

SPIRIT MIND & BODY

Summer Program Edition

YMCA of Black Hawk County

Youth Strength Training

The YMCA is now offering a Youth Strength Training program for boys and girls ages 9-13.

This program is designed to serve as an introduction as to how to safely and properly lift weights. The program will meet in the YMCA Nautilus Center.

There will be some flexibility of scheduling arranged with each participant and the instructor as the program progresses, however, initially there will be time slots to register for at either 2 or 3 p.m. on weekdays and 1 or 2 p.m. on Saturdays. Consistent with most weightlifting programs, students should sign up for either M-W-F or T-Th-Sat. lifting days to allow for one day of rest between workout sessions.

A trained YMCA staff member will provide supervision for the program at all times. Parents will need to sign a release indicating that they approve of their son/daughter participating in the program

The cost for Youth Strength Training is \$18 for members and \$36 for the general public. For more information on this program or to register call the YMCA, 233-3531.

YMCA Healthy Kids Day

The YMCA is sponsoring the first annual YMCA Healthy Kids Day on Saturday, April 25, 1992. Healthy Kids Day is a celebration of children's health in body, mind, and spirit. The goal of this special day is to promote the health and fitness of children and families.

Activities for the day will include youth fitness assessments, nutrition education, movement education, physical activities/games and more. There is no charge or registration for Healthy Kids Day, and as time nears, the YMCA will provide more detailed schedule of events. Call the YMCA, 233-3531, for more information.

Free Blood Pressure Check

The American Red Cross will conduct Free Blood Pressure checks at the YMCA on Wednesday, April 22 from 4-6 p.m. Cholesterol screening tests will also be available at the same time for \$5.00.

No appointments are necessary.

Corporate Challenge

The YMCA is proud to announce its sponsorship of a new community event, the Corporate Challenge. The Corporate Challenge is a series of athletic and recreational events where local businesses compete against one another.

Events include volleyball, swimming relays, 3 on 3 basketball, tug-of-war, etc.

The Corporate Challenge is scheduled to take place May 1-3, 1992.

Corporate Challenge Event Schedule

3 on 3 Basketball	YMCA	Sat., May 2	7-9:00 p.m.
Swimming Relays	YMCA	Fri., May 2	6-7:30 p.m.
Tug of War	YMCA	Sun., May 3	3:00 p.m.
Distance Medley Relays	TBA		
Co-Ed Volleyball	TBA		

For more information regarding the Corporate Challenge, call Tom Sekeres at the YMCA, 233-3531.

YMCA to Offer Summer Day Care

The YMCA will be offering a day care program this summer for children ages 3-9, weekdays from 6 a.m. to 5:30 p.m., beginning June 8 and running through August 28.

Some of the day care activities will include use of YMCA facilities like the pool and gym.

The day care fees are:

For weekly registrations, full day, eight hours or more, the fee will be \$55, with each additional child costing \$35.

For half day registrations (up to 5 hours), the weekly fee is \$30 for the first child, \$20 for each additional child.

If you wish to register just on a daily basis, the fee will be \$13 for a full day and \$7.50 for half-day.

For more information regarding the YMCA Day Care program contact Tom Sekeres at the YMCA, 233-3531.



From the Executive's Chair

On January 30, over 50 volunteers and staff met to make plans for the next five years for our YMCA. Having been a part of it, I can tell you it was an exciting, stimulating, and thought-provoking evening that will benefit our Family YMCA greatly. My personal thanks to all of you who gave up five hours of your time to make it happen.

Out of this meeting came eight statements that will be the focus of our work over these five years. They are:

- *Our YMCA will be a mission-driven organization which will develop a program to adequately interpret the mission to the community.*
- *Our YMCA will be open to everyone to encourage a diverse ethnic representation.*
- *Our YMCA will serve those who need financial assistance.*
- *Our YMCA will develop new prevention-oriented programs to meet emerging community needs.*
- *Our YMCA will expand services through the efficient and effective use of more volunteers.*
- *Our YMCA will commit to staffing development which ensures program quality and consistent service.*
- *Our YMCA will up-grade and expand current facilities and equipment.*
- *Our YMCA will develop the adequate financial resources to meet the objective of this document.*

The seven YMCA committees are busy working out the how-to's or action steps to these statements that can be measured and achieved. As I've mentioned, the formal document is scheduled to be approved by the board and in place by the end of May, 1992. We are still on schedule.

