

September 1988

Masters Swimming is not just for people with competitive swimming backgrounds or interests. The program is for anyone interested in improving their swimming skills and physical conditioning. For more information about Masters Swimming, check with Aquatic Director Dave Phelps at the Y.

From The Executive's Chair

For 144 years now, there have been YMCA's around . . . and in this community the figure is 120. Actually the YMCA, when it's working at its best, is an Association of people. Some persons think the YMCA is a building, but it really isn't. Buildings are just tools in which people can do things together.

Because the YMCA is an Association of people, down through its history it has invented all kinds of innovative ways to do things together. For example, the YMCA invented night school for adults, organized camping, basketball, volleyball, founded the Campfire Girls . . . and even put together the first organized intensive campaign to raise funds for a building. We can, indeed, relate to that as we complete a successful \$1.5 million debt elimination project.

*The Y still continues to be innovative. If it stops serving the needs of people it will disintegrate and die. It continues to set up ways in which folks can relate together meaningfully because it is a **voluntary** association. There is no reason for anyone to stay in it unless they **want** to. No one is forced to be a part of the Association.*

Another feature of the YMCA is that persons who join it ought to emerge as better for having been in its programs. They tend to be healthier, mentally or physically, or more joyful or with a greater sense of worth than persons who didn't join.

This is the real measure of whether the YMCA is doing anything important . . . are its members better persons?

The unique quality of the YMCA is that it is different than almost any other worldwide organization. If it were a business, it would gain its support by producing a product or a service. In a business, one group of people gather together with tools and technology and produce products or services which another group will buy.

In the YMCA both the producers and what is produced are the same people. They are simply better for having associated with each other in meaningful ways.

So, in the coming year, our YMCA will continue to "reach out" and invite the community to become a part of our programs and services. Each YMCA contact or experience we make is really a form of "reaching out," of widening our Association circle. I invite each of you to join with me in this process.

When we do it well, others grow, our YMCA grows, and we grow too!

Thanks for Caring and Sharing,

Jim Weaton

YMCA Executive Director

Y-Indian Guides & Princesses Starting Soon

Dads, this is a chance for you to spend some quality time with your K-3rd grader. The Y-Indian Guide and Princess program is designed to give you many opportunities to participate in activities with your child.

Y-Indian Guide and Princess participants form a group (tribe) of six to nine families that meet on a rotating basis in the member's homes. They work on crafts, songs, stories and games relating to an American Indian theme. They also have special Nation events where all the tribes come together and participate in activities such as bowling, sledding, campouts and more. In general, they just have FUN — TOGETHER!

If you are interested in learning more about this rewarding Father/Child program, contact David Phelps at the YMCA, 233-3531.

Child Care Time Added

Effective immediately, the YMCA Child Care Center hours are:

Monday	8:30 a.m.-noon 4:00-8:00 p.m.
Tuesday	9:00 a.m.-noon 4:00-7:30 p.m.
Wednesday	8:30 a.m.-noon 4:00-8:00 p.m.
Thursday	9:00 a.m.-noon 4:00-7:30 p.m.
Friday	4:30-7:30 p.m.
Saturday	9:30-11:30 a.m.

Also, the Child Care Center staff is in need of craft materials to be used for projects with the older children. They are requesting any useable items, especially the following:

aluminum pie pans	buttons and beads
lids from cans	jars
bottles	cardboard
cardboard boxes	coffee cans
fabric scraps	hangers
nuts, bolts, washers	margarine tubs
plastic containers	old panty hose
plastic egg cartons	plastic foam from meat trays
sand paper	sewing trims and yarn

If you can help, we'd appreciate it!



Fall Family Volksmarch

Hartman Reserve Nature Center and the Family YMCA will be sponsoring the 1st Annual Family Volksmarch coming up on Sunday, October 2. This walk gives you and your family the chance to experience the beauty of Iowa's fall colors while taking part in a relaxing form of exercise.

