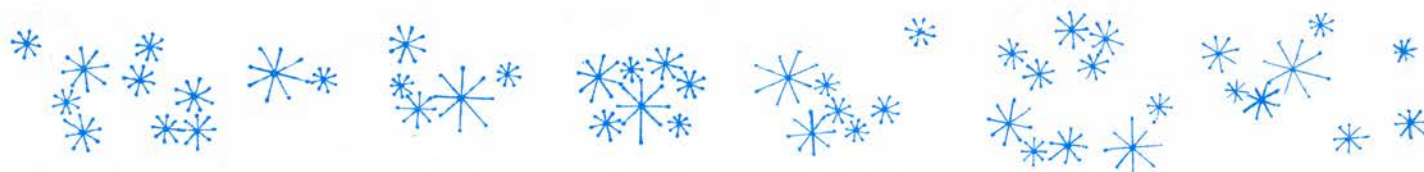


# Y's Cracker

January 1990

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



## The Sixth Annual "Baby It's Cold Outside" Indoor Triathlon

Yes! It's time again to begin your training or step up your regular training to get into shape for our annual indoor triathlon.

Saturday, February 10 is the date that has been set aside for the event, which will be held at our own YMCA. This year, once

again, we will be hosting both team and individual competition.

The Triathlon consists of a 500 yard swim, 6.2 mile ride on a Schwinn Air-Dyne and a 3 mile run on the indoor track.

More information is available at the YMCA Welcome Center. Register now to compete in this special annual Y event.



### The Second Annual Family Biathlon

On Sunday, February 11, one day after the Indoor Triathlon, the YMCA will be hosting the Second Annual Family Biathlon here at our YMCA.

The event consists of a 100 yard swim (2 laps or 4 lengths) and a half-mile run on the indoor track.

Register at the Welcome Center to participate. Any parent/child combination may enter. One participant swims and the other runs.

There will be awards for all who participate.



### Indoor Triathlon Volunteers Needed

Volunteers are currently being sought to help "behind the scenes" to keep the Sixth Annual "Baby It's Cold Outside" Indoor Triathlon organized.

Assistance is needed in counting laps in the pool, watching odometer readings on the bikes and counting laps on the track.

Those participating in the triathlon always need the encouragement from the volunteers for that extra lift. If you are interested in helping, contact Nancy Winchip at the Y, 233-3531.



## From The Executive's Chair

*January, 1990... the beginning of a new year! The beginning of a new decade! The excitement that your Y staff and board has heading into this new year has never been higher. Indeed, it could be another banner year at the YMCA.*

*Many issues face our organization in 1990. Contributions, endowment, membership and program public relations, the gym floor, parking, energy conservation, policy updates, staffing, insurance, membership rates, better member service, United Way and 3-5 year development plans.*

*Many staff members and members of the board at organizations like the Y say, "if it ain't broke, don't fix it." We chose, however, to go find something broken and fix it! It will make for a very busy year.*

*Program growth is another key ingredient to the success of the Y in 1990. Many new opportunities have been planned and are now ready to be unveiled to you this year.*

*Dance, youth at risk, before and after school child care, teen leaders club, advocacy and awareness programs, family, active older adults, gymnastics, fitness and the Rotary Reserve Retreat Center all provide exciting opportunities to expand and meet new needs in our community.*

*Yes, it is refreshing to know that our YMCA is at work for tomorrow — today. Planning for the next decade, not just "putting out fires" today. And for that matter, starting to look toward the next century.*

*The fascination we have with the start of the next century helps keep us in the forefront of recreation and leisure services in this community. We think it's important to continually remind everyone — from staff to volunteers, from key donors to the community leaders — that the Family YMCA of Black Hawk County not only is going to be around in 2001, but has started implementing programs to meet the needs of that generation.*

*The high school graduating class of the year 2001 has entered the first grade and our YMCA is making plans for these youngsters. They started in parent-child programs or movement education. They were in pre-school child care and day camp. In the next years they will learn to swim, learn to dribble a basketball and learn to paddle a canoe.*

*They'll learn right from wrong; ethics and morality. They'll learn love of country and love of freedom... and they'll learn that the YMCA is the place where they can grow up and give back what was given to them through the years.*

*January, 1990 — the beginning of the future. Come join us.*

*In the "spirit" of the Y,  
Jim Weaton  
YMCA Executive Director*



## Racquetball Lessons

Lessons for new racquetball players are scheduled to begin again on Tuesday, January 16 at 7 p.m.

Cost for lessons is \$20 for members and \$30 for the general public. A family rate is also available.

Participants should come to class ready to play. If you do not have a racquet or eye guards, the YMCA can provide them for you. Register at the Y Welcome Center or contact Nancy Winchip for more information.

## Y's Way to Weight Management

If losing weight and developing healthier eating habits were on your new year's resolution list, then you'll be interested to know that a new session of Weight Management is beginning soon.

Starting on Wednesday, January 10 and continuing for ten weeks this class will meet to discuss positive eating behaviors, exercise habits and food choices.

