

# Y's CRACKER

Summer 1987

Black Hawk County Family YMCA

669 South Hackett

Waterloo, Iowa 50701

(319) 233-3531



## — SUMMER MEMBERSHIP SPECIAL —

The Y.M.C.A. offers anyone interested an opportunity to be a member for the summer (May/June/July/August) for \$50.00 single — \$100.00 family. And, if you will continued your membership for the full year your money paid can be applied towards the years new membership fee.

What a great chance to try the "Y" out, enjoy its fine facilities and staff and catch the magic we call the Y.M.C.A.

Summer Rates are also available for the Fitness Center — \$100.00 single — \$185.00 family.

Don't Delay — Join Today!

## MEMBERSHIP RATE STRUCTURE 1987

Membership Type	New Member Rate	Auto/Chkg. Rate	Renewal Rate	Auto/Chkg. Rate
<b>YOUTH</b>				
Youth under 3 years	Free		Free	N/A
Youth 3-6 years	\$42.00		\$30.00	N/A
Youth 7-12 years	\$54.00		\$42.00	N/A
Youth 13-18 years	\$66.00		\$54.00	N/A

### INDIVIDUAL

College	\$102.00	\$13.00	\$ 87.00	\$ 7.75
Adult	186.00	16.00	168.00	14.50
Fitness Center	330.00	28.00	306.00	26.00

### FAMILY

H/W Adult	\$276.00	\$23.50	252.00	21.50
H/W Adult & Family	336.00	28.50	312.00	26.50
H/W Fitness Center	495.00	41.75	459.00	38.75
H/W FC & Family	555.00	46.75	519.00	43.75
1 Adult/1 FC	423.00	35.75	390.00	33.00
1 Adult/1 FC & Family	483.00	40.75	450.00	38.00

The Automatic Checking Program is designed to answer the needs of members who desire to pay for their membership on a monthly basis.

1. Please understand that this is an ANNUAL membership.
2. Two months down are due on the date of setting up your membership.
3. Automatic Checking is the only way that the

YMCA can accept monthly membership payments.

4. If automatic checking is cancelled by a member prior to a full years membership, that member does not have the privilege of using automatic checking in the future.

### Daily Guest Passes:

K-12 Grade	\$2.00
Adult	\$5.00
Fitness Center	\$5.00
(with FC Member Only)	

## UNIVERSITY MOTORS/Y RUN & BREAKFAST '87

The Y.M.C.A., in cooperation with University Motors and co-sponsored by KFMW and the Y.M.C.A. Road Runners, will host our 3rd Annual 8K (4.96 mile) Run and Fun Day on Saturday, May 16, 1987.

This years event will again be free to all runners pre-registered by May 14th. There will be a \$4.00 fee after the 11th. Refreshments are being donated by Pepsi-Cola Bottling Co., Mid-Continent Bottling, Anderson Erickson Dairy and Black Hawk Catering.

Besides the 8K main event, a number of other happenings are being planned for you and your family. Weather permitting, we will offer tethered hot air balloon rides (6:00-8:00 am); a Fun and Fitness Fair (8:00-11:00 am); a free day at the Y.M.C.A. for all race entrants and their families; and our ever-popular Pancake Breakfast (7:00-noon/\$3.00 Adults - \$2.00 12 & Under - Under 4 free).

T-Shirts to the first 300 registered runners, door prizes donated by fair participants and area merchants and awards for the top three male and female runners are all included free for all registered runners.

As a new wrinkle to this years awards, the race will be "flighted" (similar to golf) with 1st, 2nd & 3rd place awards being given in 10 different flights. Should be fun!

Continued under Adult Programs



## Y.M.C.A. FITNESS LET US HELP YOU STAY IN SHAPE THIS SUMMER

Warm weather and sunny skies are on their way. The YMCA Health Enhancement programs can help you stay in shape. Each class is taught by a qualified instructor and all areas of the YMCA facilities are air conditioned. We offer a wide variety of classes to benefit all your fitness needs. Come join the fun and fellowship. Below is the list of classes for Summer 1987. Have a great Summer!

