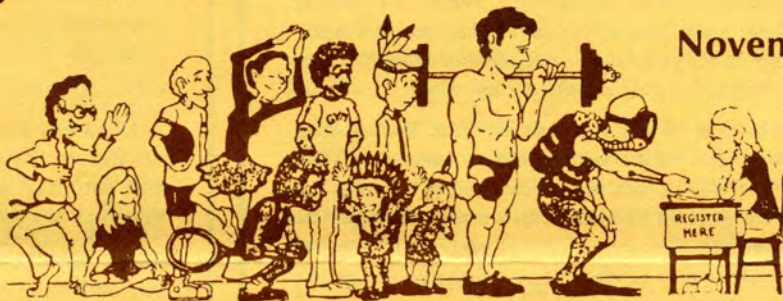


Y's Cracker

November 1988

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



Family Sunday November Style

Continuing in the tradition started in October, the YMCA staff have planned different activities for you and your family to do together while attending Family Sundays at the YMCA. Here are the highlights for the month of November.

Come and enjoy!

Nov. 6 2-3 p.m. "Space Update"
Resource: Tim Houts, Educator

Explore the flight of Discovery and some current updates on the launch this month. A film and display will be part of this presentation. We encourage adults to attend this program with their children as we explore space together!

Nov. 13 2-3 p.m. "Sexuality and the Christian Family"
Resource: Rev. Gary Flanders

Love — what's sex got to do with it? An honest discussion of sexuality from a moral Christian viewpoint. Handouts and a short video will be part of the session. An excellent way for parents to introduce the subject to intermediate and high school age young people.

Nov. 20 2-3 p.m. "Holiday Fair"

Presented by women of the Y's Men's Adult Service Club of the YMCA. A time to come taste favorite holiday recipes and enjoy current holiday crafts. All recipes and directions for crafts will be available to take home.

Nov. 27 2-3 p.m. "Family Turkey Trot"

A small carnival activity in the Multi-Purpose Room for post-Thanksgiving fun and fellowship. Great for the whole family.



Second Annual Lighting of the YMCA Christmas Tree

The Family YMCA and the Y's Men's Club will be hosting it's **Second Annual Lighting of the YMCA Christmas Tree** on Friday, November 25, beginning at 6:30 p.m. YMCA members and the public are welcome to attend.

Included in the evening's festivities will be free hot drinks, cookies, caroling, the dedication to Christmas and the turn of the switch to the YMCA's forty-foot-high, 1500-light display at approximately 7 p.m.

This evening also marks the opening of the Y's Men's Club's Christmas tree sales. The Y's Men's Club is the co-ed adult service club of the Family YMCA. Scotch and white pine trees will be sold along with roping, wreaths and tree stands. The money raised through this project is used by the Y to support youth programs.

The YMCA encourages YMCA members and the community to participate in this special event. Come join in the fun, faith and fellowship with your family and friends, and be a part of what is a growing Christmas tradition — the YMCA way.

For more information, call the YMCA office.

P.S. An official invitation has been extended to Santa Claus. You just never know who might be there. Come! Find Out!

From The Executive's Chair

*Your YMCA — at work for tomorrow today. Our new theme speaks well of our organization. It's a theme that, because of major events over the past year, allows us to begin to prepare for the future now. Remember, it is you and I who **are** the YMCA.*

As we look to our future, the Bible teaches us to set our goals with purpose and then run straight in every step toward that goal. Plan your work and then work your plan, allowing God to be a part of every plan.

This past summer, an experience reminded me of this Bible passage and of a danger in the Christian life. While at Worlds of Fun, I watched my children ride the roller coasters, merry-go-rounds, etc. . . . they went up and down, around and around. There was a lot of movement, but they didn't get anywhere.

You know there are a lot of Christians like that. We are busy from morning until night, but our activity has no purpose. We like to eat good food, wear fine clothes, enjoy lovely homes, worship in a comfortable church, serve on various social boards and drive new cars. We never ask ourselves why God has placed us here. We make no effort to develop a Christ-like character or win others to Christ.

We are a lot like that roller coaster. There is a lot of movement, it all looks pretty good, but we do not get anywhere.

Before we get carried away at a hurried pace, let's ask ourselves why God has placed us here . . . what purpose God has for our YMCA. No one can achieve success in this life unless his/her life is focused, dedicated and disciplined. We must have a purpose and a goal, then strive to meet that goal. Without that clear focus of a Christ-centered life, we will be going in circles.

Perhaps your life to this point has been filled with just a lot of movement, loud noises and no purpose. Paul challenges each of us to decide right now, with God's help, to be different . . . to have a purpose in our life . . . to set the goals and then reach them.

*In the Y's Way,
Jim Weaton
YMCA Executive Director*



Splash and Dash Program Offers Fun for Preschoolers

If you've been at the Y during the daytime lately you may have noticed that there's some new splashin' and dashin' going on.

Children from area day care centers are enjoying having the opportunity to come to the YMCA to use the pool and the gym as a part of their day at preschool.

