



YMCA UPDATE

At work for tomorrow ... today.

FAMILY YMCA OF BLACK HAWK COUNTY

AUGUST 1993

YMCA Hosts Iowa Games Qualifying Festival

Approximately 2,100 athletes representing four sports competed in the 1993 Iowa Games Qualifying Festival that took place in the Cedar Falls/Waterloo community July 16-18. The YMCA was the proud host of this event for the fourth consecutive year. Athletes traveled to our community from as far away as Council Bluffs and Sioux City and as close as Denver and Marshalltown.

The games kicked off in the UNI-Dome Friday evening with opening ceremonies that included the parade and oath of athletes, an olympic-style torch lighting ceremony, entertainment by the Union Baptist Crusaders, the Cedar Falls Jazz Band, the "West High Lights" Light Precision Team, and the Cedar Falls Pom Pon Squad, and first ever indoor fireworks in the Dome! Liz Mathis, KWWL New Anchor, was the mistress of ceremonies. Jim Weaton, Festival Director, said the games are for everyone; young or old, black or white, rich or poor. "The Iowa Games are about people - all people coming together in this olympic-style spirit that teaches us that ultimately, we are all on the same team. These 'values' are why the YMCA and this community should stay involved."

The qualifying festival was fortunate to have Cedar Falls native Trev Alberts as the special guest. Alberts was a former Northern University High School football standout and is currently a linebacker for the University of Nebraska. He helped create a magical moment 'Olympic style' as he jogged around the UNI-Dome track to the Olympic theme song carrying the torch to the elevated cauldron.

Alberts is a contender for the Dick Butkus Award and All-American honors in his final season with the Huskers. He spent some time during the opening ceremonies talking to youth and giving his reflections on being an athlete. He also signed autographs and had

photos taken.

Alberts says he enjoys being a role model. "The community has given me a lot of support and I want to give back to it," commented Alberts.



The qualifying festival weekend continued on Saturday and Sunday with competitions in the areas of soccer, basketball, volleyball, and bowling. Qualifiers from this festival and the qualifying festival in Des Moines advanced to the seventh annual state Iowa Games in Ames August 6-8.

Czech Day Camp Counselor Here This Summer

YMCA Day Campers are learning about a foreign country this summer the easy and fun way. No, they aren't buried in a text book or even studying a map. But they are getting to know Mikal Pejskar, a camp counselor from the Czech Republic, who is one of 30 people chosen to work with American children this summer through the International Camp Counselor Program (ICCP) and is a counselor for the Family YMCA's Day Camp program.

Pejskar, 27, is a head of advertising and service at a factory in Na'chod and has been a counselor in two Czech camps. His love of children and desire to visit the U.S. prompted him to apply to the ICCP.

While he's at the YMCA, he plans to give a presentation on the Czech Republic to help the youth understand more about where he's from.

(Continued on back page)

FALL YOUTH SPORTS

FLAG FOOTBALL

This clinic is for boys and girls grades 3-6. The concepts of blocking, passing, catching, kicking, and running will be taught. Youth will have the opportunity to increase their knowledge and experience of the game of football. Sites will be available throughout Cedar Falls Waterloo, New Hartford, and Washburn. The final game of the season will be held in the UNI-Dome Sunday, October 24.

Day/Date: Saturdays, September 11 - October 24
(No clinic October 23)
Time: 9:00 - 11:00 am for Grades 3-4
10:00 - 11:00 am for Grades 5-6
(Note: Grades 3-6 will all play from 10:00 - 11:00 am in New Hartford only.)
Fee: YMCA Members \$6
General Public \$16
(Note: Fees for New Hartford will be \$6 for YMCA members and \$11 for the General Public.)

CHEERLEADING CLINIC

Girls in grades 3-6 can participate in this clinic. Participants will learn how to "fire up a crowd" with energy and enthusiasm along with cheers, jumps, and pompon routines. All participants will receive a set of pompons. Participants will cheer at the final flag football game on Sunday, October 24 in the UNI-Dome.