### Morning Classes

Y's Way to Aerobics	6:15 am Mon-Wed-Fri
Live Yers	8:30 am Mon-Wed-Fri
Y's Way to Aerobics	9:30 am Mon-Wed-Fri
Low Impact Aerobics	10:30 am Mon-Wed-Fri
Y's Way to Aerobics	9:15 am Tue-Thur
Hip & Tummy Trimmer	10:00 am Tue-Thur
Weekend Workout	9:00 am Sat

### Evening Classes

You & Me Baby	5:30 pm Mon-Wed
Hip & Tummy Trimmer	4:45 pm Tue-Thur
Y's Way to Aerobics	5:30 pm Tue-Thur
Intro to Y's Way to Aerobics	5:30 pm Tue-Thur

### Registration

Currently enrolled members	
in Spring Session	Fri, May 29th
YMCA members	Mon, June 1st
Non-YMCA members	Tue, June 2-4th

Registrations will be from 9:00 am - 5:00 pm each day.

**FEES:** You may sign up for 2 to 5 classes.

Classes	YMCA Member	Non-YMCA Member
2	\$15.00	\$31.00
3	17.00	33.00
4	21.00	37.00
5	23.00	41.00
6 or more	3.00 per hour	5.00 per hour

\*Note — There is no extra charge for Saturday morning class if you take class during the week M-F.

## WHAT'S — WHAT IN YMCA FITNESS CLASSES?

**Y's Way to Aerobics** are programs from the National YMCA. Each class has a warm up, muscular conditioning, aerobics and cool down. All which are done to current music.

**Hip & Tummy Trimmer** is a class designed to work on your hips, tummy, thighs and other hard to reach places. This is NOT aerobic.

**Live "Y"ers** is a class for people who have not exercised in a while or prefer a more gentle way of exercising. The class consists of stretching, toning, and conditioning of muscles in a non-stressful way.

**You & Me Baby** is a Pre-Natal exercise program for expecting mothers and is a great way to stay in shape at a very important time.

**Weekend Workout** is the Y's Way to Aerobics program meeting on Saturday mornings with all the YMCA Instructors rotating turns leading your workout.



## RACQUETBALL NEWS

We have a lot going on this summer in racquetball, so don't you miss the excitement!

### Adult Racquetball Lessons

Tuesdays — June 9th, 16th, 23rd and 30th at 5:30 - 6:30 PM.

Fee: Y-Member

\$20.00

Non-Y-Member

\$30.00

Registrations will be taken at the YMCA Welcome Center, beginning on May 29th.

## ADULT SUMMER RACQUETBALL LEAGUE

Summer racquetball league for men and women will begin the week of June 8th. Entries will be due on June 1st at 7:30 PM. Leagues offered will be Mens A, Men "High" B, Mens "Low" B, Mens C, Mens D, Womens B, Womens C and Mixed Doubles.

Times offered are as follows:

Men A	Mon. 5:30 PM
Mens "High" B	Wed. 11:00/12:30 or Wed. 5:30 PM
Mens "Low" B	Tue. 11:00/11:30 or Tue. 6:00 PM
Mens C	Thur. 5:30/6:00 PM
Mens D	Fri. 5:30/6:00 PM
Womens B	Wed. 5:00/6:00 PM
Womens C	Thur. 10:00/10:30 AM

Note: Mixed Doubles will be arranged on your own time. There will be a limit of 7 in each league, so league does not fill all of prime time, because the YMCA closes at 7:30 PM Monday through Friday.

## 3RD ANNUAL 4-PERSON BEST SHOT GOLF OUTING

The YMCA will be holding our 3rd Annual 4-person best shot golf outing on Saturday, June 13th at South Hills Golf Course in Waterloo.

Tee times are available from 9:30 to 1:30 P.M. with a limit of 32 teams for the 18 hole event. The top finishers in each division will receive an award.

Cost for the YMCA golf outing will be \$19.00 per YMCA member and \$24.00 per non-YMCA member. This fee includes green fees, lunch, golf favors and awards.

Remember the outing is limited to the first 32 teams so it is necessary to sign up early. Registration can be made at the YMCA or South Hills Golf Course.

Come—join the fun and fellowship as this is a rare opportunity to get teed off — the YMCA Way!

University Motors/Y-Run Cont. from Front Page

You can pick up your race application at the Y.M.C.A. or any of the local sporting goods stores, KFMW or University Motors. Pancake Breakfast tickets are also available at the Y.M.C.A. Welcome Center.

Bring the whole family and have a great day at the Y.M.C.A. on Saturday, May 16th. You'll be glad you did!

