

# YMCA UPDATE

*At work for tomorrow ... today.*

BLACK HAWK COUNTY FAMILY YMCA

SEPTEMBER 1993



## Family YMCA Celebrates 125th Anniversary



The Family YMCA of Black Hawk County will turn 125 years old September 28, 1993. The Family YMCA was founded in 1868 only three months after the city of Waterloo was incorporated. The by-laws and constitution for the local YMCA were adopted at a meeting in the dental office of Dr. A.B. Mason. The YMCA's original mission stated "the object of this association shall be the mutual benefit and improvement of the spiritual, intellectual and social condition of all who may come under its influence".

Annual dues were \$1 and the founding officers set about the jobs of providing reading rooms and steering young men into employment. After many meetings in churches and the membership continued to grow, the YMCA dedicated its first home on November 5, 1868. The "home" was the upstairs of Capwell's Hall at Fifth and Commercial Streets in Waterloo and rented for \$250 a year.

Over the course of many years and buildings later, the YMCA funded a building drive and cornerstone ceremonies for the downtown YMCA were held in October 1931. The YMCA continued to grow in membership and programming and in May 1982 the current facility at South Hackett was opened.

In honor of the YMCA serving Black Hawk County residents for 125 years, the Family YMCA will mark this anniversary with a celebration beginning **Saturday, September 25** with "Family YMCA Night in the Dome."

### Keeping the "C" Active In YMCA

The Family YMCA will be offering two Bible studies this fall. Pastor Steve Hein from Westminster Presbyterian Church will leading an intensive study on the Book of Romans called "Digging Deeper". This study will be offered in two 10-week sessions. The first session begins on Wednesday, September 15 and runs through November 17. The second session will begin in January. The study will start at 12:10 pm and end at 12:50 pm. Bring your own lunch and a friend or co-worker.

The Panthers will meet Southwest Texas State at 6:30 pm. Reduced price football tickets are on sale at the YMCA now at \$6 a ticket to YMCA members and their families only. YMCA members may purchase unlimited tickets but will be required to verify their membership by showing their membership card. All seats are reserved. **Deadline to purchase tickets is September 23.**

The YMCA will hold an **Open House** to members and the general public on **Sunday, September 26 from 2:00 - 7:00 pm with food being served from 4:00 - 6:30 pm.** The facility will be open for all visitors to use free of charge. The open house will feature star athletes from the area, musical entertainment, and games and more. A luncheon honoring volunteers will take place on Monday, September 27. **The 125th Anniversary Day will be on Tuesday, September 28th from 4:00 - 8:00 pm.** A commemorative 125th Birthday cake will be served to all those visiting the YMCA that day along with clowns, balloons, face painting and more! A luncheon with various ministers and church leaders will take place on Wednesday, September 29. The YMCA will host Church Youth Group Night on Saturday, October 2 inviting all area church youth groups to come and use the YMCA free of charge.

Look for a special flier in your mailbox soon with more details of the 125th Anniversary Celebration and the calendar of events mentioned above. Join in the fun and excitement as the Family YMCA celebrates 125 years serving Black Hawk County.

### (Bible Study, cont'd.)

The second study offered this fall entitled "Faith of the Fathers" will feature biblical insights and practical tips for Christian fathers. The facilitator will be David Lenz, Pastor of Bethel United Presbyterian Church and YMCA Board of Director member. This study will be a ten week program that will focus on enhancing relationships within families, especially with children.

"Faith of the Fathers" will meet Tuesday mornings from 6:30 - 7:30 am beginning September 17 through November 16.



## *FROM THE EXECUTIVE'S CHAIR*

**125 YEARS OLD!** Hard to believe that is what our YMCA will be on Tuesday, September 28. In this newsletter, you'll find information on the celebration activities that will be taking place during that historic week.

But I'd like to take a few moments and go beyond the special activities to the heart of why we're still around after 125 years and why we'll be here for at least another 125.

When the YMCA was formed 125 years ago (just 3 months after the City of Waterloo incorporated), it had a very simple mission. "The object of this association shall be the mutual benefit and improvement of the spiritual, intellectual and social condition of all who may come under its influence."

