

Y YMCA UPDATE

At work for tomorrow ... today.

BLACK HAWK COUNTY FAMILY YMCA

APRIL 1994

Annual ISS-Y 8K Run/Walk Set for May 14

Don your running shoes and gear up for the 1994 Annual Iowa Sports Supply/Family YMCA 8K Run/Walk Saturday, May 14. A fun filled weekend of events is planned so bring out the entire family and join the fun! Special events will begin on Friday, May 13 with an **all-you-can-eat LASAGNA** dinner sponsored by Fleagle Foods from 4:00-8:00 pm. Purchase advance tickets for only \$5 or buy tickets at the door for \$6. Kids under 10 eat FREE! Friday evening events will also feature a Family Fun Fest and special entertainment!

Register now for the 8K run/walk. The entry fee is \$8 for early registration (before Saturday, May 7) or \$12 for late registration. The race course is a nationally TAC course. Look for an entry form in your mailbox soon!

A Bike Rodeo for youth in grades K-6 will be a new feature of the weekend events this year. State Farm Insurance is the sponsor for this event which is a test of bicycle skills and safety. The safety test includes 8 skill stations and a video. The test is free but advance registration is necessary. Call the YMCA at 233-3531 for more information.

More information about this exciting weekend will be coming soon to your mailbox!

ANNUAL MEMBER CAMPAIGN UNDERWAY

Do you have a friend or a co-worker who might be interested in joining the Family YMCA? If so, now is the perfect opportunity to get them here! The Family YMCA is offering special incentives RIGHT NOW through April 30 to our members who bring in new members and also to the new members themselves.

Here's how it works: any adult member that brings in a new adult member and signs them up for at least six months (3 months dues down and a commitment to continue membership for 6 months) will receive a YMCA sport gear bag. Any youth that signs up a new youth member will receive a sporty, colorful YMCA t-shirt. Both the new member and the current member will receive a gift. The current member must be present when signing up the new member. Only two gifts per new member unit. Sign up your neighbors, your babysitter, your co-workers, and your friends.

We Need Your Help!

Each year, the Family YMCA embarks on an annual campaign to solicit contributions from members, local businesses, and the community-at-large to support the mission work the YMCA is doing in our community.

Without this vital campaign, the YMCA would not be able to subsidize membership and program costs to those who can benefit the most from our services. We could not support over 1,700 special needs clients in our membership collaboration programs. We could not put needed dollars to our youth opportunities as we address at-risk issues influencing today's kids. These are but three examples of where our contributed dollars go.

You begin to see quickly that the YMCA is much more than a "health related" facility. But we want to do even more. **And you can help - here's how...**

We are asking YOU to become a volunteer on our Partners Campaign Team. You will be trained and given all the tools necessary to be successful in securing pledged or cash commitments of support for the YMCA.

Last year 50 volunteers helped raise over \$113,000 dollars to support the Y. Our goal this year is to recruit 100 volunteers to help. This is also a great way for you to learn more about the work of the Y and to meet other persons with similar interests in making the YMCA a better place for ALL!

If you are interested in learning more about this exciting program or becoming involved, please contact Executive Director Jim Weaton today at 233-3531. Helping People Help Themselves. That's what this is all about.

Financial Aid Workshop Offered

The Educational Opportunity Center, which is a program funded by the Department of Education and sponsored by the University of Northern Iowa, will be offering a financial aid workshop at the YMCA on April 18 at 7:00 p.m.

This workshop will explain the financial aid process and inform you of the money available that does not have to be repaid in the form of grants and scholarships as well as community resources. The ins and outs of the student loan process will be covered as well.

Fees for the workshop will be \$7 for YMCA members and \$14 for the general public. For more information or to register, call the YMCA at 233-3531.

From the Executive's Chair

Beginning this month, the Family YMCA will be embarking on a process of consulting hundreds of community members as to the future direction the YMCA will be taking to address the needs of the Cedar Valley Community.

The vision that has been put into place by the Y's Corporate Board and Staff is one that will challenge its people and resources like no other has before. As we rapidly approach the crossroads of a new century, we believe the values and Christian principles fostered through the YMCA are needed now more than at any other time in our history.

The YMCA recognizes that there are many other organizations in the community trying to make some kind of an impact on our youth and families. But we also see ourselves as the organization with the ability to make an even greater impact because of our existing resources, trained staff, our large number of volunteers, the location of our facility, and our Christian heritage.

