



YMCA UPDATE

At work for tomorrow ... today.

BLACK HAWK COUNTY FAMILY YMCA

MAY 1994

May 1994

Dear YMCA Members,

On May 3, your Family YMCA of Black Hawk County began a series of meetings to educate our community on a proposed capital project. This project is about expanding our current facilities to meet the anticipated needs of our community as we enter the 21st century.

Our 40 informational meetings have been scheduled, including two for our membership. These meetings have been set for:

Tuesday, May 31 - Noon

Monday, June 6 - 5:30 p.m.

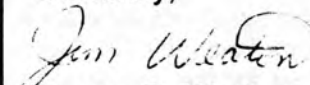
There will be no fund raising at these meetings.

Both meetings will be held at the YMCA (669 South Hackett Road, Waterloo) and an **R.S.V.P. is necessary** for staff to make the appropriate plans for the meeting accommodations. Please call the YMCA office (233-3531) to reserve a place at the meeting you plan on attending.

I hope you will plan on attending one of these meetings. The input and advice of our members is critical as we attempt to determine the future of the Family YMCA of Black Hawk County.

In advance, thank you for taking the time to hear and understand our plans.

Sincerely,



James D. Weaton

ADULT SUMMER ACTIVITIES

Adult Sand Volleyball League

The Family YMCA will be running a sand volleyball league for men's, women's and co-ed teams. Leagues will start the week of June 6th and run through the week of August 8th. There will be a league tournament on Saturday, August 13th with seedings determined by the league standings.

The league will consist of eight teams. Cost will be \$75 per team. Team roster and payment must be received with registration. Trophies will be awarded to teams and individuals.

Men's B and C teams will play Monday evenings. Women's B and C teams will play Wednesday evenings. 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. Rainouts will be rescheduled on Thursday evenings, per volleyball league supervisor. Players may play on only one team. Registration has begun and is accepted on a first come, first serve basis only. Registration deadline is May 5th. A mandatory team meeting will be held Thursday, May 19 at 7:00 p.m. at the YMCA. For more information contact Tim Moses at the YMCA at 233-3531.

Adult Basketball League

Come inside this summer and cool off as you heat up your game! The Family YMCA will be offering an Open Adult Basketball League this summer. This league is open to individuals 17 years of age and older.

There is a \$20 charge per person for each five week session. The league runs for a total of ten weeks. If you wish to continue in the league after the first five weeks, an additional \$20 must be paid in order to participate in the next five weeks.



Games will be played on Sundays from 1:00 - 3:00 p.m. at the YMCA beginning on June 5 and running through August 14. Teams will be accepted on a first come first serve basis. For more information or to register, call the YMCA at 233-3531.



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Country Line Dancing

Get out your boots and get ready for the Boot-Scootin-Boogie! Country Line Dancing is back and it's hotter than ever at the YMCA this summer.

This group dance technique can be done with or without a partner. Basic dance moves will be taught to the latest country music. No previous dance experience is necessary. Long-time Y Fitness Instructor Vicki Smith will lead the program.

Starting on June 7th this program will be offered for six weeks on Tuesday evenings at 6:00 p.m. Another six week session will be offered starting on July 19. Costs for the program are \$15 for YMCA members and \$20 for the general public. For more information or to register, call the YMCA at 233-3531.

Blood Lipid Profiles

The Family YMCA will be offering blood lipid testing from 6-8 a.m. on Wednesday, June 1.

The tests consist of 23 different parameters including cholesterol, glucose, triglycerides, uric acid, all electrolytes and more. Each participant receives a computer print-out of the results.

The blood lipid profile results give pertinent information regarding proper functioning of the kidneys, liver, coronary arteries and also diabetic indications.

The profile is offered in conjunction with Allen Memorial Hospital personnel and the YMCA. Those participating must fast following the previous evening's meal (please skip breakfast prior to the test).

The cost is \$15 for YMCA members and \$20 for the general public. A special "cholesterol only" test is also available for \$5. To make an appointment for the screening, call the Family YMCA at 233-3531.

Sunday Sand Volleyball

Bump it -- set it -- spike it this summer at the Family YMCA! A special Sunday Sand Volleyball League is going to be offered for individuals ages 18 and up.

The league will be held on Sundays at the Family YMCA Sand Volleyball Courts from 1:00 - 3:00 p.m. Two five week session of play will be offered. The first session runs from June 5 - July 10 and the second session runs from July 17 - August 14.

Cost for the league will be \$20 per person for each five week session of play. Enrollment is limited so call the Family YMCA to register at 233-3531!