Scott Bradfield  
Run & Fun Day Chairman/  
Board Member



**SUMMER FACILITY HOURS BEGIN JUNE 1ST, 1987-SEPTEMBER 5TH, 1987**

MONDAY THRU FRIDAY	6:00 AM - 7:30 PM
SATURDAY	7:00 AM - 1:00 PM
SUNDAY	CLOSED
FACILITY ENHANCEMENT WEEK (Building repairs and major cleaning)	August 15th - 23rd (CLOSED)
MEMORIAL DAY — MAY 25th	CLOSED
INDEPENDENCE DAY — JULY 4th	CLOSED
LABOR DAY — SEPTEMBER 7th	CLOSED

**SUMMER CHILD CARE HOURS BEGIN JUNE 1ST, 1987**

MON-WED-FRI MORNINGS	8:30 - 12:00 Noon
MON-WED EVENINGS	4:45 - 7:00 PM
TUE-THUR MORNINGS	8:40 - 11:45 AM
TUE-THUR EVENINGS	4:30 - 7:00 PM
SAT MORNINGS	8:45 - 11:00 AM

**FAMILY YMCA GYM SCHEDULE 1986  
NORTH COURT — ADULT**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-11:00 AM	Open	Open	Open	Open	Open	Open 8:00 AM
11:00-12:30 PM	Open	Adult BB	Open	Adult BB	Open	Open
12:30-3:15 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Open til 12:45 PM
3:15-5:25 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Closed
5:25-7:00 PM	Adult BB	Adult BB	Adult BB	Adult BB	Adult BB	Closed
7:00-7:15 PM	Challenge	Challenge	Challenge	Challenge	Open	Closed

**SOUTH SIDE — YOUTH**

6:10-7:00 AM	Class	Open	Class	Open	Class	Closed
7:00-8:30 AM	Open	Open	Open	Open	Open	Open 8-9 AM
8:30-9:30 AM	Class	Class 9:00	Class	Class 9:00	Class	Class 9-10 AM
9:30-10:30 AM	Class	Class 10:00	Class	Class 10:00	Class	Open 10-12:45 PM
10:30-11:30 AM	Class	Adult @ 10:45	Class	Adult @ 10:45	Class	Open
11:30-12:30	Open	Adult BB	Open	Adult BB	Open	Open
12:30-3:15 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Close @ 12:45 PM
3:15-5:25 PM	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	*Y-Programs	Closed
5:25-6:30 PM	Open	Class	Open	Class	Class	Closed
6:30-7:15 PM	Open	Open	Open	Open	Open	Closed

**\*Y-SPECIAL PROGRAMS INCLUDE:**

1. June 15 - July 9 — Jr High Basketball League, 3:15-5:25 Both Courts
2. June 8 - June 12 — Jr High 5 on 5 Girls Basketball Camp, 12:30-3:15 Both Courts
3. June 15 - July 9 — Level I and II Gymnastics, 12:45-3:00
4. July 13 - Aug. 7 — Pee Wee Basketball 1st & 2nd Grades Time 1:00-3:00 p.m. Monday & Wednesday, Both Courts



## BEGIN TO SWIM WEEK!

Our Begin to Swim is a separate and different program from our preschool and progressive swim lessons. It is a service designed for Y.M.C.A. members or non-members who have never tried our swim program. It is for beginners in Waterbabies, Tadpole I, or Polliwog I.

**Begin to Swim** will be run twice this summer, Monday through Friday, the weeks of June 8-12, and August 10-14. Registration begins June 2nd for the first session and August 4th for the second session at 9:00 am. The cost is \$3.00 per child and enrollment is limited.

WATERBABIES:	9:00 am, 10:00 am
TADPOLE I:	9:30 am, 10:30 am
POLLIWOG I: (Small Pool)	11:00 am
POLLIWOG II: (Large Pool)	9:00 am, 9:45 am, 10:30 am, 11:15 am

## SUMMER AQUATIC REGISTRATION INFORMATION

Registrations will be taken session by session. Registrations will be taken either by telephone (233-3531) or in person at the Y.M.C.A.