If your child is at a preschool that you think might be interested in taking part in this adventurous program, contact the administrators at the center to see if they know about Splash and Dash.

If you would like additional information about Splash and Dash you may also contact Dave Phelps at the YMCA, 233-3531.

Have Your Birthday Party at the YMCA

Rapidly becoming a Y tradition, Y Birthday Parties are something special!

Your child can spend three hours at the Y with nine of his or her friends swimming, playing in the gym or using the game equipment in the lobby.

The Y provides the cake, ice cream, napkins, plates, cups, and eating and serving utensils. Best of all, there's no mess at home when the party is over.

Y Birthday parties cost \$25 for members and \$30 for non-members. There is an extra charge for parties larger than 10, with adults being welcome to attend at no cost.

All parties are set up in the Multi-Purpose Room or Gymnastics Room. The kitchenette is available for use. Friday evenings and Saturday afternoons are when the pools are available. Reservations are generally needed one month in advance.

Don't wait too long to make your party arrangements. Call Julie at the Y today, 233-3531.



Holiday Classic Racquetball Tournament

December 10 & 11, 1988

Adult Mens/Womens Divisions
Singles/Doubles/Mixed Doubles

Registrations taken until Wednesday, December 7 at 5 p.m.

Member entry fee:	\$10 (one event)
	\$15 (two events)
Non-Members:	\$14 (one event)
	\$20 (two events)

Limit of two events per participant. Free T-shirts to all who register. hospitality room open.

Make your plans now to be a part of this great YMCA holiday tradition.

Reminder to Parents About Family Sunday Rules

The staff at the Family YMCA would like to remind all parents that children under age 18 are not allowed to use the YMCA on Sundays without an adult member along to help supervise.

In addition, the Y does not allow non-members to purchase guest passes on Family Sundays unless they are accompanied by an adult member.

It is the Y's intention that member families can get in and use the facility at a time when it is less crowded and at a time when it is convenient for family units to be together. Single adult members are also welcome to use the Y on Family Sundays.

Where Do New Little YMCA Programs Come From?

If you have been an active person at the YMCA, you may have heard one of the staff members talking about the National YMCA. Where is it? Who is it? Where do we get these programs and classes that we have to offer?

The National YMCA office is located in Chicago. The National Executive Director is a man named Solon B. Cousins.

The United States is divided up into five different fields. They are the east, midwest (we're included), south, southwest and west. Each of these fields has a field executive and one field consultant who is responsible for program support. One whole division of the National YMCA is organized to deal with program support and program services.

Representatives from the five fields get together to create, conduct, coordinate, track and evaluate programs. Areas included are: aquatics, camping, child care, health enhancement, family, sports, teen leadership and urban and community development.

After these representatives decide which area a new program fits in, a special committee is formed. The committee thinks the program through completely and then places pilots of the program at selected YMCAs across the country. The various Ys test and evaluate the new programs. If the programs are successful, materials about the program are sent to the National YMCA Program Store and training sites for instructors are set up across the country.

No matter how big or little, many ideas from the National YMCA Program Services Division come from the YMCA staff and members working out on the "front lines." That helps us make our Y as good of a Y as it can be.

One member of the YMCA of Black Hawk County staff, Nancy Winchip, is currently serving in her third year as a volunteer representative from the Iowa YMCAs to the Midwest Field in the area of Health Enhancement.

Annual Fall Merchandise Sale!

Yes, it is true! Now through November 30 present the coupon below at the front desk and receive 10% off any YMCA merchandise in stock.

Current merchandise includes can wraps, key chains, racquetball gloves and balls, shorts, sweatshirts, gym bags, travel kits and more.

Start your Christmas shopping early and save the "Y" way. We have a lot of great stocking stuffer ideas.

One coupon per family, please.



Y Gift Certificates Always Fit

It won't be long before the bells will be jingling and the halls will be decked. With the holiday season rapidly approaching, most of us are thinking already of what we want to get for our friends and loved ones.

The Y is happy to announce that it has a suggestion list that will match your needs list! Consider the long-lasting value of a Y gift. The benefits are incomparable!

The Y has lots of items like the ones in our display case that can be wrapped up and put under the tree or used for stocking stuffers. During November you can take an additional 10% off each item in stock if you present the coupon found in this newsletter.

Now on with our suggestion list:

For grandma, grandpa or older friend/neighbor, how about a fitness class of any sort, especially Live Y'ers (\$18) or Joint Mobility (\$12)? Aquatrim (\$12) would be nice, too! Or how about getting them started on a membership? Our track is perfect for those winter walks indoors.

For any friend or neighbor, how about a fitness club (\$5), a child care card (\$5 or \$10) or maybe Nautilus (\$14)? Share your good health with them. A racquetball punch card (\$6 or \$20) won't soon be forgotten! Aerobics (\$16), Aqua Dance (\$12) and more could be waiting for them just after the holidays.

For your spouse, how about any of the above or a ten-week session of Weight Management (\$20)? For expecting moms there's You and Me Baby (\$16). A certificate for a blood lipid test (\$12) or bio-electrical impedance (\$12) would be a solid investment.

