



FROM THE EXECUTIVE'S CHAIR

I am particularly fond of this time of year more than any other. I think so because, it seems, we spend more time reflecting on ourselves, our friends, our families and our fellow human beings as we walk through the Thanksgiving holiday. Our attitudes alone make for a most pleasant experience.

As I reflect on our up-coming Thanksgiving holiday, I am indeed thankful for many things. I am thankful to live in America, to be an American citizen and to live in a free world. I am thankful for the opportunity of worshipping in the faith of my choice. I am thankful to love and be loved by my wife, our two children and our friends. And I am thankful to be of service to you who make up the YMCA.

The continued support and participation you give to me and our staff is very much appreciated. In the weeks and months ahead we will do our best to warrant your continued trust and confidence in our ability to provide the types of experiences that will last a lifetime.

In the spirit of appreciation, a Happy Thanksgiving — to you and yours. Thank for caring and sharing.

Jim Weaton
Y.M.C.A. Executive Director

Y.M.C.A. "FAMILY DAYS"

Y.M.C.A. "Family Days" begin Saturday, November 6 and run through Sunday, March 27, 1988. "Family Days" take place on Saturday evenings from 6:00 p.m. - 9:00 p.m. and Sunday afternoons from 1:00 p.m. - 5:00 p.m. The Y.M.C.A. has set these times aside in order for your family to come to the "Y" and spend some time together.

Single youth will not be allowed to participate in "Family Days" unless accompanied by an adult, 19 years of age or older. Members may also bring guests for \$1 (youth) and \$2 (adult).

Facilities open for use include the gymnasium, racquetball courts, swimming pools, weight/exercise rooms, game room and the child care room (Sundays only). The Nautilus room will not be open unless there is a great demand for it.

The "Y" encourages you and your family to take advantage of this opportunity — it is a great chance to spend quality time with the special people in your life.

PORPOISE CLUB

All swimmers who have passed the Y.M.C.A. Shark or Red Cross Swimmer's Course are invited to learn new skills and experience all types of aquatic activities in our all-new Porpoise Club. This program begins November 9 and will meet once a month on Mondays from 5:30 p.m. - 6:30 p.m. at the Y.M.C.A. Kayaking, scuba diving and synchronized swimming are just a few examples of the activities we will be doing. Cost for the Porpoise Club is the same as our progressive swim program with an additional, nominal fee for rental of equipment such as scuba gear, etc. Invite a friend and join the fun at the Y.M.C.A.! For more information contact David, Y.M.C.A. Aquatic Director.

BONES, JOINTS AND EXERCISE

You are invited to come and learn about how exercise effects bones and joints on Monday, November 23 from 7:00 p.m. - 8:00 p.m. in the multi-purpose room at the Y.M.C.A.

The informational class is free and open to everyone — no registration is required! So invite a friend to come along!

For more information, contact Kathy Sweet at the Y.M.C.A.

VOLUNTEERS OF THE MONTH

Mike and Leanne Charley

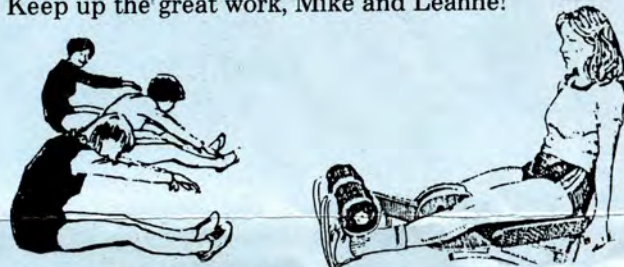
Our program volunteers for the month of November are Mike and Leanne Charley of Cedar Falls. Mike and Leanne have been hard at work the past few weeks on the membership campaign.

Mike and Leanne are Cedar Falls natives — both having graduated from Cedar Falls High School. Presently, Mike is the Iowa Customer Service Representative at United Parcel Service in Cedar Falls and Leanne is employed at Sartori Hospital in Cedar Falls as a Nursing Supervisor.

Mike and Leanne joined the Y.M.C.A. during the 1986 membership campaign and eagerly volunteered to be a part of this year's campaign. Because of their efforts during the campaign, Mike and Leanne have brought in over 10 new members!