That mission has stayed very much the same all these years. Our current mission states "to share Christian principles with all, through services building spirit, mind, and body." Two constants are weaved through these two mission statements.

First of all, the YMCA is for **ALL**. As the YMCA was yesteryear, is today and will be in the future, diversity is our strength. Whether you're young or old, black or white, rich or poor, male or female, **ALL** are welcome to participate.

Second, is our **Spiritual** heritage. The holistic approach to one's life - the development of the spirit, the mind and the body. Call it "wellness" or whatever you want, the YMCA was founded upon that important passage in the Bible (John 17:21), "that all may be one" 149 years ago nationally, and its focus has been in our community all these 125 years.

Today, the YMCA of Black Hawk County is one of the area's leading organizations dedicated to **Family life**. The Y is and will be a place where all in the family, whatever the makeup is, will be able to come and grow personally, clarify values,  
*(continued on back page)*

## **United Way Drive Underway**

The United Way will kick off its annual campaign September 15 to raise money to meet the needs of the 29 agencies it serves. This year's goal in the community will be \$2 million plus.

Your Family YMCA is one of the 29 agencies receiving money from the United Way. The \$38,000 received represents 4% of the total operational budget the YMCA works from.

Robert Harrison, Executive Director of the Cedar Valley United Way states that "when all have the opportunity to give, it is my hope that you consider all the different needs that are being met through this effort and give at the highest level possible. A commitment to community is needed to meet our goal and provide the resources needed by the agencies to continue to be able to respond to the growing needs."

Eldon Miller, U.N.I. Head Men's Basketball Coach is serving as this year's campaign chairperson. Any questions or additional information needed can be directed to the United Way office at 235-6211.

Remember, the United Way is currently the YMCA's largest single outside annual contributor so please give generously when asked. It does work for all of us.



## *The Second Annual YMCA Corporate Challenge*

The Family YMCA will sponsor the Second Annual Corporate Challenge October 1-3. The Corporate Challenge is a series of athletic events in which Black Hawk County businesses compete for the coveted distinction of being the most physically fit company in the county.

Events scheduled to be held are bowling, swimming relay, volleyball, 3 on 3 basketball, and more. Call the YMCA at 233-3531 for more information on registration. The entry deadline is September 22.





# HEALTH ENHANCEMENT

## FALL TWO SESSION

### SEPTEMBER 27 - NOVEMBER 6

<u>Class</u>	<u>Time</u>	<u>Day</u>
Freestyle Aerobics	6:00 am	M-W-F
Live "Y"ers	8:30 am	M-W-F
Hip & Tummy Trimmer	10:30 am	T-TH
Step Aerobics	10:00 am	M-W-F
Step Aerobics	4:30 pm	T-TH
Step Aerobics	5:30 pm	T-TH
Aerobics/Step Combo	9:30 am	M-W-F
Aerobics/Step Combo	5:30 pm	M-W
Weekend Workout	10:00 am	Sat
*Romp & Stomp	9:30 am	T-TH
*You & Me, Baby	5:30 pm	M-W
(Pre-Natal)		

#### Y's Way to Water Exercise

7:30 am	M-W-F
8:30 am	M-W-F
9:30 am	M-W-F
9:30 am	T-TH
6:30 pm	M-W-TH

#### ♪ Jazzercise ♪

9:30 am	T-TH
8:30 am	Sat

#### Karate

Beginners	4:30 pm	M-W
Beg/Intermed.	5:30 pm	M-W
Advanced	6:30 pm	M-W
Adult	7:30 pm	M-W

<u>Fees:</u>		
Adult	1 time/week	\$16 (members) \$25 (general public)
	2 times/week	\$26 (members) \$42 (general public)
Youth	1 time/week	\$12 (members) \$20 (general public)
	2 times/week	\$20 (members) \$36 (general public)

#### Strength Training

9:30 am	T-TH
6:30 pm	T-TH
4:15 pm (Youth)	M-W-F
<u>Fees:</u>	
Members	\$15
General Public	\$25