SUMMER AQUATICS, GYMNASTICS, AND DANCE REGISTRATION INFORMATION

REGISTRATION DATES FOR SUMMER SESSIONS

Session 1	June 7 - June 24
YMCA Members	May 23 - 27
General Public	May 31 - June 3
*Make-up classes for June 6 will be held Fri., June 17	
Session 2	June 27 - July 15
YMCA Members Enrolled Session 1	June 23 (7am-Noon)
YMCA Members	June 23 (1-7pm)
General Public	June 24
*Make-up classes for July 4 will be held Fri., July 8	
Session 3	July 18 - August 5
YMCA Members Enrolled Session 2	July 14 (7am-Noon)
YMCA Members	July 14 (1-7pm)
General Public	July 15
Session 4	August 8 - August 26
YMCA Members Enrolled Session 3	Aug 4 (7am-Noon)
YMCA Members	Aug 4 (1-7pm)
General Public	Aug 5

CLASS FEES

Preschool Swim Classes (Shrimp-Tadpole III)

Member	\$7
General Public	\$13

Progressive Swim Classes, Gymnastics, and Dance

	Members	General Public
1st child	\$10	\$18
2nd child	\$9	\$16
3rd child	\$8	\$14

YOUTH AQUATICS

Parent/Child (Shrimp/Perch)

*Ages 6 months-2 years

M-W	5:30 pm
T-TH	9:30 am

Pike (Tadpole I)

*Ages 3-4

M-W	9:45 am, 11:15 am, 4:30 pm, 6:00 pm
T-TH	9:00 am, 10:30 am, 5:00 pm

Eel (Tadpole II)

M-W	10:45 am, 5:00 pm
T-TH	10:00 am, 4:30 pm, 6:45 pm

Ray (Tadpole III)

M-W	10:15 am, 6:00 pm
T-TH	5:30 pm

(Shrimp/Perch and Tadpole Classes are 30 minutes in length.)

All other classes are 45 minutes in length.)

Polliwog I Small Pool Large Pool

*Ages 5 & up

M-W	9:00am, 6:30pm	9:00am, 9:45am, 10:30am 4:15pm
T-TH	11:00am, 6:00pm	9:00am, 10:30am, 11:15am 5:00pm, 5:45pm

Polliwog II

M-W	9:45am, 10:30am, 5:00pm
T-TH	9:00am, 11:15am, 4:15pm 5:45pm

Guppy (Red Cross Beginner)

M-W	9:00am, 11:15am, 4:15pm
T-TH	9:45am, 10:30am, 5:00pm

Minnow I

M-W	9:00am, 11:15am, 5:00pm
T-TH	9:45am, 10:30am, 5:45pm

Minnow II (Red Cross Advanced Beginner)

M-W	9:45am, 5:45pm
T-TH	11:15am, 4:15pm

Large Pool

Fish	
M-W	10:30am, 4:15pm
T-TH	9:45am, 5:00pm
Flying Fish (Intermediate)	
M-W	11:15am, 5:45pm
T-TH	9:00am, 4:15pm
Shark (Swimmer)	
M-W	5:00pm
Porpoise	
T-TH	5:45pm

ADULT AQUATICS

*Adult Swimming (For those 18 years & older)

(Classes will be held once a week for 6 weeks beginning June 7-July 15 and July 18-August 26.)

Tues.	6:30pm (60 min.)
Thurs.	6:30pm (60 min.)

Fees (For Adult Swim Classes)

Members \$10	General Public \$18
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*Arthritis Water Exercise

(Classes will run for 6 weeks beginning June 7-July 15 and July 18-August 26)

Monday, Wednesday, Friday	10:30am
Fees	Members \$14
	General Public \$26

GYMNASTICS

Choose to attend sessions held twice a week for 3 weeks or once a week for 6 weeks. Sessions 1-4 (as shown in the registration section above) are 3 week sessions. Six week session class dates are June 7-July 15 and July 18-August 26.

Level I Preschool Gymnastics (Ages 3-4)

M-W	9:30am
T-TH	10:15am, 4:15pm

Level II Preschool Gymnastics (Ages 3-4)

M-W	10:15am
T-TH	9:30am, 5:00pm

Youth Progressive Gymnastics (Ages 5 & up)

	Beginner	Intermediate	Advanced
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M-W	11:00am		
T-TH	5:45pm	11:00am	
*Fri	4:15pm	5:00pm	5:45pm (60 min)

*Friday classes meet once a week for 6 weeks.

DANCE

(The following classes meet once a week for 6 weeks. Class dates are June 7-July 15 and July 18-August 26. All classes are 45 minutes in length except for Preschool Dance which is 30 min. and Ballroom Dance which is 60 min.)

