

Newsletter of the YMCA of Black Hawk County
669 South Hackett Road
Waterloo, Iowa 50701
(319) 233-3531

March 1991

Fellow YMCA Members,

In accepting the position of board president nine months ago, I challenged everyone involved with the Y to become familiar with the benefits of an organization like ours and not just the features. If we could accomplish this, I thought, we would continue to significantly grow and impact this community of which we are all a part. I'm pleased to say that we continue to do just that.

1990 saw a growth in membership, some important facility improvements made, an increase in the contributed dollar and the collaboration with more community agencies than ever before to address human concerns. It also moved us one year closer to debt elimination.

It has been my pleasure to have worked closely with our policy volunteers in the decisions facing our YMCA and the very dedicated staff who continue to carry out policy and create programs and services that make us feel good.

We can all be proud of the direction our YMCA continues to move in and the rich tradition we have in this community. 123 years old and still growing strong. My personal thanks for allowing me the opportunity to serve. It has truly been an honor I will cherish forever.

Sincerely,

Lorelie Darrah
President, YMCA Board of Directors

Greetings,

1990 was an exciting, successful year for the Black Hawk County Family YMCA. I continue to be overwhelmed and appreciative of the support this community provides the Y, and thus, the opportunities that we have had — and will again have — in meeting the continuing needs experienced by those who desire our services.

There are new challenges to be faced in the year to come. We must continue to be responsive as a recreational, social, educational and spiritual resource and, at the same time, maintain financial responsibility and accountability to all who continue to place that trust in us.

The key to meeting these challenges will continue to come from the strong support provided by the hundreds of volunteers who make the YMCA what it really is — a caring and sharing association. People helping people help themselves. What a great place to be associated with.

Finally, my hope is that the YMCA will continue to be the best part of your day. Whether it's regaining movement in your muscles, losing 10 pounds, doing your first somersault, contributing as a volunteer, going to day camp for a week or going under water for the first time. The sense of fulfillment that this YMCA can offer you is unlimited.

And I challenge you to become more involved.

In the spirit of the Y,

Jim Weaton
YMCA Executive Director

From the Executive's Chair

Busy, busier, jammed! That's pretty much how you can sum up activity at the Y this winter. It's been the busiest I've seen in my years as director. Young, old, male, female, black, white, handicapped, healthy, they all continue to be a part of the growing success of the Family YMCA of Black Hawk County. My thanks to all who continue to use and support this great organization.

With the continued growth, the Y has stepped up its involvement in the planning process. Along with our corporate board meetings, seven standing committees have been commissioned to begin to address the problems that we have that are associated with our success.

Committees include building and facilities, finance, membership, personnel, communications, strategic plan and executive. Each has three representatives from the board plus four representatives from our membership at large. Combined, fifty-two volunteers are working hard to resolve critical issues both now and in the future. I would encourage anyone interested in this process to contact me for more information.

The YMCA continues to grow and serve into the 90's. A total of 18,994 different individuals were impacted by our services last year. 38% are members, 20% program participants, 13% daily memberships, 23% special events and 6% agency co-op program. They all come together to form the largest human service organization in this community. You can be proud to be a part of something special. Growing up — giving back — helping others help themselves. That's the way of the Y. And you, my friends, are the Y. Keep on caring and sharing.

A parting thought: "Successful organizations are filled with dreamers who have found a dream too exciting, too important to remain in the realm of fantasy, and who, day by day, hour by hour, toil in the service of their dream until they can touch it with their hands and see it with their eyes."

*In the 'Spirit' of the
YMCA "Dream,"*

*Jim Weaton
YMCA Executive Director*



News from the Aquatic Department

YMCA Lifeguarding Class

Prepare for that summer job! That YMCA will be holding a Lifeguarding class during the month of April for anyone age 16 and older that would like to get involved.

To receive certification and meet state regulations, participants will need to have current CPR and First Aid.

Lifeguarding class will be held on Monday and Thursday evenings, April 1 through April 29 from 7-10 p.m.

Registration is underway. Call the YMCA for more information, 233-3531.

Progressive Swimming Lessons for Ages 6 and Up

Now is the time to be making preparations for the upcoming swimming season. Sign-up days for our progressive swim lessons are shown below.

Members currently enrolled:

	Monday, April 1
YMCA Members	Tuesday, April 2
General Public	Wed.-Fri., April 3-5

Check the program booklet or call the YMCA for class information and times, 233-3531.

Classes cost \$9 for members and \$26 for the general public.