The Y.M.C.A. is thankful for volunteers like the Charley's. After having joined the Y.M.C.A. such a short time ago, it is exciting that they are the leading couple in the 1987 membership campaign!

Keep up the great work, Mike and Leanne!



HOLIDAY WEIGHT MANAGEMENT SERIES

Learn how to manage those holiday goodies through a series of weight management classes being offered by the Y.M.C.A. Topics to be covered include holiday recipes and party hints, portion awareness, labeling, cholesterol and fats, lowering your caloric intake and more.

Classes are open to everyone — no registration is needed! Cost for the program is \$1 per week for members and \$2 per week for non-members.

Dates for the educational series are Tuesday, November 24, Wednesday, December 2, Wednesday, December 9 and Wednesday, December 16 from 7:00 p.m. - 8:00 p.m. Pam Carlson, co-instructor of "Y's Way to Weight Management," will be leading the series of classes.

For more information, contact Nancy at the Y.M.C.A.

Note the following changes in our winter pool schedule.

LARGE POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00- 8:30 a.m.	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Closed	Closed
8:30- 9:30 a.m.	Adult Lap & Aqua Trim	Adult Lap	Adult Lap & Aqua Trim	Adult Lap	Aqua Trim	Adult Lap	
9:30-10:30 a.m.	Aqua Trim	Aqua Trim	Aqua Trim	Aqua Trim	Aqua Trim	Youth Lessons *9:00-Noon	
10:30-11:30 a.m.	Open	Open	Open	Open	Open		
11:30- 1:00 p.m.	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap Noon-1:00 p.m.	
1:00- 4:00 p.m.	Open	Open	Open	Open	Open	Open 1:00-4:45 p.m.	**Family Swim 1:00-4:45 p.m.
4:00- 6:15 p.m.	*Lessons	*Lessons	*Lessons	*Lessons	Open & Lessons		
6:15- 7:00 p.m.	Aqua Trim Adult Lap	Aqua Trim Adult Lap	Adult Lap	Aqua Trim Adult Lap	Adult Lap	**Family Swim 6:00- 9:00 p.m.	
7:00- 8:00 p.m.	Open	Adult Lessons Open	Open	Adult Lessons Open	Open		
8:00- 9:00 p.m.	Masters/Open	Open	Masters/Open	Open	Open		

SMALL POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00- 8:00 a.m.	Closed	Closed	Closed	Closed	Closed	Closed	Closed
8:00- 9:00 a.m.	Open	Open	Open	Open	Open	Closed	
9:00-11:30 a.m.	Lessons	Lessons	Lessons	Lessons	Open	Youth Lessons	
11:30- 1:00 p.m.	Open	Open	Open	Open	Open	9:00-Noon	
1:00- 3:00 p.m.	Open	Lessons	Open	Lessons	Open	Open Swim	**Family Swim 1:00-4:45 p.m.
3:00- 4:00 p.m.	Open	Open	Open	Open	Open	12:00-4:45 p.m.	
4:00- 6:30 p.m.	Lessons	Lessons	Lessons	Lessons	Open	**Family Swim 6:00-9:00 p.m.	
6:30- 8:00 p.m.	Open	Lessons	Open	Lessons	Open		
8:00- 9:00 p.m.	Open	Open	Open	Open	Open		

