

Y's CRACKER

February 1987

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



HAVE YOU HEARD THE LATEST IN HANDBALL AND RACQUETBALL?

Effective February 2, 1987 great things will be starting for kids and adults. For YOUTH, 10-18 years old, they will be able to use the courts without adult supervision. We hope they have a good time, but we will require eye guards for their protection. The YMCA will provide eye guards at no cost and they can be checked out at the Courtesy Center. Youth can also reserve non-prime time courts. Times available are Monday thru Friday 6:00-11:00 am, 1:00-4:00 pm, 7:30-until one hour before closing. Times on Saturday available are 1:00-4:00 pm. When calling the YMCA to reserve a court ask for the Courtesy Center, tell the Staff what day, time, your name and that you are a Youth Member. Youth prices on courts is \$2.00 per hour.

For ADULTS the price of a Full Play Card has gone from \$180.00 to \$120.00 cash/\$11.00 monthly for singles and to \$200.00 cash/\$18.00 monthly for families. When

you purchase a full play of either kind, one can of racquetballs are included. Also note, for those of you who have recently purchased the \$180.00 card in the last four months please see Nancy Winchip or Jim Weaton for an extension on your card.

About a year ago the YMCA asked our membership to purchase punch cards at the Welcome Center (formerly the Front Desk) to reduce having to wait in line to pay, and the need to bring cash each time you came to play. We would like to thank you for your efforts in this matter. To help us along, we will continue the \$6.00 card good for 3 single plays and the \$20.00 card for 10 single plays. The only change will be for a cash court, (paying only for that court in cash instead of a punch card), the fee will be \$5.00 per court per hour instead of \$4.00. It makes our bookkeeping process easier and your waiting time less. If you have any questions or concerns, please contact Nancy Winchip.

BLOOD LIPID PROFILE

Allen Hospital Lab Staff will be here on Wednesday, February 25th, 1987 at 6:15 AM to 7:45 AM for a Blood Lipid profile. It provides an analysis of various blood components. It will include profiling for lipids, HOL, cholesterol level and blood sugar in addition to other tests.

By knowing your cholesterol level, you can make the necessary changes in your diet to reduce the risk of cardiovascular disease and other diet related disorders.

The blood is drawn in the early morning after a 12 hour fasting period (No eating or drinking). Computerized results are then returned to each participant in a confidential sealed envelope along with an explanation.

Preregistration is necessary for the blood draw and the fee is \$12.00 for members and \$15.00 for non-members. If you have any questions please contact Nancy Winchip — Health Enhancement Director.

FITNESS OPEN HOUSE

On Valentine's Day, February 14th, bring a date and come to a great Open House. It begins at 11:00 AM with a great workout to wild and crazy love songs. The fitness staff will be here to gear you up. After class there will be drawings for some great prizes like a free Fitness Evaluation, YMCA Key Chain, Y-run towel and more.

Refreshments will also be available, and the child care room will be open for a nominal fee.

Don't miss out on this "hearty" good time.



FROM THE EXECUTIVE'S CHAIR

1987 is off to a rousing start for our Y.M.C.A.! A busy facility — bustling programs and members of all ages experiencing the magic I call the Y.M.C.A. Thanks for your continued support and commitment. And now for the good news —

Our pictorial directory project of Y.M.C.A. members is going extremely well. At last word we had taken over 500 photographs of our membership. It should be a **super** book. Please note that if you haven't had your picture taken or been called for an appointment — we're sorry — but **all you have to do is call for an appointment or stop by the main office and pick out a time. Please help us make this a great happening!**

Our Board of Directors, at its January meeting, took a positive step forward in the adoption of the Nautilus Program for our Y.M.C.A. This program brings great excitement as we feel it compliments our facility in our development of the "whole person" — consistent with our mission of developing the spirit/the mind/the body.

The elimination of our \$150.00 assessment fee has brought about new growth in our membership ranks. This was another major decision facing our board and they are to be commended! However, it should also be noted that our building debt and cuts in outside funding towards our operation remain major concerns facing our **entire** membership, staff and volunteers.