#### ★Country Line Dancing ★

6:45 pm	Tuesday
<u>Fees:</u>	
Members	\$15
General Public	\$20

#### Healthy Back

5:30 pm	T-TH
<u>Fees:</u>	
Members	\$35
General Public	\$60

#### \* Special Fees \*

<u>Romp &amp; Stomp</u>	
Member	\$12
General Public	\$24
<u>You &amp; Me Baby</u>	
Member	\$16
General Public	\$30

#### ♥ Fitness Classes ♥

**Aerobics/Step Combo** includes a warm up, cardiovascular section, muscular strength and endurance, and a cool down. The cardiovascular portion of the class is a mix of Step Aerobics and traditional land aerobics.

**Freestyle Aerobics** is a free style workout, using aerobics movements with dance steps. Muscular strength and endurance exercises are also included.

**Hip & Tummy Trimmer** focuses strictly on muscular endurance. A great way to tone your tummy, hips, thighs, and arms. This is also a super supplement to aerobics.

**Step Aerobics** helps to build strength, cardiovascular endurance and flexibility. It brings together low and high impact intensity aerobics without the stress on joints and muscles.

**Live Y'ers** is an exercise class for people 40 years older and/or a beginner exerciser. This class is not an aerobic class but walking is done before class. The class consists of stretching, toning, and conditioning of muscles. A great way to meet people and get those muscles back in shape.

**You & Me Baby** (Pre-natal) offers the experience of improving an expectant mother's fitness level. Modified exercises focus on the stomach, back, hips, legs and shoulders. Benefits include additional strength and stamina for child birth and better postpartum recovery.

#### PUNCH TICKET FEES

##### 15 PUNCH

YMCA Members	\$15
Sixty & Better Members	\$22.50
General Public	\$30

##### 30 PUNCH

YMCA Members	\$28
Sixty & Better Members	\$42
General Public	\$56



# REGISTRATION INFORMATION FOR

## HEALTH ENHANCEMENT, AQUATICS, DANCE, & GYMNASTICS

### REGISTRATION FOR FALL TWO SESSION

(September 27 - November 6)

YMCA Members	September 20-21
General Public	September 22-24

#### CLASS FEES

(Unless otherwise noted)

#### Preschool Swim Classes (Shrimp - Tadpole III)

	Member	General Public
1 time/week	\$6.50	\$12.50
2 time/week	\$13	\$25

#### Progressive Swim Classes, Gymnastics, and Dance Classes

	Member	General Public
*First Child	\$9	\$17
*Second	\$8	\$15
*Third	\$7	\$13

### YOUTH AQUATICS

#### Parent/Child (Shrimp/Perch)

\*Ages 6 months-2 years

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

#### Pike (Tadpole I)

\*Ages 3-4

M-W	9:30 am, 4:15 pm, 6:15 pm
T-TH	10:00 am, 4:45 pm, 7:15 pm
Saturday	9:30 am

#### Eel (Tadpole II)

\*Ages 3-4

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

#### Ray (Tadpole III)

\*Ages 3-4

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

#### Polliwog I

\*Ages 5 & up

	Small Pool	Large Pool
Monday		5:45 pm
Tuesday	5:45 pm, 7:45 pm	5:00 pm
Wednesday		5:00 pm
Thursday	10:30 am, 5:45 pm, 7:45 pm	4:15 pm
Saturday	11:00 am	10:30 am, 11:15 am

#### Polliwog II

Monday	4:15 pm, 5:00 pm
Tuesday	10:30 am, 5:45 pm
Wednesday	4:15 pm, 5:45 pm
Thursday	5:00 pm, 5:45 pm
Saturday	9:00 am