<b>Session I — June 15th - June 26th</b>	
<b>YMCA Members currently enrolled</b>	<b>Fri., May 29th</b>
<b>YMCA Members</b>	<b>Mon., June 1st</b>
<b>Non-YMCA Members</b>	<b>Tues., June 2nd-4th</b>

**Session II — June 29th-July 9th**  
**YMCA Members currently enrolled in Session I:**

Thur., June 25th — 9 AM - Noon  
 YMCA Members:  
 Thur., June 25th — 1:00 - 5:00 PM  
 Non-YMCA Members:  
 Fri., June 26th — 9 AM - Noon

**Session III — July 13th - July 23rd**  
**YMCA Members currently enrolled in Session II:**  
**YMCA Members:**

Thur., July 9th — 9 AM - Noon  
 YMCA Members:  
 Thur., July 9th — 1:00 - 5:00 PM  
 Non-YMCA Members:  
 Fri., July 10th — 9 AM - Noon

**Session IV — July 27th - August 6th**  
 YMCA Members currently enrolled in Session III:  
 Thur., July 23rd — 9 AM - Noon

YMCA Members:  
 Thur., July 23rd — 1:00 - 5:00 PM  
 Non-YMCA Members:  
 Fri., July 24th — 9 AM - Noon

<b>Class Fee:</b>		
<b>YMCA Member</b>		<b>Non-Member</b>
\$10.50	1st Child	\$22.50
\$ 9.50	2nd Child	\$20.50
\$ 8.50	3rd Child	\$18.50

**Class Details:**  
Waterbabies 0-3 years of age (Parent & Child) 25 min. in length

Tadpole	3-4 of age 25 min. in length
Polliwog thru Porpoise	5 years of age and older 40 min. in length

## MORNING CLASSES

The morning classes meet Monday through Thursday for a two week period. They're offered each session.

WATERBABIES	9:00 am
TADPOLE I	9:30 am, 10:00 am, 10:30 am
TADPOLE II	9:30 am, 10:30 am
TADPOLE III	10:00 am
POLLIWOG I (Small Pool)	11:00 am
POLLIWOG I (Large Pool)	9:00 am, 9:45 am, 10:30 am
POLLIWOG II	9:45 am, 10:30 am
GUPPY	9:00 am
MINNOW I	9:00 am
MINNOW II	9:45 am
FISH	10:30 am
FLYING FISH (Session 1 & 4 only)	11:15 am
SHARK (Session 2 only)	11:15 am
PORPOISE (Session 3 only)	11:15 am
JR. LIFESAVING (Session 3 only)	Noon

## EVENING CLASSES

The evening classes meet 2 times a week for a 4 week period. Classes begin the 1st and 3rd sessions.

MON & WED	
WATERBABIES	5:00 pm
TADPOLE I	5:30 pm, 6:00 pm
TADPOLE II	5:30 pm, 6:00 pm
POLLIWOG I (Small Pool)	6:30 pm

<b>TUES &amp; THURS</b>	
<b>POLLIWOG I (Large Pool)</b>	<b>4:00 pm</b>
<b>POLLIWOG II</b>	<b>4:45 pm</b>
<b>GUPPY</b>	<b>5:30 pm</b>

**PRIVATE SWIMMING LESSONS:** will be available for the first time this summer where:

1. There is a special need
2. The progressive lessons alone aren't enough (need extra help)
3. There is a handicap or disability

Private lessons will cost \$6.00 per ½ hour and must be set-up through the aquatic director at the YMCA.

Individual arrangements will be made for time, day, and number of lessons.

## AQUA TRIM

**This class is suited for every level of fitness. The exercises can be fitted to individual needs. It is an excellent way to get in shape and stay fit. You need not know how to swim to take this class, It's a GREAT, COOL way to tone up your muscles this summer.**

**MON, WED, & FRI — 8:00 am (June 8th-August 14th)**

<b>Class Fee:</b>	
<b>YMCA MEMBER</b>	<b>Non-Member</b>
<b>\$10.50</b>	<b>\$22.50</b>

## SUMMER SMALL POOL SCHEDULE 1986

[illegible]



5:00-6:00 pm	Lessons	Open	Lessons	Open	Open		
6:00-7:15 pm	Lessons	Open	Lessons	Open	Closed		

\*Fun Club: June & July, August will be open swim

## SUMMER LARGE POOL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-8:00 am	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Youth & Adult Lap	Closed	Closed
8:00-9:00 am	Aqua Trim & Adult Lap	Adult Lap	Aqua Trim & Adult Lap	Adult Lap	Aqua Trim & Adult Lap	Youth & Adult Lap	All
9:00-10:30 am	Lessons Only	Lessons Only	Lessons Only	Lessons Only	Open & Lap Swim	Open & Lap Swim	Day
10:30-Noon	Lessons & Lap Lane	Lessons & Lap Lane	Lessons & Lap Lane	Lessons & Lap Lane	Open & Lap Swim	Open & Lap Swim	
Noon-1:00 pm	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	Adult Lap	
1:45-2:45 pm	Open & Lap	Open & Lap	Open & Lap	Open & Lap	Open & Lap	Open 'till 1:00 pm	
2:45-3:45 pm	Day Camp	Day Camp	Day Camp	Day Camp	Day Camp	Closed	
3:45-5:30 pm	Open	Lessons & Lap Swim	Open	Lessons & Lap Swim	Open		
5:30-6:15 pm	Adult Lap	Lessons & Lap Swim	Adult Lap	Lessons & Lap Swim	Adult Lap		
6:15-7:15 pm	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim	Open & Lap Swim		