Other positive happenings include the addition of a computer in our office operation! \$17,000 utility savings in 1986 vs '85 due to our continued energy audit process! Our long range planning committee is still working hard to take us to tomorrow — today! A continuing strong intern program thru the University of Northern Iowa! And the planning of our 3rd Annual Free University Motors "Y" Run '87/Y.M.C.A. Open House in April!

Busy! Busy! Busy! It's great to be a part of an organization like the Y.M.C.A. that continues to be an integral part of this community! I thank God for yesterday's achievements, today's fellowship and tomorrow's dreams!

Thought for the day: "To be aware that God knows everything can be both frightening and comforting."

Until next month, thanks for Caring & Sharing.

Jim Weaton
YMCA Executive Director



CHILD CARE UPDATE

We have two new faces on the child care staff. Tammy Venenga is working some nights and weekends, she is majoring in Child Psychology at the University of Northern Iowa. Delores Klocke will be working on Thursday and Friday mornings and some weekends. Delores brings a lot of experience, as she also works in a local bowling alley in the child care room. Feel free to welcome them in our ever exciting child care room.

Also note, Friday child care hours are in relation to the unemployment program. Please note the times we

are open in February. Friday the 13th and 27th from 6-9 PM. If membership use is up we may go to every Friday. We will monitor it for 2 months on Fridays.

Hours are as follows:

Mon-Wed-Fri	8:30-noon
Mon-Tues-Wed-Thurs	4:30-8:00 PM
Tues-Thurs	9:00-noon
Sat	9:30-11:30 AM; 6:30-9:30 PM
Sun	1:00-5:00 PM

For Your Information

There has been a lot of conversation at the YMCA recently about whether or not the Family "Y" will be getting Nautilus equipment. This F.Y.I. serves to answer this. After 3½ months of research, comparisons, detailed discussions and a survey of our YMCA membership and program participants, our Y.M.C.A. Board of Directors voted favorably to pursue the implementation of a Nautilus Program Center.

For those of you who filled out our survey (Thank-you!), nearly 70% of the surveys were in favor of the YMCA implementing a Nautilus program and would pay a program fee to support it.

Where will the Nautilus program center be? Racquetball court #1 will be renovated to accommodate the Nautilus equipment and will serve as the program center. Quality, trained staff will be on hand at all times to instruct and assist each participant.

The addition of a Nautilus program center will make our wellness program complete as it will not only benefit those wishing to maintain or improve their fitness level, but will also aid as a rehabilitation program for those with a disability or an injury.

More on this program will be featured in our March newsletter.

HAPPY ST. VALENTINES DAY EVERYONE!



STUDENT INTERN — B. J. BRACE

B. J. Brace is a native of Davenport, Iowa. She graduated from Davenport West High School in 1982. While in high school she was involved in competitive swimming and synchronized swimming.

After graduating she came to the University of Northern Iowa and took classes in elementary education, but after a year she decided she wanted to have more "fun" so she entered into community recreation. While at UNI she's been the president of the synchronized swimming club, and a member of the recreation club.

During her internship here at the Y, she will be busy in the area of aquatics, helping with the Indoor Triathlon, and the Saturday Morning Fun Club.

She will graduate in May and is getting married in August. Welcome B. J.!

MILER'S CLUB UPDATE

Don't forget you may chart your mileage for swimming, biking and running. The fee is \$5.00 per event, or \$12.00 for all 3 for this year ending December 31st.

We have worked up some incentives for you and we hope you will take advantage of these:

- T-shirts if you swim 75 miles, bike 1500, or run/walk 750.
- 10% discount on all merchandise (not just shoes) at Iowa Sports, DeWitt Sports and the Foot Locker.
- 10% discount on all accessories (excluding bicycles) at Sunshine Cycles.
- A one time discount on running shoes at Sports A Foot at the end of the year, 5%, 10%, or 15% coinciding with your mileage.

Be sure to present your Miler's Club activity card to receive your discounts.

