

Y's CRACKER

Black Hawk County Family YMCA
669 South Hackett
Waterloo, Iowa 50701
(319) 233-3531



February 1988

THE YMCA NEEDS YOUR HELP

The YMCA, over the last three years, has experienced tremendous growth through memberships and program participation. We are now at a point in our growth pattern where we need to implement a quality tracking system so that we can continue to provide you with the quality service you deserve.

In 1988, the YMCA will enter in to the computer age. We are depending on all of you to help us make a smooth transition from the ledger to disk.

If you purchased your membership in December 1987 or before, accurate updated information is needed to complete our new records. We are asking that you take a moment, when you are either coming to or leaving from the YMCA, to fill out a NEW ledger card with us so that we may obtain accurate new information that we have not asked before.

Some of the new information that we are requesting is optional, but is needed for some of our funding sources. All information gathered will be kept strictly confidential. We need information for each member of the family who participates as a member here at the Y.

In the end, if we can get the majority of you to come to us with this information, it will save the YMCA a considerable amount of postage and phone calls that could take weeks or months to accomplish.

Please help us by stopping in TODAY. We promise to get you on your way as quickly as you can say, "We love our Family YMCA."

Thank you.



REGISTRATION FOR SPRING SESSION

Whether you are now enrolled in one of our programs or if you've just been thinking about it... NOW is the time to mark your calendar with the registration dates for our Spring Session.

Registration dates are as follows:

YMCA Members currently in Winter II session Friday,

Feb. 19th

YMCA Members Monday, Feb. 22nd

Non-YMCA Members Tuesday, Feb. 23-25th

Hours for registration are 9:00 A.M. - 5:00 P.M. each day, and you may register either by telephone (233-3531) or in person. For a complete listing of our programs check the 87-88 YMCA Program Brochure.

BLOOD LIPID PROFILE

On Thursday, February 25, Allen Hospital Staff will be at the Y taking blood profiles. This is a comprehensive blood test that covers cholesterol, glucose, blood lipids, and approximately 8 other blood components.

The cost to have your blood lipid profile done is \$12.00 for members of the Y.M.C.A. and \$16.00 for non-Y members.

Anyone who is participating in the Blood Lipid Profile program needs to fast for 12 hours prior to having the test done in order to attain accurate results.



FROM THE EXECUTIVE'S CHAIR

The Family "Y" is an association for EVERYONE, based on Christian principles put into practice through spiritual, mental, physical and social activities.

There's that word "Christian" again. But how does that relate to our YMCA?

I believe it is the mission of the YMCA to establish goals and objectives which will translate Christian ideals and values into meaningful programs. All of the opportunities offered by the YMCA, though they have value in and of themselves, are basically means by which we help people achieve the abundant life of which Jesus spoke.

At the same time it is important that the YMCA be able to help people, particularly young persons, to find the answers to basic questions of life — Who am I? What is life all about? In the YMCA, I believe that the best answers to these questions are still to be found in the teachings of Jesus and through the influence of people who try to live according to his example.

The YMCA is open to all who subscribe to its Christian purpose. Those of other religious traditions and those of no religious faith participate in YMCA programs and can and do work effectively in the organization to achieve its purpose. The search for a fuller life as well as qualities of concern, human compassion and leadership know no religious boundaries.

However, the unique contribution of the YMCA cannot be maintained without a group of committed Christians at its leadership core. Remember, again, the common bond between YMCA's is its commitment to the Christian message. Any other Association, on any basis however worthy, is not a YMCA.

Our National Executive, Solon Cousins, once told a group of Y directors there, "There should always be the 'threat' of religion in everything we do."

The Christian emphasis in YMCA's offer us the hope that we may yet fulfill the scripture: "that they may all be one; even as thou, Father are in me and I in thee, that they also may be in us, so that the world may believe that thou hast sent me." (John 17:21)

In the Y's Way...



Jim Weaton
YMCA Executive Director

WE'RE PUTTING YOU FIRST!

Lately, you may have noticed a lot of cars in our parking lot. Once you got inside, you may have had to slalom down the stairs and do the grapevine in our lower hallway areas.

Yes, this winter we have been especially busy! Unexpected registration for some classes as well as outstanding events have left us all a little bit dazed.

Overall, we want to make sure you understand that our first goal is to serve YOU — our MEMBERS.

We are planning to move more of our classes and clinics out of the building next winter. Hopefully, this will help us with congestion during our peak hours. We are also considering the possibility of an added parking lot on the east side of the building.

As always, we welcome your questions and concerns about our growth. Eventually we may be looking at expansion! I think we'd all like that!

BIOELECTRICAL IMPEDANCE DATE SET

If you are interested in having a computer printout of your body composition, your chance is coming on February 17. The YMCA will be offering you the opportunity to take part in having a Bioelectrical Impedance profile of your body done at the Y. This test will measure your actual percent of body fat, fat weight, percent of lean tissue (muscles, bones, organs), lean body weight, percent of body water, total water weight, and also give you weight loss recommendations if needed. Bioelectrical Impedance also will give you the amount of calories you burn for certain exercises.

The test times on February 17 (Wednesday) are 9 a.m. to 2 p.m. and 3:30 to 6:30 p.m. Persons interested need to make an appointment at the Y.M.C.A. front desk. Cost for the testing is \$12.00 for Y.M.C.A. members, and \$16.00 for non-Y members. If you have previously taken the test and would like to repeat, the cost is \$10.00 for YMCA members and \$14.00 for non-Y members.