### Y.M.C.A. PRE-SCHOOL SUMMER FUN CLUB

#### IT'S A GREAT IDEA!

Believe it or not, but it's almost Summer. As parents plan their childrens activities, add a fun one — YMCA Pre-School Summer Fun club. The club is for 3, 4, and 5 year old children whose parents are looking for a well developed and rewarding Summer activity.

We have had a great response to this program in the past, so we have added one more session for this Summer (if the 1st three are full). Also again this year, there will be a session just for 5 year olds that have been in Fun Club before or for children that are five years old (session II).

#### SESSIONS TO CHOOSE

Each session runs Monday thru Friday, from 9:30 AM thru 2:30 PM. We will be based at the YMCA facility at 669 S. Hackett, Waterloo.

Session I — June 15 - June 19

Session II — June 22 - June 25 (5's Only)

Session III — June 29 - July 3

And Session IV will be offered only if Sessions 1, 2, and 3 fill up:

Session IV — July 6 - July 10

**Fees:** YMCA Members \$34.00\* per session

Non-YMCA Members \$44.00\* per session

(\*A \$15.00 non-Refundable deposit is due upon registration. Remaining balance is due the first day of Fun Club.)

#### Transportation:

Parents of pre-school fun club goers will be responsible for the daily transportation to and from the YMCA. Volunteers may be needed to drive on area field trips.

#### How to Register:

Registrations will begin on May 26th.

A registration form (available at the YMCA) and the

\$15.00 deposit is required in order to sign-up. Each session has limited enrollment, so early registration is advised. Cutoff for registrations will be the Wednesday prior to the beginning of each session.

A parent information packet will be mailed to you upon completing registration. If you have any questions please contact Nancy Winchip at the YMCA.

### PEE WEE BASKETBALL

An exciting program at the Black Hawk County Family YMCA this summer is the Pee Wee Basketball clinic for all boys and girls who will be entering first or second grade in the fall. Participants will be introduced to the basic fundamentals of basketball and will play several games all at an 8 foot basket.

The clinic will be held on Mondays, and Wednesdays, beginning July 13, through July 29. You may register for one of two times 1:00 - 1:45 PM or 2:00 - 2:45 PM.

**Fee:** YMCA Member  
\$8.00

Non-Member  
\$14.00

### CHILDREN'S BIRTHDAY PARTIES

**KIDS!** How about holding your Birthday Celebration at the Family YMCA. You may use the gym, pool and the game room. We will supply the cake, ice cream and the party room.

**PARENTS!** The fee is \$20.00 for YMCA members and \$25.00 for non-YMCA members per party package which included up to 10 children. Usage is limited to 3 hours and if the children are under 7, they need adult supervision at all times. Time and dates available according to current usage of the multi-purpose room. Contact Nancy Winchip for more information.



## SUMMER TEEN BASKETBALL LEAGUE

The YMCA will be offering a basketball league for boys and girls going into 6th-9th grades this summer. There will be two divisions: 6th-7th grade and 8th-9th grade.

Games will be played on Mondays and Wednesdays for boys (3:15 & 4:15 PM) and Tuesdays and Thursdays for girls (3:15 & 4:15 PM). The league begins June 15th and will continue to July 9th.

Interested participants may sign up beginning May 4th. Registration deadline is June 10th. We will need at least four teams in a division to hold the league.

Fee: YMCA Member \$5.00

Non-YMCA Member \$10.00

For more information or to register call YMCA at 233-3531.

## GIRLS JR. HIGH BASKETBALL CAMP

The YMCA will host the 3rd annual girls basketball camp the week of June 8 - June 12 from 12:30 - 3:15 PM. Experienced coaches from the area will be the guest speakers.

Fundamentals of 5 on 5 basketball will be covered as well as taking part in full court scrimmages.

We are looking forward to another exciting week. YMCA staff in charge is Nancy Winchip.