Day/Date: Saturdays
September 11 - October 24
(No clinic Oct.9 & 23; Makeup for Oct.9 will be on Fri., Oct.8)
Time: 9:00-10:00 am for Grades 3-4
10:00-11:00 am for Grades 5-6
Fee: YMCA Members, \$6
General Public, \$16

DYNAMITES FLAG FOOTBALL

Boys and Girls grades K-2 can participate in this clinic. The clinic will focus on the fundamentals of football and having fun. Nerf footballs are used to develop passing and catching skills. This clinic will be held at the YMCA location only.

Day/Date: Monday & Wednesday
or
Tuesday & Thursday
September 7 - October 4
(No clinic Sept.6)
Time: 4:30 - 5:30 pm
Fee: YMCA Members \$6
General Public \$16

FALL VOLLEYBALL

This clinic is for boys and girls grades 3-6. The clinic will focus on bumping, setting, serving, teamwork, and team strategies. This clinic will be held at the YMCA location only.

Day/Date: Fridays
September 10 - October 29
Time: 5:00 - 6:00 pm for Grades 3-4
6:00 - 7:00 pm for Grades 5-6
Fee: YMCA Members \$6
General Public \$16

TEEN REC

For Youth Ages 13-18
7 - 11 PM

You still have a few weeks left to join the FUN!
Bring your school ID or a driver's license and \$5 will cover the cost of all TEEN REC night!

*Fridays at the Boys/Girls Club - August 13, 20, & 27
*Saturdays at the YMCA - August 21 & 28

Basketball, Volleyball, Wallyball, Swimming, Racquetball, Dances, Foosball, Pool, and more!

☺ OVERNIGHT ☺

The last summer overnight for boys and girls grades K-6 will be held Friday, AUGUST 20!
Registration will be August 9 -19.

Join in the fun...come and swim, play games, watch a movie, and more! Bring your friends, a sleeping bag, pillow, pajamas, a swimsuit, towel, and gym shoes.

Overnights begin at 8 pm and end at 8 am the next morning

FEES: YMCA Members \$8 General Public \$12

TO REGISTER, CALL THE YMCA
233-3531



REGISTRATION INFORMATION FOR



HEALTH ENHANCEMENT, AQUATICS, DANCE, & GYMNASTICS

REGISTRATION FOR FALL ONE SESSION (August 30 - September 25)

YMCA Members August 16-20
General Public August 23-27

CLASS FEES

(Unless otherwise noted)

Preschool Swim Classes (Shrimp - Tadpole III)

	Member	General Public
1 time/week	\$4.50	\$8.50
2 time/week	\$9	\$17

Progressive Swim Classes, Gymnastics, and Dance Classes

	Member	General Public
*First Child	\$6	\$11
*Second	\$5	\$9
*Third	\$4	\$7

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
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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
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ADULT AQUATICS

Adult Beginning Swimming (For those 18 years & older)

Tuesday	11:15 am, 7:00 pm
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Adult Intermediate Swimming

Thursday	7:00 pm
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Arthritis Water Exercise

Monday, Wednesday, Friday	10:30 am
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*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
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Popular Dance (Ages 7-15)

Wednesday	4:15 pm
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Adult Dance (Ages 16 & up)

Monday	6:30 pm
Wednesday	6:30 pm

➡ TO REGISTER, CALL THE YMCA ➡

233-3531

FROM THE EXECUTIVE'S CHAIR

It has been a busy summer at your Family YMCA! Programs at or near record levels (500+ youth in day camp alone), a brand new cement parking lot with more parking spaces, the purchase of 3.25 acres on the corners of South Hackett/Maynard and Greenhill Road, and continued enhancement of our facility - both inside and out.

My thanks to all who have participated and continue to support the Y and for the patience everyone had in working around our major parking lot project. I've told many that, next to our new gym floor project of '90, our new parking lot with additional spaces will solve a major problem that we've had for quite a while. I hope you enjoy!

Time to rest? **NO CHANCE!** We're already busy preparing for the Fall season - and does it ever look exciting! Forty-seven new program ideas are being explored to meet your ongoing needs. A membership campaign with a new twist will be unveiled in September along with details about our 125th anniversary celebration. **That's right, our YMCA is 125 years old in this community September 28.** How many other organizations do you know were around three months after the city of Waterloo voted to incorporate?

All this, along with the prospect of expansion and a capital campaign to address future needs of this vibrant and alive YMCA, will keep things pretty interesting our final quarter of 1993. Stay buckled up. The ride's not over yet!