Strategies have been formulated, and outreach and collaborative efforts are being initiated to address vital issues of concern and provide the positive guidance and influence which have become the YMCA's trademark - "if kids grow up together, they will be together as adults". These issues include Child Care, Collaboration, Endowment Development, The Family, Transportation, and Our Youth.

Our plan for the future is big. The goals of our organization are ambitious. But the lives of our kids, our families, and our community are too important to leave to chance. We must begin to act now if we are to be able to respond to emerging issues in the next century.

Our purpose is clear; our impact is proven by the 19,000 different lives touched last year; our projects are targeted; and our timing is right. The time is now for the Family YMCA of Black Hawk County to take an even bigger step in serving our community and offering activities that benefit **ALL**, regardless of how much you make or where you live.

Informational meetings will be held

Executive's Chair, Continued

over the next 60 days for you to learn more about where we are headed. I encourage each of you to take advantage of these meetings to learn more about your YMCA. I also ask for your prayers as we guide our YMCA forward into the next century.

In the 'Spirit' of the 'Y'

Jim Weaton
Executive Director

COMING IN MAY. . .

A new PROFESSIONAL WEIGHT MANAGEMENT SERIES led by Dr. Gerry Gienger will feature nutritional lectures and exercise consultation. Look for details at the YMCA or call Tom Sekeres at 233-3531.

Adult Sand Volleyball

The Family YMCA of Black Hawk County will be offering a sand volleyball league for men's, women's, and co-ed teams starting the week of June 7th and running through the week of August 9th. Serving as a grand finale, a league tournament in which trophies will be awarded will be held on Saturday, August 14th.

The league will consist of eight teams. Men's B and C teams will play Monday evenings, women's B and C teams will play Wednesday evenings, and co-ed B and C games will be played on Tuesday evenings. All games will be played at 6:30 p.m. or 7:30 p.m. at the YMCA Sand Volleyball Courts.

Teams will play with a 6-player format and players may play on only one team. Rainouts will be rescheduled on Thursday nights per league supervisor.

Registration has begun and is accepted on a first come first serve basis only up until May 3rd. Cost will be \$75 per team. A mandatory team meeting will be held Thursday, May 17 at 7 p.m. at the YMCA. For more information or to register call the YMCA at 233-3531.

Track and Field Clinic

The Family YMCA will be offering a five week clinic from April 9 - May 7 that teaches the fundamentals of track and field. The final clinic on May 7 will be a mini track meet.

Open to all 3rd through 6th graders, the clinic will stress running events, both distance and sprints, the softball throw, the long jump and others. The clinic will take place on Saturday mornings with 3rd and 4th graders meeting from 9 - 10 a.m. and 5th and 6th graders meeting from 10 - 11 a.m. The clinic will take place at West High School. Fees for the clinic are \$7 for YMCA members and \$17 for the general public. Enrollment is limited and advance registration is required. Call the YMCA for more information, 233-3531.

SUMMER FUN BUNCH

Made plans for summer child care yet? Look no further--YMCA Summer Fun Bunch is ready to plan your child's day! Summer Fun Bunch is the YMCA's full-day, state licensed child care program.

The program will begin June 6 and continue through August 26. This program is available to all 3-9 year olds and includes supervised programs and activities both inside and outside the YMCA facility. Activities involve large and small group events such as swimming and volleyball. Field trips and guest visits are planned also. For more information call Tom Sekeres at the YMCA at 233-3531.

Golf Tourney Approaching

Haul out your golf clubs from storage for the Family YMCA 3 Person Best Shot Golf Tourney, which will be held Saturday, May 21 at the Gates Park Golf Course.

Tee-off times are between 8 a.m. and 1 p.m. and must be made at the golf course. The fee for the tourney is \$25, which includes green fees for 18 holes, a goody bag, and chances for prizes. Carts may be reserved by calling Gates Park Golf Course at 291-4485; cost is \$9 per cart.

Come out and enjoy a great day. Teams may be all-male, all-female, or co-ed. Scores will be flighted and prizes awarded accordingly. For more information call Skip Holton at Gates Park Golf Course or Dave Peters at the YMCA at 233-3531.

Pryme Time Overnight

The YMCA Pryme Time Program will be holding an overnight on Friday, April 29 at the YMCA. The Pryme Time overnight is an evening of activities and fun for boys and girls in grades 1 - 5.