Ballet (Ages 6-15)

Level 1	Monday	4:15 pm
Level 2	Wednesday	5:00 pm

Jazz/Popular (Ages 6-15)

Level 1	Monday	6:15 pm
Level 2	Wednesday	4:15 pm

Tap Dancing (Ages 6-15)

Monday	5:30 pm
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Preschool Intro. to Dance (Ages 3-5)

Monday	5:00 pm
Wednesday	5:45 pm

Ballroom Dance (Ages 16 & up)

Wednesday	6:15 pm
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HEALTH ENHANCEMENT SUMMER REGISTRATION INFORMATION

REGISTRATION DATES FOR SUMMER SESSIONS

The summer session of programs for Health Enhancement will consist of two 6 week sessions.

Session 1	June 6 - July 16
YMCA Members	May 23 - 27
General Public	May 31 - June 3
Session 2	July 18 - August 27
YMCA Members in Session 1	July 14 (7am-Noon)
YMCA Members	July 14 (1-7pm)
General Public	July 15

<u>Class</u>	<u>Time</u>	<u>Day</u>
Freestyle Aerobics	6:00 am	M-W-F
Live "Y"ers	8:00 am	M-W-F
Hip & Tummy Trimmer	10:00 am	M-TH
Step Aerobics	5:00 pm	T-TH
Step Aerobics	6:00 pm	T-TH
Aerobics/Step Combo	9:00 am	M-W-F
Aerobics/Step Combo	4:30 pm	M-W
Jazzercise	9:00 am	T-TH
*You & Me, Baby	5:30 pm	M-W
(Special fees for this class only.)		
Member	\$17	
General Public	\$32	

Aqua Aerobics (Formerly Y's Way to Water Exercise)

7:00 am	M-W-F
8:00 am	M-W-F
8:00 am	T-TH
6:30 pm	M-W-TH

Karate		
Beginners	5:00 pm	M-W
Advanced	6:00 pm	M-W
Adult	6:30 pm	M-W
Fees:		
Adult	1 time/week	\$18 (members)
		\$27 (general public)
	2 times/week	\$27 (members)
		\$44 (general public)
Youth	1 time/week	\$13 (members)
		\$21.50 (gen. public)
	2 times/week	\$21.50 (members)
		\$38 (general public)

Strength Training

9:30 am	T-TH
6:30 pm	T-TH
3:00 pm (Youth)	M-W-F
Fees:	
Members	\$16
General Public	\$27

Personal Training

This service is designed to help you set personal fitness goals and to develop a program that is right for you! Personal Training is available to the beginner as well as to the experience fitness buff. Participants receive a detailed fitness plan. The fee for this program is \$14 for each one hour session. For additional details, contact Tom Sekeres at the YMCA at 233-3531.

PUNCH TICKET FEES

15 PUNCH		30 PUNCH	
YMCA members	\$16	YMCA Members	\$30
60 & Better	\$24	60 & Better	\$45
General Public	\$32	General Public	\$60

Nautilus Summer Special

Take advantage of super summer rates for the use of Nautilus strength training equipment at the YMCA.

Offer good May 1 - September 1

	Members	General Public
Youth	\$13	\$32
Basic Adult	\$27	\$48
Basic Family	\$40	\$70
College	\$20	\$40

**CALL THE YMCA
TO REGISTER AT 233-3531**

YOUTH SUMMER ACTIVITIES

Junior High Basketball League

This summer the Family YMCA has a special basketball league for boys going into 7th, 8th, or 9th grades this fall.

From June 21 through August 5, the YMCA will be hosting a basketball league program for twelve teams. Games will be held on Tuesdays or Thursdays and will be played at either 1:00, 2:00, or 3:00 p.m. There will be a league tournament the last week of July to determine the league champions.

The league is open to YMCA members and the general public at the same rate. Team fee is \$95 and the fee must be paid at the time we receive the team roster. There must be a minimum of seven players on each team roster, not to exceed 15 players. Teams can be comprised of any combination of 7th, 8th, or 9th graders. All games will be played in the YMCA gymnasium and will be officiated by league supervisors. Teams may have a coach if desired.

Registration deadline is June 9, 1994. For more information contact Tim Moses at the YMCA at 233-3531.

Youth Sand Volleyball

The YMCA will be offering a special sand volleyball clinic this summer for boys and girls in grades 3-6. The clinic will be offered for 4 weeks on Tuesday and Thursday mornings at 10 am or 11 am at the YMCA from June 14 through July 14.

Boys and girls playing together will have the opportunity to learn the basics of bumping, setting, serving, digging and also the rules of match play. Depending on the weather, the clinics will be held outdoors on the Y's sand volleyball courts or in the YMCA gym.