For your children, niece, nephew, neighbor, paperperson, etc., what about a certificate for a session of swim lessons (\$12-\$18), day camp (\$20 deposit), an overnight (\$10) or maybe something like a youth sports clinic (\$10).

Stop and ask at the Y Welcome Center about gift certificates. They are available for specific things (as listed above) or for general use (\$5, \$10 or more to put toward anything the member wants to get). There is no limit on the use of a Y gift certificate.

Remember, when it comes to New Year's resolutions, the Y will be #1 on everyone's list. Shop early! Avoid the crowds, parking, lines and hassles! Get Y gift certificates for everyone this year!



10%

VALUABLE COUPON

10%



This coupon entitles you to receive
10% off ANY YMCA merchandise in stock.

(Expires November 30, 1988)



10%

VAUABLE COUPON

10%



NEW MEMBERS

The YMCA is happy to announce the addition of the following people into its membership.

Brad Bartman
Jeff Baxter
Donna Beard
Marc Bierman
Julie Buck
Ronald Coenen
Sandy Craig
Jim Eilderts Family
Barry Ewalt
Mark Faktor
Philip J. Forbes

Michael Frink
Adam Frisbie
Larry L. Gage Family
Jon W. Gibbs
Cindy Gilliam
Sarah Grapp
Paul & Nancy Grarup
Kitty Harn
Tracy Haskin
Brett Hulme
Mike Irvine

A. V. Kavle Family
Sheryol Kayser
Robert L. Kindschi Family
Karen M. Kopf
Barbara J. Kruse
Jack Leber
Mikkel Mandt
Jamie, Jason & Jessica
Martin
Mike & Dawn McGuire
Rhonda Meinert

Curt Morehouse
Rick L. Murley
Enrique Ochoa
Nikki L. Ostwald
Mary T. Otten
Brad Richards
Maurice G. Schreiber
Gary G. Simmerman
James Sniffen
Mary A. Strahmann
Dean & Rachell Sturch

Kimberly Thompson
Amanda Vokoun
Gary Voss
Robert Walker
Amy Wienands
Pam Wilhelm
Stephen Williamson
Michelle Witcraft
Joel & Joy Wolter
Ann Zellhoefer

Attention Members Guest Pass Policy Change

Any of our members who bring in non-member friends (especially older teens) to purchase guest passes at the Y for daily use should be aware of a new policy going into effect on November 1, 1988.

In order to better serve you, our members, we are cracking down on guest pass purchasers who are being deceitful about how old they are and where it is that they live. As of November 1, anyone who **looks** like they are an adult will be charged the adult fee for a guest pass. Therefore, we are recommending that all older youth bring with them a photo-ID proving that they are **under** age 18 in order to receive the youth fee. This photo-ID must also prove that they have an out-of-county address in order for them to receive the half-price discount. Anyone who says they **don't** have an ID will be charged the full adult guest pass fee. No exceptions.

We still hear complaints that the adult guest pass fee (\$5 per visit) is too high. The fee wasn't set that high because we wanted to be mean or discriminate against people who don't have a lot of money to spend on recreation. The fee is \$5 because we are a MEMBERSHIP ORGANIZATION.

Hopefully, every time a non-member has to plunk down \$5 to use the Y they will take a moment to consider how much more economical it would be to get a membership and they will make the commitment. The members are the ones who really help us pay our bills, not the non-members.

Right now we have a lot of adults coming in saying that they are out-of-county youth, and so they pay just \$1.50 to use the Y. When we ask to see an ID they say they don't have any with

them. Their abuse of the fees is really most unfair to you, the member. Remember, we are providing them with lights, heat, equipment like basketballs and bikes, hot water and staff to keep areas clean and supervised. Unfortunately, our members are paying for much of **their** use. Guest passes don't help us make ends meet. They are something that we extend as a courtesy to your friends and the community.

Please, take time to explain this policy to anyone who you hear question it. Remind them that we are a **membership organization** and that our first priority is to our committed members.

One final note to remember is that you are most welcome to bring in new people any time to the Y. If they have never been to the facility, they are eligible to receive a complimentary pass at our front office.

Waterbabies and Tadpole Classes Start November 28

The next session of Waterbabies and Tadpole swimming classes begins on November 28.

Classes included are Parent/Child Waterbabies, Tadpole I, Tadpole II and Tadpole III. The classes are offered at a variety of times on different days. This particular session will be the Winter I session, second four weeks. A description of the classes is contained in our 88-89 Program Brochure.

Fees for Waterbabies are \$15 for the session, no membership required. Fees for Tadpoles are \$10 for members and \$23 for non-members.

For more information about Waterbabies or Tadpole classes, call the YMCA at 233-3531.

Black Hawk County Family YMCA
669 South Hackett Road
Waterloo, Iowa 50701

BULK MAIL
NON PROFIT ORG.
U. S. POSTAGE
PAID
PERMIT NO. 1611
WATERLOO, IOWA