Anyone who is scheduled to have a Bioelectrical Impedance profile done must follow these rules before the test:

1. No alcohol 24 hours prior
2. No eating 3 hours prior
3. No exercising 6 hours prior
4. Actual height needed
5. Actual weight needed (that day)



If you are interested in more information on Bioelectrical Impedance testing, please contact Y.M.C.A. Fitness Director Nancy Winchip.

ALL MEMBERS PLEASE NOTE!

No matter what time of the year you renew your membership, please remember to stop by at the Welcome Center to pick up your new membership card(s). We don't send them by mail because we don't want them to get lost or be delayed.

Many of our members are "automatic renewals." That means that when your membership is due, we send you an automatic checking slip for deduction authorization, and you return it if you wish to renew. Once we receive the signed automatic checking form, the membership cards are typed and are available for pick-up at the Welcome Center anytime during business hours.

Don't wait for your cards to arrive in the mail! Just stop by the Y and pick them up. Also, at any time, if you have questions about getting cards or any other membership services, feel free to inquire at the Welcome Center.

MILERS CLUB

There is still time to join the 1988 Y.M.C.A. Milers Club. Milers Club members swim, bike, run, and/or walk and record their mileage on charts at the Y. At the end of each year, awards are given to those who have reached a goal in their particular area.

To be a member of Milers, there is a one-time fee of \$5 per event and \$12 if you wish to join all three.

For more information about Milers, flyers are available at the front desk. You may also contact Nancy Winchip about the program.

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 Family YMCA, we would like to welcome the following people into our membership.

Ty Schuler
Jeremy Lies
Randy Howe
David Williams
Andy Loonan
Ben Berggren
Brent Anderson
Tom Brickley
Jon/Robin Mixdorf
Mark Manning
Tim Boesen
Elmor Purcell
Jamie Meier
Douglas DeWald
David Smith
Anne Schwieger
Mark Schaefer
Deb Brinks
Eric Petersen
Jim DeWald
Jeffrey A. Smith
Brian Graham
Brett Billman
Randy Bjerke & Family
Amy Billman
Kathy Cuvelier
Ann Catchpool
Bruce Catchpool
Jason & Jonah Henninger
Randy Hullermann
Chas. & Janet Schupbach
Luke Hansen
Tom Przybylski
TJ & Kim Read
William Austin
Scott Truog
Daniel & Janice Nolting
Jack Eherenman & Family
Bernie Hohanshelt & Family
Michael Kragel
Rev. Charles Roberts
Jeff & Lori Engel
Dennis Schmidt
Kari Schmidt
Charles Schupbach
Miranda Sienknecht
Greg Choplin & Family
Ron Schmadeke & Family
Sabrina Cook
Tom Thorson & Family
Michael Etringer
Dennis Garthoff & Family
Jennifer Kleiman
James Ralston & Family

Matt Townsend
Ricky & Aaron Reicherts
James Krieg & Family
Tim McElligott & Family
Mary Reinard
Edward Fritz & Family
Keith Smith
Leo Gage Jr.
Brian Cousins
Son Dettborn
Vince & Charles Heuer
Randy Schultz
Richard White
Jerry Camarata
Warren Lucas
Paula Montes
JW Steward & Family
William King & Family
Julie Bollinger
Fredrick Bremer
Steven Shaff
Lenny & Betty Zeman
Tina Sheda
Margaret Ehr
Kent & Trisha Salisbury
Joseph Gunderson
Angie Reynolds
Tim Dunbar
Chris Sinclair
Michael Reysack
Timothy Reis
Rev. Steven Eastman & Family
Brenda Anderson
Sandra Arends
Marcus Burma
James Burvee
Rich Camlin
Brett Froyen
David Gulick & Family
David Halterman & Family
Deb Hosek
Matthew Jost
Jerry Lamphier
Patrick Lemke
Kenneth Mehls
Carly Miller
Rhonda Nesbit
Michael Paul
Henry Rodrique & Family
Gerry Shaver
Jeanette Westemeier
Cathy Cozad
Michael Depping
Chuck Freitag

Cathie Frisch
Marlow Gray
Darren Haley
Stephen Jost
Andrew Larson
Thomas McIntee
Robi Nesbitt
Kirk Sprain
Donald Coffin
Cole & Carol Kern
Robert Macon
Andrew Moeller & Family
Tom Steils
Jeff Swartzendruber & Family
Tim Stamp & Family
Jeff Norris
Scott Rouse
Kim Astelle
Tennile Smith
Chad Northey
Brian Helmricks
Scott Toppin & Family
Laverne Donahoe
Ryan Schultz
Jeremy Smith
Paul Moore
James Jensen & Family
Jean Wegand
Joe & Kathy Stohlmeyer
Michael Wentworth
Brian Shaw
Don Anderson & Family
Erin Axtell
Minday Newton
Suzy Cook
Mina Sloan
Curtis Goodell
Julie Ostrem
Monique Caley
Dominic Caley
Dr. Philip Morreale
James Gleason
Dave Floyd
Ann Fencel & Family
Key VII
Patrick Eads
Angela Sullivan
Mary Jo Kress
Elizabeth Coffin
Dennis Smiley & Family
Jim & Holly Dierks
Gail M. Althaus
Marie McDermott
Mark Eyster

Edgar & Colette Borja
Kenneth & Renee Weber
Elizabeth Murray
Susan James
Ron Sojka



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669 SOUTH HACKETT ROAD
WATERLOO, IOWA 50701

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