Fees for the clinic will be \$7 for YMCA youth members and \$17 for the general public. For more information or to register, call the YMCA at 233-3531.

May Overnight

You still have time to get your child signed up for the May overnight, which will be held Friday, May 20 from 8:00 p.m. to 8:00 a.m. on Saturday morning. Swimming, gym games, pizza, movies and more await your child. Cost is \$9 for YMCA members and \$13 for the general public. Registration deadline is May 19 so call the YMCA today at 233-3531 to reserve your child's spot!

Senior High Co-Ed Volleyball

Get your friends together this summer for senior high co-ed volleyball at the Family YMCA! This league will begin June 22 and run through July 27. Games will be held Wednesday afternoons at the YMCA starting at 2:00 p.m.

The league will consist of the first eight teams of seven players that sign up by Wednesday, May 23. Cost for the league is \$10 per person. For more information or to register, call the YMCA at 233-3531.

Day Camp Coming Soon!

This year's summer day camp is set and ready to go so sign up your child today for a great summer experience! Children may attend one week or all ten weeks. Each week is a fun time waiting to happen. Cost is \$52 per week for YMCA members. There will be a reduced rate of \$41 during the week of July 4th due to camp not being held on the 4th.

Boys and Girls 3-On-3 Basketball

This summer the YMCA has a special basketball offer for boys and girls going into grades 3-6 this fall. From June 18 through July 16, the YMCA will be hosting a basketball league program on Saturday mornings. Games will be played at either 9 or 10 a.m. All games will be played half-court in the YMCA gymnasium and will be officiated by league supervisors. No games will be played on July 2nd.

The league is open to members and the general public. The cost for the league is \$7 for YMCA members and \$17 for the general public. For more information contact Tim Moses at the YMCA at 233-3531.

School's Out Fun Days!

The Family YMCA is inviting all boys and girls in grades K-6 to attend an activity-oriented School's Out Fun Days program that will be held at the YMCA from June 6-10. All of the children attending will have the opportunity to swim, take part in specially planned activities, play games, and be with special YMCA friends.

Children should bring a sack lunch including a drink, a towel and swimsuit for swimming at the Y and appropriate clothing for some outdoor activities.

Fees for this program are \$9 for YMCA members and \$13 for the general public. For more information or to register, call the YMCA at 233-3531.

Child Care News

The YMCA is creating a Volunteer Parent Committee designed for parents who utilize the YMCA Drop-in Child Care Center. The committee will help to address concerns/issues of the child care center. Committee members may also be asked to consider working in the center for a two-hour shift once a month to help with overcrowded times.

Current needs of the Child Care Center include new toys, kleenex, wipes, paper towels, and snacks. If you can help in any way with donations of these items it would be greatly appreciated.

Anyone interested in serving on the committee or donating supplies may contact Tom Sekeres or Thelma Aneweer at the YMCA at 233-3531.

T-Ball I

The YMCA summer t-ball clinic for boys and girls in grades K-2 will begin on June 14 and continue through July 14. The clinic will be held from 4:30 - 5:30 p.m. on Tuesdays and Thursdays at Orchard Hill, Hoover Intermediate (Paulson Park), Castle Hill, or Hansen.

This clinic teaches the basics of t-ball such as hitting, throwing, fielding and catching a ball. Other components include teamwork, sportsmanship and game play. Boys and girls play together on the same teams.

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

Professional Weight Management Seminars

The Family YMCA will be offering a one week series of Weight Management Seminars led by Dr. Gerry Gienger. This six hour course includes nutritional lectures, exercise training sessions and consultations, and body composition tests.

Two different sessions are being offered during the month of June. The first seminar begins on Tuesday, June 7. This session will meet June 7, 9, and 10 from 8:00 - 10:00 a.m. The second session will meet on June 13, 15, and 16 from 5:30 - 7:30 p.m. Both sessions will be held at the Y.

Fees for each session are \$40 for YMCA members and \$55 for the general public. Advance registration is required and enrollment is limited. For more information or to register, call the YMCA at 233-3531.

SUMMER MEMBERSHIP SPECIALS

The summer membership offer is already underway! This special is good for 4 months (May 1 - September 1). Membership fees may be pro-rated for those joining after May 15. If you decide to continue your membership for the full year, your money can be applied toward an annual membership.

Youth	\$36
College	\$48
Basic	\$48
Family	\$146

For more information about these memberships and other specific memberships available (Fitness Center, Husband/Wife Basic, Family Fitness Center, etc.), call the YMCA at 233-3531.

What a great chance to try the Y! Enjoy the climate controlled facilities and catch the magic we call the Family YMCA.

Black Hawk County Family YMCA

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