1990 YMCA Highlights

- This past year, with the addition of the Rotary Reserve, YMCA camping services for youth affected 406 different individuals. Of this total, 11% came from special populations and 17% were minority participants.
- In June of 1990, a maple wood gym floor was laid to replace the YMCA's original synthetic floor that had become unsafe.
- 5,350 different youth were participants in the YMCA's youth department program. Programs included aquatics, youth sports, gymnastics, dance, self-defense, youth overnights and Y-Indian Guides and Princesses. Participants: 91% caucasian, 8% black, 1% other.
- In November of 1990, a temporary gravel lot was added at the east end of the property to help ease the parking stress of the 5-8 p.m. weekday YMCA users. This project will be completed in 1991, with a total of 60 parking stalls being added.
- 1,927 participants took part in the Y's comprehensive health enhancement programs. These programs included aerobics, water exercise, weight management, pre-natal exercise, individual fitness assessments, nautilus and weight training programs.
- In a support campaign run by volunteer fundraisers, the YMCA collected \$42,861 in donations. This amount is up \$26,605 (more than double) what was received in 1989. This program allows the YMCA to continue to fulfill its mission to the community.
- 1990 saw the historic induction of the first female President of the YMCA's Corporate Board of Directors in this community. Lorelie Darrah signifies the beginning of a YMCA era signifying the valuable contribution women make to our organization.
- The membership of the YMCA grew 16.5% in 1990. The YMCA continues to reach and impact more people each year.
- The YMCA increased its facility hours and is now open 51% of all the hours in a calendar year.
- An Association of Youth Development Agencies was formed to begin collaboration efforts in addressing youth issues. This group is chaired by Jim Weaton, current YMCA Executive Director and includes the YMCA, Boy Scouts, Girl Scouts, Big Brothers/Big Sister, Boys/Girls Club and Campfire, Inc.
- The YMCA subsidized \$39,972 in membership and program financial assistance. The YMCA does not deny **anyone** the opportunity to participate in YMCA membership or programs based on financial limitations.
- Our YMCA utilized 562 different volunteers relating to its operation of programs and services. The average number of hours worked by each volunteer was 21 hours. Computed at minimum wage, this effort saved the YMCA \$50,159 in expenses. Volunteers do make a difference.

Frequently Asked Member Questions

Q: What do I do if I have lost or forgotten my card?

A: Stop in at the Welcome Center when you arrive and tell them about the situation. YMCA staff will double check and make sure that your card has not been found and returned by another member. For up to three visits we will issue you a loaner card. If your card still hasn't turned up, you can purchase a duplicate membership card for \$1.

Q: Can I bring guests to the YMCA if I am a member?

A: Yes, we have two primary guest classifications. If you are bringing in a guest who has never been to the YMCA who is considering joining, it is possible to obtain a complimentary pass at the front desk to use the YMCA one time. If it is an out of town guest or a guest from the community who comes to the YMCA occasionally, a pass may be purchased. Pass prices are:

Out of county adults: \$3
Out of county youth: \$1.50
In county adults: \$6
In county youth: \$3

Please consult the desk for further policies on guest passes. ID's are required to prove age and residency.

Spring Overnight Fun is Coming

Boys and girls grades K-5 are invited to join in the fun of another exciting overnight at the YMCA.

The fun starts on Saturday, April 6 at 8 p.m. and ends at 8 a.m. on Sunday. The overnight features swimming, gym time, movies and more. Doors are locked at 8:30 a.m. Parents dropping their children off for the night are required to leave a number where they can be reached.

A snack will be served on Saturday night and breakfast will be provided on Sunday morning. Those attending need to bring a sleeping bag and pillow, swimsuit and towel, gym clothes, pajamas and some clean gym shoes (other than those worn to the Y).

Fees for the overnight are listed below. For more information or to register, contact the YMCA, 233-3531.

Members		General Public
\$10	first child*	\$15
9	second child*	14
8	third child*	13
*same family		

Dorm-Sized Refrigerator Needed

The Family YMCA is in hopes that someone in our membership ranks will have a dorm-sized refrigerator in their basement or garage that they would be willing to donate to the Y (this would be a tax-deductible donation).

The refrigerator would be used to keep cold juice and pop in an area adjacent to the pool so that lifeguards, many of whom are required to work 3-4 hour shifts, would have easy access to something cold to drink.

The pool area is usually heated to about 85 or 90 and many guards have commented that a refrigerator would be helpful. Their other choice, besides sending someone to run and get them something up in the lobby, is to bring something along from home and try to keep it cool prior to consuming it.

If you know of an available mini-fridge, contact Dave Peters at the YMCA.



Health and Fitness News

Members Only Racquetball Tournament

All YMCA members are invited to register to participate in the upcoming Members Only Racquetball Tournament, to be held on Friday, April 19 and Saturday, April 20 at the YMCA.

Registrations are currently being accepted for:

Men's	A,B,C and D
Women's	A,B,C and D
Double	A,B,C, and D

Entries to participate in the tournament are due in to the YMCA office by 6 p.m. on Tuesday, April 16.

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

Runners Club 1990 Addition

We apologize to Mike Sauer for omitting his name from the Runner's Milers Club 1990 list last month.

Mike was the top runner at the Black Hawk County Family YMCA, coming in with a total of 2431 miles. Congratulations to Mike for all his efforts.

Family Biathlon Results Announced

Congratulations to all participants in the 1991 Family Biathlon. A total of 12 teams participated this year — four more than last year. Check out the results!