FEE: YMCA Member

Non-YMCA Member

\$15.00

\$22.00

Registration begins Monday, May 18th. (Must have a minimum enrollment of 20 to hold the camp.)

## YOUTH RACQUETBALL CLINIC

A new program this summer for boys and girls 10-16 years of age is the Youth Racquetball Clinic. The clinic will be designed like other Y.M.C.A. clinics with instruction being taught as well as time for match play. The clinic will be held on Tuesday and Thursday mornings from 9:00-10:00 AM beginning June 16 through July 2nd. The first 3 sessions will be instruction and the last 3 will be match play.

Clinic Fee: Y-Member

Non-Y-Member

\$6.00

\$12.00

Registrations will be taken beginning Monday, June 1st. You may register at the YMCA Welcome Center. The fee includes court costs.

## Y.M.C.A. DAY CAMP 1987!

Day Camp is an adventure in outdoor living that enables a child in K-6th grades to have a fine camping experience with the advantage of returning home each day. Camp offers your child the chance to grow in independence, build confidence, discover new recreational skills, share with others of the same age group and develop a sense of love and respect for others, as well as the out-of-doors.

This summer let your child experience the "magic" of making memories that will last a lifetime, the Y.M.C.A. Way!

Eight (8) exciting sessions of Camp to choose from:

Session 1 - "Wilderness Retreat: Part I" 2 Week June 8-19

Session 2 - "All Star Week" 1 Week June 22-26

Session 3 - "Summer Daze" 1 Week June 29-July 3

Session 4 - "Wet and Wild" 1 Week July 6-10

Session 5 - "Land of Care A Lot" 1 Week July 13-17

Session 6 - "Wilderness Retreat: Part II" 1 Week July 20-24

Session 7 - "Sports Camp" 1 Week July 27-31

Session 8 - "Summer Camp Reunion: 1 Week Aug. 3-7

Leadership In Training - L.I.T.

The Y.M.C.A. Day Camp L.I.T. program is for any boy or girl 10-12 years of age. The purpose of this program is to provide leadership opportunities, more

and trying your best.

### Locations:

The YMCA Tee-Ball clinic will be held at the following locations:

#### Waterloo:

Devonshire Elementary (limit 100)

515 Devonshire Drive

Castle Hill Elementary (limit 50)

1700 Maynard Ave.

Lowell Elementary (limit 50)

1628 Washington

#### Cedar Falls:

Hansen Elementary (limit 50)

616 Holmes Dr.

Orchard Hill Elementary (limit 90)

3909 Rownd St.

Fees: Y-Member

\$10.00

9.00

8.00

1st Child

2nd Child

3rd Child

Non-Y-Member

\$18.00

16.00

14.00

Registration: Registrations for the clinic will be taken starting Tuesday, May 19th. You may register either by phone or in person at the YMCA, 669 S. Hackett Rd.

Equipment: All that is needed for you to wear are gym or street clothes and tennis shoes. You will also need a baseball glove. Balls, bats and other equipment will be furnished by the YMCA.

Parent Participation: All parents are welcome to assist the YMCA as a volunteer coach. It is a very rewarding experience to help the kids learn and have fun and watch them grow as a person, during the clinic. Anyone interested may contact Nancy Winchip at 233-3531. There will be a meeting for anyone interested in coaching at 6:00 PM on Tuesday, June 2nd at the YMCA.

## 2ND ANNUAL "ISN'T IT GRAND TO BE OUT OF SCHOOL FOR THE SUMMER" Y.M.C.A. OVERNIGHT PARTY

Any boy or girl who is in the 1st thru 6th grade this year is invited to our 2nd Annual Schools Out Celebration Overnight to bring in the summer vacation - Hawaiian Style!

We will hold an Hawaiian Beach Party at the Y.M.C.A. which will include such activities as beachball, volleyball, the limbo, surfing, frisbee contest, skateboard relays, swimming, an amateur show and much more!

This main event will be held Friday, June 5, 1987 beginning at 7:00 pm to 8:00 am, Saturday, June 6, 1987.

Fee: Y.M.C.A. Members

\$8.00

7.00

6.00

Non-Y.M.C.A. Members

1st Child

2nd Child

3rd Child

\$12.00

11.00

10.00

\*Anyone registered for our Y.M.C.A. Day Camp by June 4, 1987 gets 50% off the overnight party fee! You won't want to miss out on this fun-filled evening of entertainment. It promises to be GREAT FUN so register early - enrollment is limited. Registration will begin on Monday, May 18th.