These are very exciting times for our YMCA. We are on the threshold of being able to do great things for our community. Through our planning process we will be certain to do things the right way — in a positive, organized and well thought through process. I am excited and hope you will be too. We will keep you informed.

Lastly, I suggest that strategic planning is not only an organization opportunity, but also an individual one. How long has it been since you have asked yourself some of those hard questions or really taken stock of your religious journey to see where you are headed. Should the second coming of Christ be at hand, are you ready to meet the Christian God? Are you ready for sure a confrontation.

Strategic planning is the process of determining what your faith will be in the future and how to get there now. I hope and pray that your process is one of conviction and resolution!

*In the 'Spirit' of the 'Y',
Jim Weaton
YMCA Executive Director*

T-Ball Clinics

The YMCA is offering T-Ball clinics again this summer. Throwing, catching, fielding and batting are a few of the skills that will be taught. The Clinic schedule has the children practicing for the first four clinic dates and they will then have four games.

Boys and girls, grades K - 2
Tuesdays and Thursdays, 4:30 p.m.

T-Ball 1	June 2 - 25
T-Ball 2	July 7 - 30

Clinic sites:

Waterloo: Devonshire School, Castle Hill School and the YMCA
Cedar Falls: Orchard Hill School, Hansen School

Fees: \$5 for YMCA members; \$15 for the general public

Summer Youth Basketball Leagues

It's a new way to come in and cool off — and heat up your game! The YMCA is starting a summer youth basketball league for boys and girls, going into grades 7, 8, and 9 (fall of 1992).

The league will consist of eight teams, and games will be held June 8 through July 23 (seven weeks). There will be a tournament held the last week of July to determine the league champions.

Teams will play one time per week. Boys games will be held on a rotational schedule on either Mondays or Wednesdays. Girls will play on Tuesdays or Thursdays.

League games will be played at either 1 or 2 p.m.

The games will be played "across the court" (east-west in our YMCA gym) and they will be officiated by the league supervisors. Games will consist of four 10-minute quarters (continuous clock) with a one minute break between quarters and a three minute halftime.

Teams may have a coach if desired, but it is not required. Each team must register eight players (no more, no less), at a cost of \$13 per player, \$104 lump sum due at time of registration.

There will be a mandatory team meeting on Thursday, May 28 at 7 p.m. to hand out schedules and cover league rules. Each team must have a team representative or their coach in attendance at that meeting.

For more information about the Summer Youth Basketball League, contact Dave Peters at the YMCA, 233-3531.

Mini Sports

The YMCA Mini Sports Clinic is a week-long sports clinic featuring a different sport each day. Sports covered include T-Ball, Flag Football, Basketball, Soccer, and one day of New Games.

Boys and girls, grades K - 2
Daily — 9:30 - 11:30 a.m.

July 27 - 31
YMCA Building

Fees: \$5 for YMCA members; \$15 for the general public

Pee Wee Basketball

A "YMCA exclusive" program for K - 2nd graders. This program has grown continuously since its inception.

We feature smaller balls, 8½-foot baskets and an atmosphere of low-key competition. All of these things help the YMCA coaches to offer a great way to learn the basics of basketball.

Boys and girls, grades K - 2
Mondays and Wednesdays, 1:30 p.m.

July 6 - 29
YMCA Building

Fees: \$5 for YMCA members, \$15 for the general public.

Youth Sports Sand Volleyball

NEW at the YMCA this year. Come try this program open to boys and girls grades 3 - 6.

Sand Volleyball is an exciting alternative to indoor volleyball. Take part in exciting play while learning the fundamentals of volleyball.

Emphasis is placed on learning, with over half of the sessions devoted to perfecting the fundamentals.