Enjoy!

AQUA TRIM: WHAT IS IT?

Well, from the biased view of the Aquatic Director, it's the best form of exercise around! Aqua Trim is exercise in the water. The workouts consist of a warm-up, an aerobic workout, muscular strength endurance, followed by a cool down emphasizing flexibility and relaxation.

There are many benefits of Aqua Trim, which are similar to aerobic classes "on land". They are as follows:

- Muscular strength
- Flexibility
- Cardiovascular endurance
- Lower resting heart rate
- Reduced risk of heart disease
- Improved fat metabolism
- Reduction of tension and stress
- Socialization
- Recreation

Additional benefits specifically from water:

- Allows movements sometimes painful or impossible out of water.
- 90% of body weight is relinquished by gravity (you can run and jump without risking injury)
- Water is a cushion protecting joints and organs from jolting.
- Cool water prevents overheating, maintaining more energy to work harder.
- Athletes receive benefits from cross-training.
- Increased circulation.
- Pressure of water allows deeper ventilation of lungs.
- Protection for pregnant women and those with arthritis.

P.S. You don't even have to get your hair wet, if you don't want to!

Come and join us sometime!

Monday, Wednesday and Friday either at 8:30 or 9:30 AM.

Monday, Tuesday and Thursday nights at 6:15 PM.

Our Joint Mobility (Arthritis) class is a slower paced class. The exercises emphasize range of motion and muscle strengthening. There are no aerobics in this class.

The class is designed for people with arthritis, but you do not have to be arthritic to benefit from this class. If

you just want to start slowly into exercising, or you are recovering from an injury or you just want to socialize and make new friends, this class is for you!

Monday, Wednesday and Friday at 10:45 AM.

HEALTH LINE SUBJECT: WALKING, IS IT FOR YOU?

By Shelley Whitterich, Exercise Physiologist

People walk for a number reasons, but mostly to improve their health. Are they right? In a word, yes says James M. Rippe, M.D. But the links between the two are complex. For a number of reasons such as how far, how fast, or how often, Dr. Rippe is a cardiologist and recommends walking prescriptions to his patients. There are two major reasons for the complexity.

First, in order to derive the maximum health benefits from walking, the individual needs a clear understanding of how physical activity relates to health. Secondly, a walking program must be incorporated as a part of a larger program designed to improve health.

So what does that mean? It means that walking and other forms of regular exercise do help promote good health for reasons:

1. Studies provide a strong case linking physical activity with improved health.
2. A study of 20 years by Dr. Paffenbarger discovered that physically active individuals were less likely to suffer heart attacks of sudden death.
3. A regular exercise program is the key. You do not have to push your workouts to physical limits. Just use your target heart rate.
4. Since walking carries such a low incidence of injury it is an ideal exercise to carry out for a lifetime.
5. Walking is unquestionably the best activity to initiate, a physical-fitness program for the previously sedentary individual.

So, how do you get started? Studies have suggested that a person walk for 30-minute sessions three times per week at 70 percent of your maximum heart rate to achieve improvement in cardiovascular endurance. It may take some people, some time to build up to 30 minutes, while others can already keep the pace. To find 70 percent of your maximum, take 220 minus your age and multiply it by 70 percent.

Here at the YMCA, I have seen a large increase of walkers on our track. We welcome you to try it out and see if walking is for you!

(Summary article from Walking Magazine Autumn 1986)

YOUTH WRESTLING CLINIC TOURNAMENT DATE CHANGED

Due to the start of Spring Break vacation on Friday, March 13th, the annual Y's Mens sponsored wrestling clinic tournament originally scheduled for Saturday, March 14th will be rescheduled to Sunday, March 8th. Check in will begin at 12:30 PM with wrestling beginning at 1:00 PM.

Please note that the last three days of instruction will remain on Tuesday, March 3rd, Thursday, March 5th and Saturday, March 7th.

Thank you again for your support of Y.M.C.A. Youth Programs!