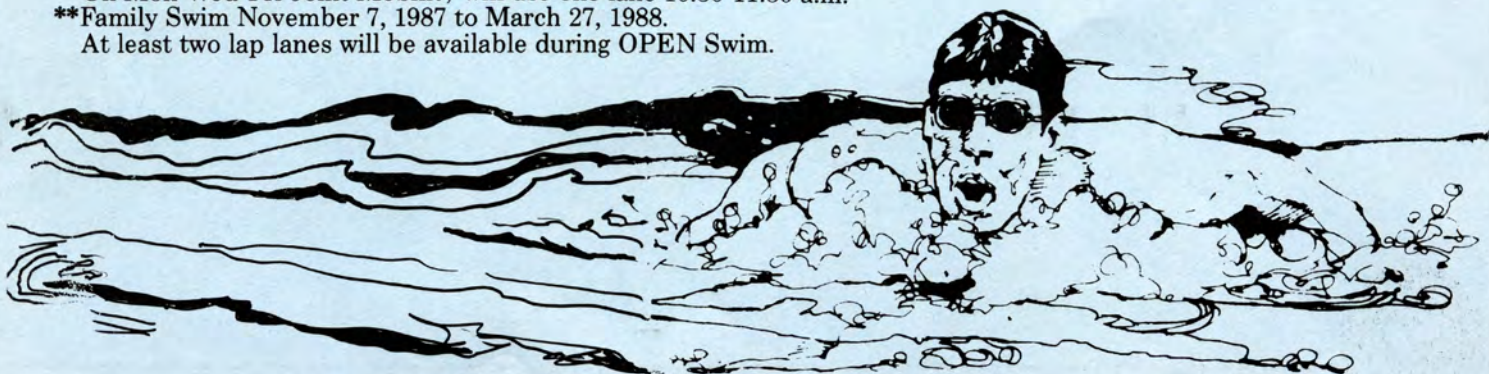
Schedule is subject to change with two week notice.

*One Adult Lap Lane will be available during youth lessons.

On Mon-Wed-Fri Joint Mobility will use one lane 10:30-11:30 a.m.

**Family Swim November 7, 1987 to March 27, 1988.

At least two lap lanes will be available during OPEN Swim.



WE WELCOME OUR NEW MEMBERS —

on behalf of the YMCA we would like to welcome you to our membership.

Robert Woock
Jim Kidd
Ruth Grimmius
David & Mary Dutton
Donald & Melinda Young
Sara Plum
Hugh Copeland
Parkie Copeland
Michael Kolling
James Kalkhoff
Lori Wilson
Olga Jung
Eric & Christine Carlson
Ashish Parekh
Gale R. Habinck
Nancy Habinck
Joel Habinck
John Habinck
Gale E. Habinck
Brian Nolt
Julie Connelly
Monica Haag
Robert Thompson & Family
Brad Weichers
Steven Packer & Family
Ronald Drewelow
Travis Murley
Sandy Spray
Jon Appleby
Daniel Herndon & Family
Jason Newcom
Julie Poss
Kirk Statler
Brian Sund
Bill Young
Chris Neesen
Hazel Nelson
Cathy Rottinghaus
Tim Frank
Arthur & Dee Vonda Wise
Brian Ott
LuVerne & Virginia Manning
Paul Olsen & Family
Eric Delbridge
Jeff & Tina Freshwater
Danelle & Jared Frisbie
Ann Langel
Brad Nichols

Alexandra Olson
Larry Ernst
Kevin Johnson
Dianne Oetzmann
David Melz
Jeff Miller
William T. Young
Mary Svoboda
Kathleen Rohm
Randall Hanson
Mary White & Family
Betty Eddy & Terrell
Carol Gorman & Family
David Herzog
Doreen Lampe
Benjamin Williams
Noel Schmidt
Diane McLaughlin
Harold Kirby
Missy Chase
Mr. & Mrs. Sally Morrow & Family
Rev. Thomas McAndrew
Rev. William Franklin
Thomas Weuhr
Dawn Miller
Stephen Timmons & Family
Brad Klocke
Emily Heitzman
Jerry DeWitt
Jonathan Stenzel
Robert E. Walker Jr. & Family
John Fellmer
Ken Trimble
Joe Paxson
David Goering & Family
Thomas Keefe & Family
Suzann Buss Meyer
Dale Patnode
Karen Larsen
Timothy & Mary Frederick
Ward Massey
Ronald Foxen
Brad Schlotfeld
Rodney Fox
Jayne Clausen
Debbie Stickfort
Henry & Minetta Jones
Michael & Audrey Crane

Rick & Mary Lehman
Jeffrey Ketels
Gene & Colleen Gronoski
Tim & Juli Kopriya
Kelly & Paula Banes
Bill & Nancy West & Family
Rod Schadey
Carol Pies
Doug Ollendieck
Leslie Klein
Lee Ann Buchheit
Janel Longhorn
Heidi Hollis
Ryan Sullivan
Sam Buser
Barbara Brunner
Tim Frisch
Phil & Mary Chien & Family
Jill Fjelstul
Jeanette Marsh
Janet Reicherts
Andres Tink
Jeff & Brian Hughes



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