Boys and girls, grades 3 - 6
Tuesdays and Thursdays, 10 a.m. and 11 a.m.

June 16 - July 9
YMCA sand volleyball court

Fees: \$5 for YMCA members; \$15 for the general public

Jr. and Sr. High Sand Volleyball League

Get your teams together and get ready for the YMCA Sand Volleyball leagues, coming up at the YMCA, 669 S. Hackett Road.

Jr. High and Sr. High teams will play in separate leagues.

There will be league standings and trophies for the 1st and 2nd place teams in each league.

Jr. High meets from 1 - 4 p.m. on Tuesdays and Sr. High meets from 1 - 4 p.m. on Thursdays.

League dates — June 9 - July 30. Raindates during the week of August 4.

Jr./Sr. Sand Volleyball team registration fee is \$60.

Aquatics, Gymnastics and Dance Registration Information

To insure fairness to YMCA members and class participants, a priority system of registration exists. The dates listed below are the dates that members and general public are welcome to sign up. Office hours 7 a.m.-8:30 p.m.

Session 1 — June 8-June 19

YMCA members enrolled in Spring 2 session Monday, June 1
YMCA members Tuesday, June 2
General Public Wednesday-Friday, June 3-5

Session 2 — June 22-July 3

YMCA members enrolled in Summer 1 Thursday, June 18
7 a.m.-Noon
YMCA members Thursday, June 18, 1-8:30 p.m.
General Public Friday, June 19, 7 a.m.-8:30 p.m.

Session 3 — July 6-July 17

YMCA members enrolled in Summer 2 Wednesday, July 2
7 a.m.-Noon
YMCA members Wednesday, July 2, 1-8:30 p.m.
General Public Friday, July 3, 7 a.m.-8:30 p.m.

Session 4 — July 20-July 31

YMCA members enrolled in Summer 3 Thursday, July 16
7 a.m.-Noon
YMCA members Thursday, July 16, 1-8:30 p.m.
General Public Friday, July 17, 7 a.m.-8:30 p.m.

Session 5 — August 3-August 6

End of Summer — Half Price Special!!!! Only four days of classes!
Morning swimming lessons only!
YMCA members enrolled in Summer 4 Thursday, July 30
7 a.m.-Noon
YMCA members Thursday, July 30, 1-8:30 p.m.
General Public Friday, July 31, 7 a.m.-8:30 p.m.

Aquatics, Gymnastics and Dance Class Fees (eight class periods)

Members		General Public
\$10	first child*	\$18
\$ 9	second child*	\$16
\$ 8	third child*	\$14
	*same family	

Swim Class Offerings

Waterbabies and Tadpole classes run for a half-hour, all other classes are 45 minutes.

Weekday Morning Lessons

Every day, Monday through Thursday mornings.

Waterbabies	10 a.m.
Tadpole 1	9:30, 10, 10:30 a.m.
Tadpole 2	9:30, 10:30 a.m.
Tadpole 3	9 a.m.
Polliwog 1 (Small Pool)	11 a.m.
Polliwog 1 (Large Pool)	9, 9:45, 10:30 a.m.
Polliwog 2	9:45, 10:30 a.m.
Guppy	9, 11:15 a.m.
Minnow 1	9, 11:15 a.m.
Minnow 2	9:45 a.m.
Fish	10:30 a.m.
Flying Fish	11:15 a.m.

To register for a morning swim lesson, consult information in the aquatics, gymnastics, and dance registration information section of this newsletter.

Adult Swimming Lessons

Spend some quality time improving your swimming skills or just learning how to swim. The YMCA wants to invite you to come on in and cool off!

Adults swimming lessons are held Monday and Wednesday evenings, 5:30-6:15, and 6:15-7:00 for four weeks. Classes start during Session 1 and 3 (as shown in the registration section). Class dates are June 8-July 1 (Session 1-2) and July 6-July 29 (Session 3-4).

Lessons cost \$10 for YMCA Members and \$18 for the general public. To register, consult information in the aquatics, gymnastics, and dance registration information section of this newsletter.