Family	Swim	Run	Total
Debbie Baker (S)	1:37.22	4:08.44	5:45.66
Scot Newhouse (R)			
Steve Boyd (S)	1:20.60	3:45.28	5:05.44
Lisa Boyd (R)			
Tom Brown (S)	1:39.77	3:24.48	5:04.25
Dan Brown (R)			
Jack Bullock (S)	1:35.34	3:26.63	5:01.97
Alex Bullock (R)			
Kay Bullock (S)	2:29.27	3:49.98	6:19.25
Stacie Bullock (R)			
Amy Carlson (S)	2:44.49	2:58.45	5:42.94
Tom Carlson (R)			
Pam Carlson (S)	1:58.83	5:06.49	7:05.32
Kelly Carlson (R)			
Kelly Kupferschmidt (S)	2:53.72	3:26.99	6:20.71
Rick Kupferschmidt (R)			
Bill Salyer (S)	1:20.94	3:38.56	4:59.50
Jessica Salyer (R)			
Rodger Smith (S)	1:30.54	4:04.99	5:35.53
Joshua Smith (R)			
Vicki Smith (S)	2:18.60	3:27.73	5:46.33
Jared Smith (R)			
Sarah Stambaugh (S)	3:33.44	3:04.49	6:38.03
Wayne Stambaugh (R)			

Preschool Classes

New! Preschool Dance

Come join the excitement. Boys and girls 4-6 years of age are invited to join the preschool dance classes. Have fun while developing motor skills and coordination in relationship to dance and movement.

Class emphasis is on rhythm, flexibility and basic steps and positions. Register for spring session, beginning on April 11, Thursdays, 10:30 a.m. For more information, call the YMCA, 233-3531.

Swim Classes for the Little Ones

We're getting ready for our next session of Waterbabies and Tadpoles. Lessons begin the week of April 8.

Registration for members currently enrolled is Wednesday, April 3, 9 a.m.-noon. Other Y members may register that afternoon from 1-5 p.m. Starting on April 4 the public may register for the classes.

Make sure you get the classes you want and get your preschooler ready for summer!



Award Winners Announced

Congratulations are in order to the following families and individuals who were recognized by the YMCA at the Annual Dinner on Saturday, February 16.

Family of the Year

Terry and Becky Henninger

Family of the Year Nominees

Jerry and Deb Ketels
Glen and Karen Muters
Kerry and Kathy Trimble
Nicholas and Nancy Barsic

Volunteer of the Year

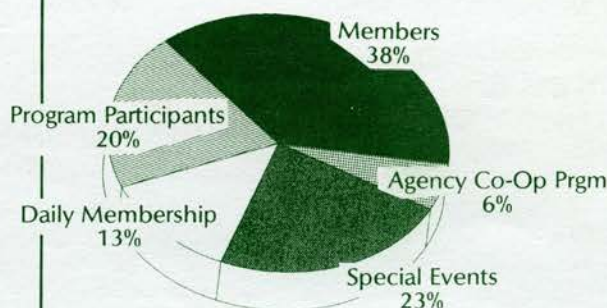
Cleon Wood and Scott Bradfield
(co-recipients)

Volunteer of the Year Nominees

Jim Seeley
Dan Delagardelle
Sandy Smith

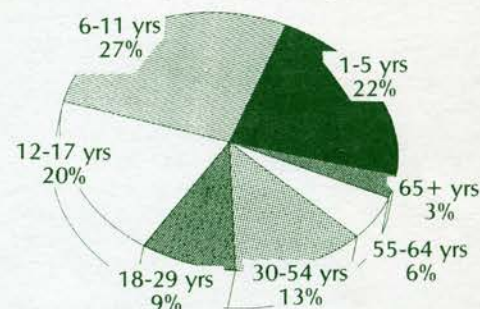
Besides recognition at the dinner, all recipients and nominees received plaques as a memento of their involvement in the YMCA.

Individuals Served By the YMCA in 1990



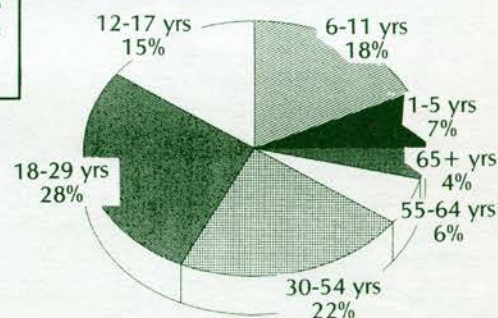
Total Individuals Served: 18,994

YMCA Program Participants By Age Group Categories



Total Participants = 3,883

YMCA Membership 1990 By Age Group Categories



Total Members = 7,272

Black Hawk County Family YMCA

669 South Hackett Road
Waterloo, Iowa 50701

Briefly . . .

• **Y's Way to Weight Management** will begin on Tuesday, April 2. This is a ten-week program, with a variety of topics presented, including modification of eating behaviors, exercise habits, food choices and more. Cost \$25 for members; \$45 general public. Classes are held on Tuesdays from 6:45 to 8 p.m. This is your last chance before swimsuit season!

• **Milers Club/Aerobics Club** is looking for members! Reach your goal in 1991 and receive a t-shirt. More information is available at the YMCA front desk.



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