The walk will start at the YMCA between noon and 2 p.m. and finish by 5 p.m. From the Y the walkers will head north on Hackett to Grand Blvd., then turn west and walk to River Hills School. Behind the school walkers will enter Hartman Forest and take the trail to the Nature Center and return to the YMCA following the same route. The entire walk is about five miles.

Activities planned for this event include live music by the Camillon Brass at the Nature Center as well as the making and drinking of apple cider. Refreshments will also be available at the YMCA and along the trail.

There is no charge for the Volksmarch unless you would like to receive a medal at the conclusion of the walk. Facilities at the YMCA will be open to walkers who are members or those who pay to attend the event. Fees are \$2 for individuals and \$5 for families.

Volunteers are needed to help run the event. If you would like to lend a hand please contact Nancy Winchip.

Everyone is welcome. Families and individuals of all ages are encouraged to join the fun. Children under 12 must be accompanied by an adult. For more information and to register, call the YMCA, 233-3531.

Flag Football Clinic

Now is the time to sign up for Flag Football Clinics. Boys and girls in grades three through six interested in having fun, meeting new friends and learning the fundamentals of flag football are encouraged to sign up.

The clinic is held on Saturday mornings Sept. 17 through Oct. 30, with the final game being held in the UNI-Dome. Third and fourth graders meet from 9-10 a.m., while fifth and sixth graders meet from 10-11 a.m. (Exception: Denver and Evansdale sites, boys and girls in grades three through six meet from 9-10 a.m.)

Flag Football will be played this fall at the following locations.

Waterloo

Devonshire Elementary
Kittrell Elementary
Greenbrier Elementary

Cedar Falls

Peet Junior High

Evansdale

YMCA property (corner of
Evans and Central)

Denver

Practice field next to
the water tower

Registrations are being taken in person or by phone at the YMCA, 233-3531. Fees for Flag Football are:

Members

\$10.00	1st child
\$ 9.00	2nd child
\$ 8.00	3rd child

Non-Members

\$18.00
\$16.00
\$14.00



Volunteer Coaches Needed

The YMCA depends on finding good volunteer coaches to run cost-effective programs. This fall we are looking for coaches for Flag Football Clinics.

If you have a child who will be attending Flag Football, you can receive \$10 off the price of the clinic for being a volunteer coach. This means that a member's child can participate for free!

If you do not have a child participating, you can receive \$10 off any YMCA program. In order to receive this discount, you must attend the coach's meeting and be present at seven of the eight clinic practices and games.

For more information about being a clinic coach, call Peggy Joens at the YMCA, 233-3531.

New Aquatic Staff

This fall there are several new faces in the Aquatic Department. New staff members are: Kay Anderson, Heather Helmers, Connie Johnson, Robert Meier and David Peters.

Kay worked this last summer at our Y and is continuing this fall. She is a junior at UNI majoring in Elementary Education. Kay will be teaching swimming lessons and lifeguarding in the evenings.

Heather is a Community Health Education major at UNI beginning her sophomore year. She will be teaching in the large pool in the evenings.

Connie has acquired approximately 20 years of teaching experience and is presently working at the Lutheran Center at UNI as well as at the YMCA. Connie worked last summer at Sunnyside Country Club and currently is certified as a Water Safety Instructor Trainer. She will be teaching Aquatrim and also instructing classes in the small pool.

Robert comes to us from Osage. He is a freshman majoring in Science Education at UNI. Robert will be teaching on weekday evenings and Saturday mornings.

We are proud to welcome these new staff members to the YMCA.

OK, Just How Hungry Are You?

Yes, most of us go through this everyday: how hungry am I? Get the answers to this and many other questions in the Y's Way to Weight Management class.

Classes are educational and motivational. There is a morning class and an evening class starting Sept. 14. Classes meet for an hour each week for ten weeks. Each class covers a new chapter of material to discuss. Managing your eating time, managing food choices, increasing your food awareness and developing an exercise plan are among the topics covered. Class are held on Wednesdays at 9:45 a.m. or 6:45 p.m.

Please contact Nancy Winchip or Pam Carlson at the YMCA for more information. Class fees are \$20 for Y members and \$30 for non-Y members.