Check in begins at 8:30 p.m. on Friday evening. The doors to the YMCA will be locked at 9:00 p.m. Parents need to leave a phone number where they can be reached. Activities include swimming, gym time, and watching movies. A snack will be served on Friday night and breakfast will be furnished Saturday morning. All children who attend must be picked up no later than 8:30 a.m. on Saturday morning.

Children should bring a sleeping bag and pillow, pajamas, swimsuit and towel, gym clothes, and clean gym shoes (other than those worn to the YMCA). Advance registration is required so call the YMCA today at 233-3531 to register your child.

THANK YOU!

Thank you to everyone who helped out with the Aquatics Bake Sale. With your generous support we raised \$148.40 and will be able to buy new straps and a head piece for the backboard in the large pool.

Swing into Spring with YMCA Golf Clinics!!!

The Family YMCA will be offering golf clinics open to all 3rd - 6th graders that will teach technique, safety, and rules for game play.

The clinics will be held every Monday from April 18 to May 23 at Metro Golf (1844 W. Ridgeway). All 3rd and 4th graders will meet from 4 - 5 p.m. and all 5th and 6th graders will meet from 5 - 6 p.m.

An actual golf game will be played on the final day. Participants will need to bring their own set of clubs for the final game only.

Fees are \$15 for YMCA members and \$25 for the general public. Enrollment is limited and advance registration is required. Please call the YMCA, 233-3531, for more information or to register.

NOTICE

In order for YMCA members and their families to participate in events with the YMCA 8K Race Weekend, all scheduled swim and gymnastics classes will begin one hour later on Saturday, May 14.

SUMMER DAY CAMP, JUST AROUND THE CORNER!

The Black Hawk County Conservation Crew is putting the finishing touches on the new Rotary Lodge and the YMCA is gearing up for its best summer of day camp ever!

Mark your calendars--camp begins June 13. The program is available on a weekly basis for all campers ages 6-13. In addition, a preschool day camp and a leaders in training program will be offered alternately throughout the summer. Day camp concludes its tenth and final week August 19.

For more information call the YMCA at 233-3531 or stop by the YMCA, 669 S. Hackett Road, and pick up a brochure.

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May Overnight Scheduled

Come join the fun at the YMCA May overnight! Check in begins at 8 p.m. on Friday, May 20 and the overnight concludes at 8 a.m. on Saturday, May 21. Anyone in grades K-6 is invited to attend this fun-filled evening of gym games, swimming, movies, pizza and much more.

Advance registration is required so please call the YMCA at 233-3531 to register. Children should bring a sleeping bag and pillow, swimsuit and towel, pajamas, and gym shoes. The fee for members is \$9 and \$13 for the general public.

Kick up your Heels for YMCA Outdoor Soccer!

The Family YMCA will be offering a four week clinic on outdoor soccer for boys and girls grades K-5 beginning on May 9 or 10 and continuing through June 1 or 2.

This clinic teaches the fundamentals of soccer. Participants will develop physical endurance and coordination. All clinics will be held outdoors at the YMCA with the boys and girls playing together. The clinics will be held from 4:30 - 5:30 p.m. with grades K-2 meeting on Mondays and Wednesdays and grades 3-5 meeting on Tuesdays and Thursdays. Serving as a finale to the clinic, actual soccer games will be held on the last three clinic dates.

Fees for the clinic are \$7 for YMCA members and \$17 for the general public. Call the YMCA at 233-3531 for more information or to register.

Self Defense Clinic

The YMCA is once again offering a Self Defense Clinic for women and teens. The clinic, designed and taught by women, will be held from 7:00 - 9:00 p.m. on Thursday, April 21 at the YMCA. The clinic is designed to increase awareness and confidence in defending yourself from attacks. This prevention based program includes lecture, discussion, and hands-on techniques from professional instructors.

The fee for the clinic is \$10 for YMCA members and \$15 for the general public. For more information call the YMCA at 233-3531.

KWWL 7

Iowa's News Channel



Racquet Stringing Service Available

The Family YMCA is now offering a racquet stringing service which is provided by nationally certified racquet stringer Brent Hansen.

Racquet stringing takes from 1 - 3 days and is done to your specifications. If you have a racquet that needs to be restrung or would like further information about this service please contact Tom Sekeres at the YMCA at 233-3531.

Black Hawk County Family YMCA

669 South Hackett Road
Waterloo, Iowa 50701



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