FUN—FOOD—FELLOWSHIP—The Y.M.C.A. Way—Come Join Us!

## "KYOKUSIN KARATE"

Kyokusin Karate, a blend of Korean, Chinese and Japanese styles of Karate, will be offered this summer on Monday and Wednesday evenings for both beginners and those already familiar with Karate techniques.



advanced outdoor living and camping skills, along with enhancing each participants spiritual, mental, physical and social well being through individual and small group activities with qualified leadership. Highlights will include an all day fishing and canoeing trip, rifle safety workshop, basic 1st aid training, individual roud camp overnight program, Christian values workshop and more. This is an Advanced Day Camp Program. The L.I.T. Program is offered Sessions 1, 4, 6, and 8.

**Cost:** The fee for Y.M.C.A. Day Camp is:

Y.M.C.A. Members	Non-Y.M.C.A. Members
\$64.00 2 Week	\$75.00 2 Week
\$46.00 1 Week	\$58.00 1 Week

**Note:** Any camper who registers by May 22, 1987 will receive a 10% discount of their camp fee. Sign up a friend and receive an additional 5% discount of the camp fee. So sign up before May 22nd, sign up a friend and get 15% off your childs camp fee!

**Transportation** — Day Campers will be picked up each morning by the Y.M.C.A. bus between 8:00 am and 9:00 am. They will be returned to the same stop between 4:15 pm and 5:00 pm after the program has ended for the day.

The following locations will be used for the pick-up and drop-off points:

- \*East High School, Waterloo
- \*West High School, Waterloo
- \*Y.M.C.A. Building, Waterloo
- \*Cedar Falls High School, Cedar Falls
- \*Lincoln Elementary School, Cedar Falls

**Note:** There must be a minimum of five (5) at each stop or the location will be dropped for that session.

**Registration:** A \$20.00 registration fee is required along with a completed registration form for each child enrolled in Y.M.C.A. Day Camp. This registration fee is applied toward the total fee. For further information on the program contact the Y.M.C.A. Office Today!

## SHOW & SPLASH

Back by popular demand, it's Wednesday movies & swimming.

Every Wednesday, beginning June 10th, show time will be from 11:30 am-1:00 pm, in our Multi-purpose room. This will be supervised and parents are welcome to join us. Bring a sack lunch along. Then, from 1:00-2:45 pm it's time to go swimming. This will be in our big pool which has a shallow end depth of 3'9". If you are 7 and younger, you may swim in our small pool (after Fun Club) if accompanied by an adult.

Fee: Y.M.C.A. Members	Free
Non-Y.M.C.A. Members	\$2.00

## Y.M.C.A. TEE-BALL CLINIC

It is time again for the Family YMCA Tee-Ball clinic. All boys and girls 6-8 years old interested in having fun, meeting new friends, and learning the fundamentals of Tee-Ball, the YMCA Tee-Ball clinic is the place for you.

What is Tee-Ball? Tee-Ball is similar to baseball except that the ball is hit off a standard (tee) rather than a pitched ball. This allows for a safer, faster moving, more exciting, experience for all those involved.

The clinic will be held on Tuesday and Thursday evenings from 4:30-5:30 pm beginning Tuesday, June 9th and ending Thursday, July 2nd and July 7th will be the rain date.

As in all YMCA programs, competition is deemphasized, with emphasis being placed on having fun, making new friends, learning the fundamentals

Objectives of Kyokushin Karate, as taught by Ken Bradfield, will be to develop a healthy mind and body through the principles and techniques of Kyokushin Karate. Students will learn basic philosophy and techniques including stances, strikes, blocks and kicks in conjunction with fundamental self-defense methods.

Class time for Beginning Youth (6-16 yrs) will be Monday and Wednesday from 5:00-6:00 pm. Intermediate youth will meet from 6:00-7:00 pm. also on Monday and Wednesday. If there is enough interest an Adult class may be offered.

Karate classes will begin Monday, June 8th and end Wednesday, July 29th.

Fee: Y.M.C.A. Member	Non-Y.M.C.A. Member
\$15.50	\$28.50

### Registration:

Currently enrolled YMCA members . . . . . Fri., May 29th  
YMCA Members . . . . . Mon., June 1st  
Non-YMCA Members . . . . . Tue., June 2nd-4th  
Registrations will be from 9:00 am - 5:00 pm each day.