WELCOME, NEW YMCA MEMBERS

On behalf of the Family YMCA we would like to welcome you into our YMCA Membership.

Mack Andrews
Barbara DeBuhr
Charles Kress
Larry Seals
Kim Starkey
John Stevens
Jim & Tim Trainor
Mr. & Mrs. Scott Tudor
Trent Vich
Scott Gronemeyer
Jacob Huff
Jim James
David Pierce
Ron Sturch
Daniel Woodley
James Salyer
Marc Lenius
Nicholle & Michelle Judas
Randy Harrington
Eric Conley
Isaiah Schoeman
Cheryl Sulentic
Phil Wettstad
Mr. & Mrs. Steven Maury
Paul Flynn
Eric Ellis
Jim DeWald
Kathi Sue Drenner
Robert Turner
Tom Cornally
Cal Brody & Family
William Kill & Family
Shondi Allan
Gerhard Boesch
Mark Hendrickson
Elizabeth Knipp & Family
Andy Newton
Jim O'Connor
Mr. & Mrs. Gail Snyder
Richard Witt
Troy Telepnev
Miekka Olson
Tim McCandless
Anni Lichty
Brad Elmer
Diana Ackerman
Sherman McNeal
Larry Barrett
Barb Van Wyk

Mr. & Mrs. William Bast
Dylan Beffel
Mr. & Mrs. Randy Brown
Paul Buchanan
Richard Buhr
Tim Tierney
Suzy Cox
Silvio & Bryan Encinas
James Gorman
Bob Greenlee
Eric Jensen
Teresa Kroenecke
David Miecznikowski
Michael Patri
Anna Scott
Berit Sousand
Tom Vande Weerd
James Fryman
Julia Wallace
Douglas Castenson
Dee Hansen
Judy Kuo
Cathi Liang
Roger & Darcey Shook
Mr. & Mrs. Greg Angove
Nitasha Bansal
Chris Fernau
Bill Hennager
Margie Jenkins
James Sorge
Jolene Wiegmann
Sheila Sisk
Fred Saul
Louise Sandvold & Family
Doug Powell
Joseph Minard & Family
James Marcus
Patricio Maury
Jamie Geiger
Dale Brouwer
Neyra Azar
Aaron Coffin
Tom & Troy Dickinson
Tim Gauger
Michael Roberts
Jason Euchner
James Gerber & Family
Elizabeth Hoffman
Mr. & Mrs. Hubert Tabb

Brad Elmer
Nick Yordanoff
Allen Slaver
Ellen Sabelka
David Elin
Jeanette Baty
Nancy Argo
John Beckman
Leah Borja
J. T. Bradfield
H. L. Shannon Brasher
Lita Brown & Beau Brown
Mr. & Mrs. Bruce Carlson
Mr. & Mrs. Michael Cunningham
Doug Dickerson & Family
Mr. & Mrs. David Fegley
Jenny Heuer
Brian Jorgenson
David Kelley
Jitendra Kothari & Family
Jackie Kugler
Susan & Emily Mathews
Donald Meister, Jr.
Robert Messelheiser
Jennie Moore
Micah Pruisner
Taylor Pruisner
Tammi Rickert & Family
Aaron Sievers
Sarah Singer
Adam Spencer
Brett Timmerman
Rhoda Wegener
Jason Day
Joshua Schoonover
Elizabeth Becker
Vicki Pastorino
Wayne Cool
Jerod Gross
Sharon Huddleston
Kati Robb
Monisha Shaw
Mr. & Mrs. Michael Vauthier
Dwight E. Smith
Carol Hilton/Smith
Sara Rosauer
Danny O'Malley
Andrea Faust
Garett Chadney
Stacy Barth
Melissa & Nick Bartlett
Debi Edmiston

Chad Muchmore
Craig Southall
Jeanne Troupe
Karla Thompson & Family
Mr. & Mrs. Mike Reeder
Wayne Hagenstein
Troy Alberts
Bill Beyer
Stacy Kerr
John Kipp & Family
Darren Mann
Anne Schmit

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