Weekday Evening Classes

The following evening classes meet two times a week for four weeks. Classes start during Session 1 and 3 (as shown in the registration section). Class dates are June 8-July 2 (Session 1-2) and July 6-July 30 (Session 3-4).

Monday-Wednesday Classes

Waterbabies	5 p.m.
Tadpole 1	5:30, 6 p.m.
Tadpole 2	6, 6:30 p.m.
Tadpole 3	5:30 p.m.
Polliwog 1 (Small Pool)	6:30 p.m.

Tuesday-Thursday Classes

Polliwog 1 (Large Pool)	4:15, 5 p.m.
Polliwog 2	5, 5:45 p.m.
Guppy	4:15 p.m.
Minnow 1	5:45 p.m.
Minnow 2	4:15 p.m.
Fish	5 p.m.
Flying Fish	5:45 p.m.
Shark	5 p.m.
Porpoise	5:45 p.m.



Some of the Shark and Porpoise classes are held off YMCA property to allow for expanded instruction.

To register for any of the evening aquatic classes, consult the aquatics, gymnastics, and dance class registration information section of this newsletter.

Arthritis Water Exercise/ Joint Mobility

The YMCA is proud to offer a joint mobility/arthritis class designed to help participants improve joint flexibility and range of motion.

Classes meet Monday, Wednesday, and Friday mornings at 10:30. Fees are \$10 for members and \$18 for the general public. Classes meet from June 8-July 31.

Health Enhancement

Summer Fitness Classes

All YMCA summer fitness classes will run for **nine weeks** from the week of June 8 through the week of August 8.

Fitness Class Fees

	Members	Public	Sixty & Better
2 times/week	\$18	\$36	\$26
3 times/week	\$20	\$38	\$28
4 times/week	\$22	\$40	\$30
5 times/week	\$24	\$42	\$32

(prices are for a nine week session, week of June 8 through the week of August 8).

Freestyle Aerobics Mon-Wed-Fri	6:00 a.m.
Y's Way to Aerobics Mon-Wed-Fri Mon-Wed	9:00 a.m. 5:30 p.m.
Step Aerobics Mon-Wed Tues-Thurs Tues-Thurs	10:00 a.m. 5:00 p.m. 6:00 p.m.
Live Y'ers Mon-Wed-Fri	8:15 a.m.
Hip & Tummy Tues-Thurs	10:00 a.m.
Weekend Workout Sat	9:30 a.m.
You & Me, Baby Mon-Wed	5:30 p.m.
Y's Way to a Healthy Back Tues-Thurs (six weeks only through July 21)	Noon
Y's Way to Water Exercise Mon-Wed-Fri Tues-Thurs Mon-Wed-Fri	7:00 a.m. or 8:00 a.m. 8:00 a.m. 6:30 p.m.
Jazzercise Lite Tues-Thurs	9:00 a.m.
Jazzercise Tues-Thurs Sat	6:45 p.m. 8:30 a.m.
Awesome Abs Mon-Wed-Fri	12:10-12:50 p.m.



Karate

Summer session for nine weeks, June 8 through August 8.

Youth Beginning	M and/or W	5:30 p.m.
Youth Advanced	M and/or W	6:30 p.m.
Adult Karate	M and/or W	7:30 p.m.

Karate Class Fees

Youth	Member	General Public
one class per week	\$12	\$20
twice per week	\$25	\$45
Adult	Member	General Public
one class per week	\$16	\$26
twice per week	\$25	\$50

Summer Racquetball League

A summer racquetball league will begin the week of June 15 and continue for eight weeks. Each league is formed according to skill levels. Playing times are determined by players. Those interested should register by June 10.

Youth Racquetball Lessons

Rules, fundamental skills and safety tips are some of the key components offered in our racquetball lessons geared for the beginner.

Lessons are open to members and non-members on Monday and Wednesday afternoons from 4:30-5:30.

These lessons will be held June 8-July 3, and if there is enough interest, there will be an additional session beginning in July.

Fees are \$5 for members and \$25 for the general public. The lesson fees include hourly court rental fees.