## GYMNASTICS

### GYM TOTS (3-4 yrs. old)

The purpose of this class is to help the child develop balance, coordination, flexibility and other movement related skills. It is also designed to improve the childs social development by participating with other children and by listening to adults other than a parent. Some of the activities included in Gym Tots are basic motor movements, ball skills, tumbling, games and more.

Day	Time
Monday	9:30 AM
Tuesday	10:15 AM

### PRE-SCHOOL GYMNASTICS (4-5 yrs. old)

This class is designed to introduce gymnastic activities to 4 and 5 year old children. Tumbling, balance and coordination activities will be further developed.

Day	Time
Monday	10:30 AM
Tuesday	9:15 AM

**SESSION LENGTH:** Gym Tots and Pre-School Gymnastics will begin the week of June 8th and continue to August 4th.

### YOUTH PROGRESSIVE GYMNASTICS

You asked for it, you've got it! This program emphasizes a progression of basic gymnastic skill instruction, basic fundamental and technical information, values education, and safety awareness. BALANCE, STRENGTH, FLEXIBILITY, and MENTAL PREPARATION are each important to executing gymnastics skills correctly: children 6 years of age and above may participate in this program involving tumbling, balance beam, uneven bars and vaulting. Based on skill level and knowledge of gymnastics, girls and boys should sign up for one of the following progressive levels. It will meet twice a week for 4 weeks. We need a minimum enrollment to offer each class.

Class	Day	Time
Level 1	Mon. & Wed.	1:00 PM
Level 2	Mon. & Wed.	2:00 PM

**Session Length:** June 15 - July 8.

Fees for	Member	Non-Member
gymnastics:	11.50	20.50
	10.50	18.50
	9.50	16.50

### Registration:

Currently enrolled YMCA members . . . . . Fri., May 29th  
YMCA members . . . . . Mon., June 2nd  
Non-YMCA members . . . . . Tues., June 2nd-4th  
Registrations will be from 9:00 am - 5:00 pm each day.



## FROM THE EXECUTIVE'S CHAIR

Your Family Y.M.C.A. At Work for Tomorrow — Today! I believe in that statement, but, more importantly, I believe that our organization hasn't been fully recognized for what we are doing to meet the human service needs of our community — Today!

Most of us know that the focal point of our Y.M.C.A. has been our facility. A spacious, modern, clean, properly equipped appearance that draws persons towards Y participation. I would propose, however, that it is what we do after that participant gets thru the door to create the magic we call the Y.M.C.A.

May I share with you some current happenings at your Y.M.C.A.:

- Working with 41 community human service organizations and group homes in providing service/facility and staff time so that their programs might be enhanced. **2,851 participants.**
- The Y.M.C.A. continues to work with the unemployed and their families in an organized program designed to lessen stress and anxieties in their current situations. **664 participants.**
- The Y.M.C.A. continues to be for everyone regardless of financial limitations working with **759 participants** in our Financial Assistance Program.
- The Y.M.C.A. not only uses its facility on University and South Hackett, but is also involved with programs and services in **26 different outside sites** around our community.
- The Y.M.C.A. served 19,092 persons this past year thru membership and program participation. **40% Youth/35% Families!**

I simply leverage these facts to illustrate the dynamics of this Y.M.C.A. A Y.M.C.A. that has and will continue to provide programs and activities that meet community needs.

The Y.M.C.A. is more than a health club. More than the individual parts of our facility. More than a basketball, racquetball, volleyball or kickboard. The Y.M.C.A. is people. And quietly and with little fanfare, the Y.M.C.A. will continue to help people grow — "That All May Be One".

Yes — the Y.M.C.A. is creating Tomorrow — Today!

Thanks for Caring & Sharing!

Jim Weaton

Y.M.C.A. Executive Director

**BLACK HAWK COUNTY FAMILY YMCA**  
**669 SOUTH HACKETT ROAD**  
**WATERLOO, IOWA 50701**

BULK MAIL  
NON PROFIT ORG.  
U. S. POSTAGE  
PAID  
PERMIT NO. 1611  
WATERLOO, IOWA

**Summer News —  
Please Read and Save!**



## BALLOON BLAST I

What is it? The Balloon Blast I is a raffle ticket fundrasier. Raffle tickets will be sold to the community and any ticket that is sold will be attached to a helium balloon and launched May 16th during the 8K Fun Run Award Ceremony.

Once the tickets have landed and are returned to the Y.M.C.A., the winner will be determined by how far his/her ticket traveled. If his/her ticket is returned from the farthest distance, he/she will win \$150.00.