#### Guppy (Red Cross Beginner)

Tuesday	5:45 pm
Wednesday	4:15 pm, 5:00 pm
Thursday	4:15 pm
Saturday	9:45 pm

#### Minnow I

Monday	5:45 pm
Tuesday	4:15 pm
Thursday	5:00 pm
Saturday	9:00 am

#### Minnow II (Red Cross Advanced Beginner)

Monday	5:00 pm
--------	---------

Tuesday	4:15 pm
Thursday	5:45 pm
Saturday	10:30 am

#### Fish

Monday	4:15 pm
Wednesday	5:45 pm
Saturday	11:15 pm

#### Flying Fish (Intermediate)

Tuesday	5:00 pm
Saturday	9:45 pm

#### Shark (Swimmer)

Tuesday	5:45 pm
Thursday	5:45 pm

#### Porpoise

Monday	5:45 pm
Wednesday	5:45 pm

#### Synchronized Swimming

(Minnow II swimmers or above)

Friday	4:15-5:45pm
--------	-------------

### ADULT AQUATICS

#### Adult Beginning Swimming (For those 18 years & older)

Tuesday	11:15 am, 7:00 pm
---------	-------------------

#### Adult Intermediate Swimming

Thursday	7:00 pm
----------	---------

#### Arthritis Water Exercise

Monday, Wednesday, Friday

*Fees (this class only)	Members \$9	General Public \$17
-------------------------	-------------	---------------------

### GYMNASTICS

#### Gym Tots (Ages 3-4)

Monday	9:30 am
Tuesday	10:15 pm, 4:15 pm
Thursday	5:00 pm

#### Pre-School Gymnastics (Ages 3-4)

Monday	10:15 am
Tuesday	9:30 am, 5:00 pm
Thursday	4:15 pm

#### Youth Progressive Gymnastics (Ages 5 & up)

	Beginner	Intermediate	Advanced
Tues.	5:45 pm		
Thurs.		5:45 pm	
Fri.	5:00 pm	5:45 pm	6:30 pm
Sat.	9:00 am	9:45 am	10:30 am

### DANCE

#### Beginning Ballet (Ages 7-15)

Level 1	Monday, 4:15 pm
Level 2	Wednesday, 5:45 pm

#### Beginning Jazz (Ages 7-15)

Level 1	Monday, 5:45 pm
Level 2	Wednesday, 5:00 pm

#### Tap Dancing (Ages 7-15)

Monday	5:00 pm
--------	---------

#### Popular Dance (Ages 7-15)

Wednesday	4:15 pm
-----------	---------

#### Adult Dance (Ages 16 & up)

Monday	6:30 pm
Wednesday	6:30 pm



# FALL TWO YOUTH ACTIVITIES

## INDOOR SOCCER

This clinic is for boys and girls grades K-2. The fundamentals of soccer, coordination, soccer skills, teamwork, fair play, and sportsmanship will be the areas of focus for this clinic. A softer soccer ball will be used for indoor play. The clinic will be held at the YMCA.

**Day/Date:** Monday and Wednesday  
October 11 - November 3

**Time:** 4:30 - 5:30 pm

**Fee:** YMCA Members \$6  
General Public \$16



## PEE WEE BASKETBALL

This clinic is for boys and girls grades K-2. The clinic will feature teaching the fundamentals of 5 on 5 basketball. Baskets are lowered to 8 1/2 feet and a junior size ball is used. This clinic will be held at the YMCA.

**Day/Date:** Saturdays  
October 30 - December 18

**Time:** 4:30 - 5:30 pm

or

5:30 - 6:30 pm

**Fee:** YMCA Members \$6  
General Public \$16



## RED CROSS BASIC LIFEGUARDING CLASS

This class will feature the instruction of basic assists and rescues, defenses and releases and also how to handle aquatic emergencies. Participants must be 15 years of age or older. All participants will be required to pass both written exams and swimming tests to complete the course. Must have current CPR and first aid to receive certification. Those who successfully complete the course will be certified as Red Cross Lifeguards (state recognized certification). Limited spaces available.