Nautilus Summer Special

Take advantage of these super summer rates for the use of Nautilus strength training equipment and keep your "total fitness program" on track throughout the summer.

This offer is good June 1 - September 1.

	Members	General Public
Youth	\$10	\$24
Adults	\$20	\$36
Family	\$30	\$52
College	\$15	\$30

New!!! Adult Sand Volleyball Leagues

Starting this summer the YMCA will be running a sand volleyball league for men, and women and co-ed teams. Leagues will start the week of June 8 and go through the week of August 10. There will be a league tournament on Saturday, August 15 with seedings determined by the league standings.

The leagues will consist of eight teams and the team fee is \$70. Team roster and payment must be received with registration. Team trophies and individual trophies will be awarded to the first and second place teams.

The mens rec league for B, C teams will be held on Monday evenings. Womens rec league for B, C teams will be held Wednesdays, and the co-ed rec league for B, C teams will be held on Tuesday evenings. All games will be played at 6:30 and 7:30 p.m.

Teams will play with a six player format. Rainouts will be rescheduled on Thursday evenings, set up by the volleyball league supervisor. Players may play on only one team per league. Registrations are being accepted now on a first come, first served basis. The deadline is May 22.

There will be a mandatory team meeting on Thursday, May 28 at 8 p.m. to hand out schedules and go over the league rules. Each team must have their captain(s) or team representative in attendance.

Call Dave Peters at the YMCA for more information, 233-3531.

Gymnastics

Choose to attend sessions held twice a week for four weeks or once a week for eight weeks.

Four week classes start during Sessions 1 and 3 (as shown in the registration section). Class dates are June 8-July 3 (Session 1-2) and July 6-July 31 (Session 3-4) or June 8-July 31 (Session 1-4) for the eight week session.

Gym Tots

Children, ages 3-4, have the opportunity to improve balance, coordination, flexibility and other movement related skills in Y Gym Tots. The class is also designed to aid in social development and in listening to directions.

Gym Tots include basic motor movements, tumbling, introductory gymnastic activities and games.

Classes are held:

Monday and Wednesdays	9:30 a.m. (four weeks)
Tuesday and Thursdays	10:15 a.m. (four weeks)
Tuesday and Thursdays	4:15 p.m. (four weeks)

Preschool Gymnastics

Introductory gymnastic activities for boys and girls ages 4-5. Students work on tumbling, balance, coordination and flexibility.

Classes are held:

Monday and Wednesdays	10:15 a.m. (four weeks)
Tuesday and Thursdays	9:30 a.m. (four weeks)
Tuesday and Thursdays	5:00 p.m. (four weeks)

Beginner Gymnastics

For boys and girls, 6 years of age and up. Class includes tumbling, beam activities, coordination, flexibility and some floor routines.

Classes are held:

Monday and Wednesdays	11:00 a.m. (four weeks)
Tuesday and Thursdays	5:45 p.m. (four weeks)
Fridays	4:15 p.m. (eight weeks)

Intermediate Gymnastics

For boys and girls, ages 6 and up who have passed Beginner Gymnastics or who have previous comparable gymnastic experience. Continuation of work on gymnastic skills.

Classes are held:

Tuesday and Thursdays	11:00 a.m. (four weeks)
Fridays	5:00 p.m. (eight weeks)

Advanced Gymnastics

For boys and girls, ages 6 and up who have passed Intermediate Gymnastics or who have previous comparable gymnastic experience. Continuation of work on gymnastic skills.

Classes are held:

Fridays	5:45 p.m. (eight weeks)
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Dance

The following classes meet for eight weeks. Classes start during Session 1 (as shown in the registration section). Class dates are June 8 - July 31 (Session1-4).

Ballet

For boys and girls, ages 7-15. The basics of ballet tradition. Exercise at the barre, learning the five positions, basic steps and floor combinations. Care of the body and some history of ballet will also be covered.

Classes are held:

Level 1 — Monday	4:15 p.m.
Level 2 — Wednesday	6:30 p.m.