This is a beneficial program with applications for adults, kids and families. The class is educational and motivational. The Wednesday sessions last from 6:30 to 8 p.m.

Weight Management class size is limited, and early registrations are recommended. Call the YMCA today, 233-3531, to see if there is still room in this current session.



## New Nautilus Hours

Nautilus hours are being extended beginning in January. Nautilus will be open on Mondays, Wednesdays and Fridays from 5:30 a.m. to 8 p.m.

Tuesday and Thursday hours are changing to 6 a.m. to 1 p.m. and 4 to 8 p.m. On Saturday the Nautilus Center will be open from 8 a.m. to 12:30 p.m., and on Sundays from 1:15 to 4:15 p.m.

To get a good workout in the YMCA recommends that you start no later than one-half hour before the Nautilus Center closes.

If you are already a Nautilus member — happy lifting in 1990. If you aren't, come check out our program sometime soon and get involved.



## Romp and Stomp Adds Six-Year-Olds

The new Romp and Stomp class is stretching its curriculum to add six-year-olds to the class.

Romp and Stomp is a class for preschoolers designed to help them improve their movement and motor skills.

Classes are held two times per week for four weeks on Mondays and Wednesdays at 10:45 a.m. and on Tuesdays and Thursdays at 9:35.

New classes are scheduled to begin January 8 and there still may be time to register. Contact the Y Welcome Center to get involved, 233-3531.



## New Fitness Class Time Offered

Tuesdays and Thursdays at 6:30 p.m., starting January 9, the Y will be offering a free-style aerobic class (non-dance).

This is an all-new time for aerobics and child care is available during this time frame. Contact the Y Welcome Center for more information.



## Aquatic Department News

The Winter 1 session of progressive swimming lessons (Poliwogs through Starks) resumes during the week of January 8. Five weeks of classes are left. Registration for the next set of progressive lessons begins on February 5.

A new session of swim lessons for preschoolers begins during the week of January 8. There is still time to sign up for a preschool swim class, call the Y today if you're interested.

Another four weeks of preschool swimming lessons is set to begin during the week of February 5. Registration for members already in class is Wednesday, January 31, 9 - noon. Registration for YMCA members is that afternoon from 1-5 p.m. The general public will be welcome to register on Thursday, February 1 from 9 a.m.-5 p.m.

Consider getting your child involved in our swimming program today!

## Holiday Open House Successful

Thanks to a top-notch fitness staff, this year's Christmas Open House that was held on December 9 was a tremendous success!

Approximately 60 participants came to the Open House to sample workouts led by the different aerobic instructors. Refreshments were served to all who attended and door prizes were given away.

Jingle bells tied to the shoes of those attending added to the merriment. Aerobic workouts were set to holiday music and a good time was had by all.

Be watching for open houses in the future and come join the fun!

## All-New Dance Classes Coming in 1990

The YMCA will be starting a new dance program this year, with classes offered in ballet, modern and jazz dancing.

The three classes are slated to begin with the Winter 2 session, which begins on February 12. The instructor will be Scott Jackson.

Scott has studied and performed dance for a number of years. Both the YMCA and Scott are excited about this new program and hope that there are a lot of energetic and enthusiastic dancers that are out there who are interested in registering for the classes.

The YMCA will be promoting this program through the schools in January. Be watching for information and get registered for the class of your choice.

If you have a specific question about the new dance program, contact Dave Peters, 233-3531.

## Continuing the Tradition The Camp Foster Experience

Camp Foster YMCA of the Okoboji is now accepting registrations for the 1990 camping session. Camp Foster YMCA, located on East Okoboji Lake, has been serving campers from the Black Hawk County area for 79 years.

The camp is for boys and girls ages 7-16 and offers a wide variety of activities, both traditional and progressive.

The total "Foster Experience" is a combination of campers, activities, traditions, attitudes, staff and facilities, purposefully blended together to provide a comprehensive program to fit each person.

For a free color brochure describing the program in detail, call Camp Foster YMCA toll free at 1-800-456-9622, or pick one up at the YMCA after February 1.

## The True Test of Your Body Fat

The YMCA will be offering body composition analysis tests on Tuesday, January 30 from 5-7 p.m. and on Wednesday, January 31 from 11 a.m.-1 p.m.

Bio-electrical impedance testing takes approximately 3 minutes and is completely painless. There is no pinching or dunking. Results from this testing are completely explained by trained personnel.

The test will measure your percent of body fat, percent lean body weight, estimated basal metabolism, calories burned in exercise, optimal weight and weight loss recommendation (if needed).

Those interested in having a bio-electrical impedance test done need to contact the YMCA office to make an appointment. The phone number is 233-3531.

This test costs \$15 for YMCA members and \$20 for the general public.



*Cedar Heights School*

## Afterschool Program Scheduled for Orchard Hill School

The YMCA is currently looking for Cedar Heights students whose parents would like afterschool day care on Thursdays to register for our new YMCA Afterschool Activity Program which is scheduled to begin on January 18.

