

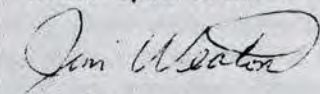
(Executive's Chair, Cont'd.)

strengthen this magic I call the "YMCA"!

A Parting Thought: Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.

1 Peter 3:15

In the 'Spirit' of the 'Y'



Jim Weaton
Executive Director

TAKE TIME FOR FUN!

If you are 17 or older and looking for something fun to do New Year's Eve come volunteer at the YMCA. Because the New Year's Eve overnight is always so popular, we need all the extra help we can find. The overnight includes swimming, gym games, a movie and pizza for a snack. This is great opportunity to have fun as well as serve the youth (and parents) of our community! Anyone interested can contact Dave Peters, Aquatics Director, at the YMCA, 233-3531. We hope you can take time for fun with us on New Year's Eve!

CHILD CARE BAKE SALE

The YMCA Child Care staff will be holding a Bake Sale to help raise money for Child Care supplies. The sales will take place December 7 and 8. Anyone who is interested in helping with the sale (making goodies or volunteering to sell items) should contact Tom Sekeres or Thelma Aneweier at the YMCA.

RECYCLE YOUR GROCERY BAGS

The Family YMCA of Black Hawk County would like any brown, paper grocery bags that are in good, clean condition (no rips or holes). You can drop off your grocery bags at the Front Desk anytime. This is an ongoing request, so if you don't have any now please save your bags the next time you visit the store. You will be helping the YMCA as well as the environment!

Black Hawk County Family YMCA

669 South Hackett Road
Waterloo, Iowa 50701



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