**Day/Date:** Saturdays  
October 16 - November 13

**Time:** 10:00 am - 2:00 pm

**Fee:** YMCA Members \$40  
General Public \$50

**\*Registration Deadline is Oct. 9!**

## YMCA SUPER SITTER CLINIC

This clinic is designed for 11-16 year olds who need training to become effective babysitters. This course will train potential and experienced sitters in the fundamentals of quality child care and home safety. Participants learn to promote the well-being and self esteem of children and to take an active role in their care, growth and development.

The clinic will also feature mealtime, bathtime, and playtime skills. In addition, feeding, diapering, and comforting of infants and emergency procedures will be discussed. A section on behavior management skills will also be taught. Participants will receive a Sitter's Resource book and a Super Sitter certificate at the completion of the program.

This one day program will be led by YMCA Child Care Coordinator Thelma Aneweer. Thelma has 10 years of experience working for the YMCA and also many years of experience as a private child care provider.

**Date:** Saturday, October 9  
**Time:** 1:00 - 5:00 pm  
**Fees:** YMCA Members \$10  
General Public \$15

## PAGING SYSTEM

As of April 1, 1993, the YMCA discontinued paging members and program participants. Members were not answering pages because of difficulty hearing them. This caused confusion for both YMCA staff, members and callers.

There is now a message board outside of the offices near the Service Center/Front Desk in which callers can leave messages and messages will then be posted.

**THANK YOU!**

## YMCA BUILDING HOURS

\* The YMCA will return to fall and winter hours beginning **Tuesday, September 7**. Please note the building hours schedule:

Mon.-Thurs.	5:00 am - 10:00 pm
Friday	5:00 am - 9:00 pm
Saturday	7:00 am - 5:00 pm
Sunday	1:00 pm - 6:00 pm



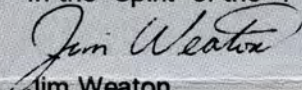
**(Executive's Chair, Cont'd.)**

improve personal and family relations, appreciate diversity, become better leaders, develop specific skills and have fun.

Yes, we are 125 years old and **still growing strong!** Because of all of you, and those constants in our organization's history, it is a bright future at the Family YMCA of Black Hawk County.

**HAPPY BIRTHDAY YMCA!**

In the 'Spirit' of the 'Y'



Jim Weaton  
Executive Director

**Personal Training**

This new 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 experienced fitness buff who is in need of additional instruction or design of a total workout plan. A one on one consultation may be made by appointment only. As a participant, you will receive a detailed fitness plan tailored to your specific needs which may include cardiovascular fitness, muscular strengthening, body building, flexibility, nutrition advice, and workout coaching/motivation.

The fee for this training program is \$15<sup>14</sup> for each one hour session. For more information, contact Tom Sekeres at the YMCA, 233-3531.

**STRESS ILLS OR  
STRESS SKILLS**

**(The Y's Way to Stress Management)**

This program is designed for people

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



from all walks of life; whether you are a business manager, telephone operator, or college student, the information offered through this program should prove beneficial to you. The six week course will include stress patterns and perceptions, regulating change in your life, positive skills for managing stress and relationship skills.

Jim Weaton, Executive Director of the YMCA, will be the instructor of the class. Jim has successfully managed the YMCA for the past eight years and has become a recognized community leader through his involvement in special activities both inside and outside the YMCA. As a result of his long hours and additional responsibilities, he knows what it takes to properly manage good and bad stress in his personal and professional life.

This course will be held Tuesday evenings from 6:30 - 7:45 pm beginning September 28. The fee for the class is \$35 for YMCA members and \$60 for the general public. This fee includes a course workbook. For more information about this program, contact Tom Sekeres at the YMCA, 233-3531.

**YMCA Is Now On CITYLINE**

The YMCA is now an official category listing on CITYLINE. The category number is 9622 (or YMCA). CITYLINE is an interactive telephone information service accessible 24 hours a day. It provides over 250 categories of information such as weather, financial news, entertainment, etc.

All calls made to CITYLINE are free and a caller can access as many as ten categories per call. The CITYLINE category directory is published each day in the Waterloo Courier. Call CITYLINE at 235-7000 and enter category 9622 (or YMCA) for the latest information regarding YMCA activities, events and class registration.

The Courier



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