A variety of activities are planned for youngsters in grades K-4 at St. Paul's Evangelical Lutheran Church, which is located a few blocks behind Cedar Heights School on Willow Lane.

The YMCA is using this program as a type of pioneer program for what is hoped to be a five day per week program that will be in place in fall of 1990 at the same location. It is also possible that the YMCA may schedule a before school program.

Any child who wishes to attend the program is welcome, although Cedar Heights students are being targeted. The program will include snacks, independent play, study time and large and small group activities.

The YMCA is seeking licensure through the state of Iowa for the program. One requirement of obtaining the license is that the program is up and running at the time of inspection. The site has been approved by the Department of Human Services and the Fire Department as a suitable location.

For more information about this special new program, call Julie Mitchell at the YMCA. We are anxious to begin to serve school-age children who are in need of afterschool supervision.

The fee for this program per Thursday will be \$5 for YMCA members and \$7 for the general public. The program will run from 2:30 to 6 p.m. each Thursday that school is in session and also possibly on days when school is out.



# New Members

We would like to welcome the following new members into our membership.

Bill Aguiar  
Aaron Akers  
Linda Albaugh  
Kenny Allen  
Carvia, Jason &  
Ryan Anderson  
Paul Andreasen  
Mack & Susan Andrews  
Gary Arbaugh Family  
Fran Athington  
David & Cynthia Baldwin  
Jesse Barnes  
Tonia Beck Family  
Lora Bennett  
Ben Berggren  
J. R. Betts  
Thomas Blackledge Family  
Randy Boeckenstedt  
Kevin Boldt  
Cam Bolick  
Scott Boyer  
Felix Bradford  
Amanda Brasch  
Robbie Cain  
Ross Cain  
John Cantalupo  
Steve Claney  
Douglas Decker  
Rick Dengler Family  
Eddy Derifield  
Edward Dorris Family  
Darren Dressler  
Jeni Elliott

Julie Faulkner Family  
Sandra Fliss  
John & Sara Focht  
Paul Follmer  
Amy Frankhauser  
Tim Garis  
Cameron Green  
Mary Griffin  
Gale Habinck  
Geraldine Hall  
Martha Hall  
Lisa Hamilton  
Nellie Hampton  
Jerry Harris  
Darin Headington  
Danny Heffner  
Glen Hepker  
Jenifer Hickman  
Glenn Higby  
Julie Hobkirk  
Brett & Lucus Honn  
Kim Humphreys  
Kasey Jennings  
Paula Keefe  
Timothy Knipp Family  
Nikki Knippel  
Cory Knox  
Elizabeth Koch  
John Lacy  
Tom Lakin  
Steve Lancaster  
Casey Langan  
Tory Laube

Grace Leinen  
Robert Lemon  
Andy & Matt Lueders  
Garry & Mary Luterek  
Dick Main  
Jeff Maledy  
Chris Maury  
Larry McComas  
Kelly McConkley  
Roland McCorkle  
Suzanne McFarland  
Stephanie McGee  
Shannon McHone  
Cindy, Matt & Megan  
McKinley  
Kurt Meyermann  
Glenna, Bruce & Alicia  
Miller  
Rob Mixsell  
Marlin Mullnix Family  
Nazareth Lutheran Church  
Douglas Nickerson  
Joan Nie  
Michael Ockenga  
Mark Olson  
Dave & Brad Page  
Brittany Parsons  
Pat Pierson  
Gwendolyn Portis  
John Rausch  
Kevin Reber  
Ron Redig Family  
Erin Reed

Amy Riordan  
Darius Robinson  
Michelle Rogers  
Joseph Schindwein  
Rajeen Sharp  
Troxie Sikula  
Jodi Slifka  
Shawn Smith  
Lori Sposito  
Stephanie Strauser  
David Sullivan  
David & Penny Sund  
Nikke Swender  
Merlyn Thompson  
Sam Tippy  
Jennie Tragord  
Terrance Turner  
Deb Vangellow  
Diane Vestal  
Trent Vich  
Kevin Voigts Family  
Chris Vollbrecht  
Bonnie Wetzel  
Sherri Wheeler  
Linda Willenbring  
San & Sam Yim  
Cathy Young  
Joyce Young  
Kenneth Young  
Rick Young Family  
Suzy Yunker

## Free Blood Pressure Check

The American Red Cross will set up a Blood Pressure Screening at the YMCA on January 9 (Tuesday) from 11:30 a.m. to 1:30 p.m.

This is a free testing. Be sure to stop by in the lobby and find out what your blood pressure is.

## Gymnastics Update

The current session of gymnastics classes will resume on January 8 from our holiday break. There are five more weeks of gymnastics classes in this current session.

Our gymnastics classes are bursting at the seams. The YMCA would like to thank all of the participants for taking part, and also more thanks to Teresa Anderson and Jane Herting for doing a great job of teaching the classes.

## Black Hawk County Family YMCA

669 South Hackett Road  
Waterloo, Iowa 50701



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