Jazz

For boys and girls, ages 7-15. The basics of jazz dancing: warm ups, dance movements, posture and alignment. This class also covers body position, locomotor movements, turns, jumps and body isolations.

This class also covers beat, tempo, meter and care of the dancer's body.

Classes are held:

Level 1 — Monday	5:45 p.m.
Level 2 — Wednesday	5:00 p.m.

Tap Dancing

For boys and girls ages 7-15. The basics of tap and putting movement to music. Great for coordination and learning skills. Helps participants keep with the beat of the music. Each student needs a pair of tap shoes.

Classes are held:

Monday	5:00 p.m.
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Popular Dance

For boys and girls ages 7-15. Learn today's dances, performed by hit singers and dancers on current videos. Work on coordination, endurance, and muscular development, and have lots of fun.

Classes are held:

Wednesday	4:15 p.m.
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Adult Dance Class

A combination of jazz, modern, and ballet. Class participants (ages 16 and up) will work on coordination and flexibility.

Classes are held:

Monday	6:30 p.m.
Wednesday	5:45 p.m.

Aquatics, Gymnastics and Dance Class Fees

Members		General Public
\$10	first child*	\$18
\$ 9	second child*	\$16
\$ 8	third child*	\$14
	*same family	

YMCA Staff Changes Announced

Jim Weaton, Executive Director, announces the appointment of David Phelps as Associate Executive Director of the Family YMCA effective April 1, 1992.

The newly-created position is being done to allow the YMCA the ability to continue in its current growth trend and to focus on pressing agendas such as contributions, endowment development, facility and equipment expansion and initiating new program thrusts to meet emerging needs.

Dave has been with the Family YMCA since August, 1987, and has served in a variety of capacities including aquatics, youth sports, camping and child care. He also has valuable experience in mechanical operations, staff supervising, computer operations, and program and budget development.

Dave's track record has certainly earned him the opportunity to advance in this position, and we hope all members and participants will take the time to congratulate him and wish him continued success in his new assignment.

Preschool Day Camp

Your preschooler, age 3-5, can experience the same things the "big kids" do at Day Camp on a scheduled designed especially for the younger set.

Daily transportation to and from the YMCA to the Day Camp site (Rotary Reserve) is provided.

Preschool day campers have a full schedule of activities and need to bring lunch and a swimsuit and towel each day. Campers swim at the YMCA pool.

Preschool Day Camp is held every other week of the regular day camp session.

The 1992 season includes the weeks of June 8-12, June 22-26, July 6-10, July 20-24, and August 3-7. For more information, stop by the YMCA or call for a Day Camp brochure.

YMCA Day Camp

YMCA Day Camp, for boys and girls ages 6 - 12, begins June 8 and runs through August 14.

Camp activities include archery, riflery, arts and crafts, canoeing, swimming and campcraft skills. Children are picked up and dropped off daily at one of five sites throughout Waterloo and Cedar Falls. Campers need to bring a sack lunch, swimsuit and towel each day.

The camp program is held at Waterloo Rotary Reserve, approximately a ten-minute drive north of Cedar Falls off N. Union Road.

Fees per week are:

YMCA Members	\$54
General Public	\$69

There are discounts for registering (with a \$20 deposit) by May 29 (\$5 off) and for registering for more than one session.

For more information, stop by the YMCA or call for a YMCA Day Camp brochure.

Summer Fun Days

This is our exciting "school's out" program adapted for summertime. Lots of daily activities are available for your K - 6th grader to participate in.

Supervision provided by trained staff who really care for your child. Activities are varied daily so there are lots of things for your child to try and do everyday.

The fee for Summer Fun Days is \$8 per day for members and \$12 per day for the general public. Summer Fun Days will be held June 1 - 5 and August 17 - 21. Call the YMCA for more information concerning this popular program for your kids.

Nautilus Center Notes

The YMCA Nautilus Center is open to schools or groups at a reduced rate. For more information, contact Tom Sekeres at the YMCA, 233-3531.

Black Hawk County Family YMCA
669 South Hackett Road
Waterloo, Iowa 50701



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