Lastly, we've all seen the "catchy" TV commercials whose slogans stick in our minds and allow us, when time to buy, to look for their product. Well, consider this one... "Life is short, **Pray Hard!**" In the 'Spirit' of the 'Y'

Jim Weaton 
YMCA Executive Director

1993 PARTNERS CAMPAIGN UPDATE

By now everyone should be aware of the YMCA's annual contribution campaign going on for 1993. The \$108,950 goal will help fund mission opportunities in six important areas of YMCA life: **Financial Assistance** Program, **Disabled Services** Program, **Youth and Adult Fitness** Programs, **Youth Social, Sports and Recreation** Programs, **Youth Day Camping** Program, and **Youth-At-Risk** Programs.

Because of the generosity of many, at this writing the YMCA has raised **\$100,022 or 92% of our goal!** But we're not quite finished. This annual campaign continues to be important to this community for several reasons. Thousands of people are being touched by the dollars raised. The YMCA continues to be a self supporting organization using no tax dollars (only membership dues, program fees and contributions) and the YMCA has had to do more with less external funding sources than in the past.

Ten years ago (1983), the YMCA contribution need was \$99,508. United Way contributed \$96,618 and the YMCA raised \$2,890. Today, our role is reversed with the Y raising \$112,655 and the United Way contributing \$38,295. It is only with your help that we can continue to provide services to **EVERYONE** regardless of one's financial status.

What is the greatest gift anyone can give to another? The YMCA (**YOU ARE THE YMCA**) continues to believe it's helping someone fulfill his or her potential - becoming all that a person can be. Support through this campaign effort makes all this possible.

If you haven't had the chance to contribute, please consider doing so now. Your contributions can be mailed directly to the YMCA (669 South Hackett Road, Waterloo, Iowa 50701). If you have any questions, please contact Jim Weaton, Executive Director at 233-3531.

DID YOU KNOW...

- Over 500 youth attended YMCA Day Camp this summer and participated in activities like archery, canoeing, outdoor cooking, swimming, arts and crafts, music, and fellowship?
- Approximately 760 youth and adults worked on improving their swimming skills or learned a new exercise in an aquatics class this summer?
- The YMCA took care of 350 kids between the ages of 3 and 9 years old in the All Day Summer Child Care program? (cont'd. on back page)

Czech Counselor (Continued)

uprising in 1989. He is grateful for the changes in recent years and said that the new Czech democracy has made it possible to visit the U.S.

Pejskar is living with several families in the Waterloo/Cedar Falls area and just recently returned from the Marshalltown YMCA where he spent a month working at a camp there.

Pejskar's wife is also a counselor with the ICCP and is currently working at a camp in Chicago. Before leaving the United States, he and his wife plan to do some traveling and see more of the country.

DID YOU KNOW...(Continued)

- Over 300 youth participated in sports programs like t-ball, pee wee basketball, football camp, volleyball clinic, and a mini sports clinic!
- YMCA Fitness programs such as aerobics, Live Y'ers, Karate, Line Dancing, Racquetball, and exercise classes attracted 251 participants both youth and adult this summer.

**Stay tuned for September...
You won't want to miss it!!!**

- ★ 125th Anniversary Celebration
- ★ Membership Campaign
- ★ Return to Fall Hours

ADULT FALL

SAND VOLLEYBALL LEAGUE

The YMCA will again be running a fall sand volleyball league for adult co-ed teams beginning the week of August 30 and ending the week of October 4. All games will be played on Tuesdays at 5:15 pm or 6:15 pm.

The league will consist of eight teams and the team fee is \$50. Teams will play with a six player format. Team roster and payment must be received with registration. Deadline is August 24. There will be a mandatory team meeting on Thursday, August 26 at 7 pm to go over schedules and rules. Each team must have a captain or a league representative present.

YMCA HOSTS JAPANESES STUDENTS

The Family YMCA will be hosting two high school students from Osaka, Japan as part of the MidAmerica Cultural Exchange. The students will be here the week of August 15-21 and will be staying with local families.

The students will serve as Junior Counselors and educational resources in the YMCA Day Camp and also learn about American culture. This is the third summer the Black Hawk County YMCA has participated in this exchange program.

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

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