Hats Off!

The YMCA Health Enhancement Department would like to introduce four new staff members.

In the Nautilus Center we have Tracy Young and Todd Hixson. Many of you will recognize Tracy from the Aquatics Department. Tracy is a UNI student majoring in Psychology. Todd is also a student at UNI majoring in Pre-Physical Therapy/Sports Medicine. One of Todd's hobbies is doing triathlons.

In the Fitness Department teaching You & Me Baby (pre-natal exercise) is Teresa Shader. Teresa works at the National Bank of Waterloo and is going to be a great addition to our team.

In the Exercise/Weight Room area is Jack Adams. Jack has a newly-created job at the YMCA as our first Strength Trainer. He will be on duty during the after work/evening rush time to answer your questions and help you with workouts. Jack is a senior at UNI in Public Relations.

Feel free to stop by and give these new employees a warm YMCA welcome. You can put their names and faces together by looking at the Wall of Fame in the hallway across from the Exercise/Weight Room.

NEW MEMBERS

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

John Appleby Family
Michael Lindeman
Janell Hurd
Debra Ressler
Shawn Creery
Susan E. Kosmicki
Sara Hull
Jennifer Bergmeier
Candace Bergmeier
R. L. Bradbury
Karen Larsen
Lance Peterson
Chad Picknell
R. Prasad Adusumalli Family
Mark Shinneman
Josh Gruber
Michael L. Olson Family
Eric Steffeney
Chris Tobar
Rascha Dughly
Jack Crossman
Lance Miller

Monica Brown
Chris Anderson
Lori Lenton
Thatcher Schulte
John A. Smith
C. Craig Rash Family
Zach Liger
Eric Schmitt
Adam Schmitt
John & Mary Lou Page
Dana Schmidt
Dick Schmidt
Jenna Schmidt
Ann Trent
Keith & Deanna Weber
J. T. Bradfield Family
Chad Christopher
Rafael Christensen
Andrew Sassack II Family
Chad Huhn
Peter Lies
Julie Peterson

Ellen Duffy
Randy Kamp
Robbie Nelson
Michelle Albright
Linda Bowman
Dana Axness
Ethel Washington
Robert Lorenz, Jr.
Thomas Young Family
James M. Gerrans Family
Diana Hellman
Jill Fick
Michelle Albright
Laurie Szegda
Brian Cafaro
Emily Kuennen
Kristofer Kauf
Craig Cafaro
Jonathan Wise
Sarah Bailey
Keith Bailey
Richard Tow Family

Rex McKee
Neil Hoppenworth
Cory Hamilton
J. Scott Bayne
Arthur Klingenberg Family
Frank Nicholas
David Frerichs
Jason Klemke
Christine Hawes
Phil Gutting
Jolon Johnson
Denise Reese
Rita M. Mosley
Jim Whitney Family
Michael Grieger
Jean Camarata
Matt & Deb Roach
Mike Irvine
Kallin Kurtz

Next Session Tadpole & Waterbabies Registration is Soon

Registration dates for the second set of 4-week classes for Tadpoles and Waterbabies are listed below. Classes begin Sept. 26.

YMCA members currently enrolled, Sept. 22, 9 a.m.-noon.

YMCA members, Sept. 22, 1-5 p.m.

Non-YMCA members, Sept. 23, 9 a.m.-5 p.m.

Family Sundays Start Soon

YMCA Family Sundays are scheduled to begin on October 1 and run through March 19, 1989.

Family Sundays are set aside especially for our adult members, their families and their guests. Guest passes are not sold to anyone who is not directly accompanied by a Y member. All YMCA youth members, age 18 and under, must be accompanied by an adult in order to use Y facilities on Family Sundays.

The Y's intention in having Family Sundays is to make special times available for "members only" at times when families can be together. This fall the Y plans to add an extra dimension to Family Sundays by having themes each month with special programs. Details about upcoming Family Sundays will be out soon.

BLACK HAWK COUNTY FAMILY YMCA
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